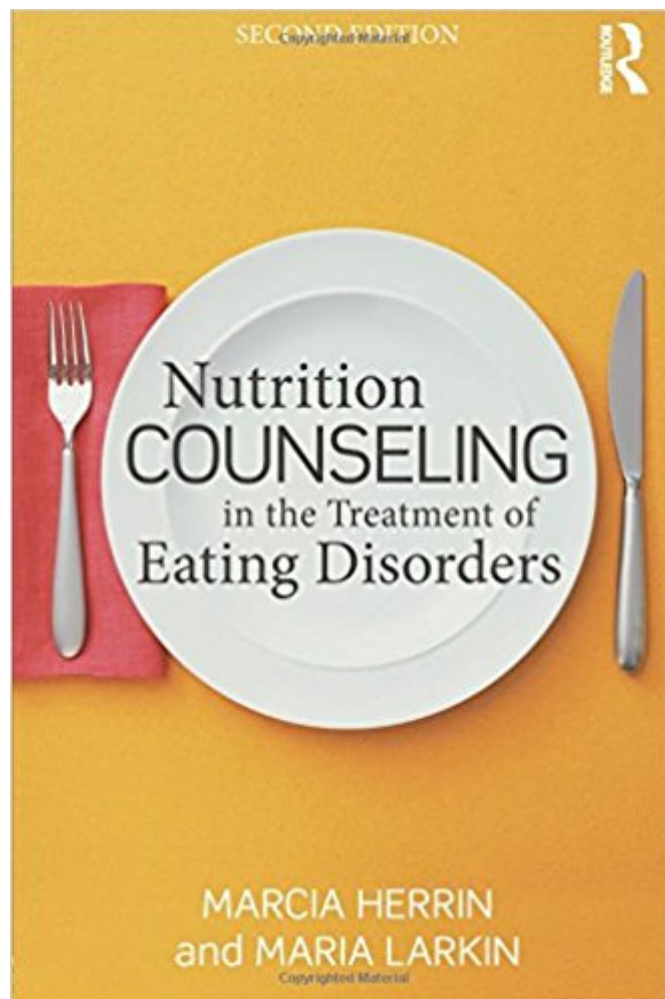




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# Nutrition Counseling In The Treatment Of Eating Disorders



## Synopsis

Marcia Herrin and Maria Larkin have collaborated on the second edition of *Nutrition Counseling in the Treatment of Eating Disorders*, infusing research-based approaches and their own clinically-refined tools for managing food and weight-related issues. New to this edition is a section on nutrition counseling interventions derived from cognitive behavioral therapy-enhanced, dialectical behavioral therapy, family-based treatment, and motivational interviewing techniques. Readers will appreciate the state of the art nutrition and weight assessment guidelines, the practical clinical techniques for managing bingeing, purging, excessive exercise, and weight restoration as well as the unique food planning approach developed by the authors. As a comprehensive overview of food and weight-related treatments, this book is an indispensable resource for nutrition counselors, psychotherapists, psychiatrists, physicians, and primary care providers.

## Book Information

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## Customer Reviews

"This excellent book will be of interest to dietitians interested in expanding their knowledge about the treatment of eating disorders and other health care providers who want to learn more about the role of the nutrition counselor. A comprehensive, easy-to-read, and creative resource—highly recommended!" - Dianne Neumark-Sztainer, PhD, MPH, RD, Professor, Division of Epidemiology and Community Health, School of Public Health, University of Minnesota

"The most comprehensive review of the nutrition research I have read to date. The authors provide an exemplary model for determining healthy body weight. It is an incredible contribution to the

eating disorder field." - Diane Keddy, MS, RD, FAED, Nutrition Consultant, Private Practice, Newport Beach, California "Marcia Herrin and Maria Larkin generously offer their opinions, techniques, and insights in their new book, Nutrition Counseling in the Treatment of Eating Disorders. Providers and caregivers will benefit from the wealth of practical advice on issues such as biologically appropriate weight, meal plan considerations, exercise recommendations, and support for the person diagnosed with an eating disorder." - Therese S. Waterhous PhD/LD, Owner, Willamette Nutrition Source, LLC "The 2nd edition of Nutrition Counseling in the Treatment of Eating Disorders will not collect dust on any professional's shelf who specializes in eating disorder treatment. This book will become a regular tool for all. Whether you are a novice or an expert, you will benefit from having this informative and practical book in your possession." - Reba Sloan, MPH, LRD, FAED, Fellow of the Academy for Eating Disorders; Nutrition Therapist in Private Practice "This book is a must for the new or experienced nutrition professional. The book is filled with the most up-to-date references and reads as if you were personally receiving guidance and supervision from these two very experienced clinicians.ÃÂ Bravo!" -ÃÂ Eileen Stellefson Myers, MPH, RD, LDN, FADA,ÃÂ Author ofÃÂ Winning the War Within: Nutrition Counseling for Patients With Eating Disorders

Marcia Herrin, EdD, MPH, RD, LD, is the founder of Dartmouth CollegeÃÂs eating disorders program.ÃÂ She has worked in the area of eating disorders since 1987 and is co-author of The ParentÃÂs Guide to Eating Disorders.ÃÂ Dr. Herrin is a frequent presenter at conferences and offers supervision for other professionals.ÃÂ She has a private practice in Lebanon, New Hampshire. Maria Larkin, MEd, RD, LD, is head of nutrition counseling at the University of New Hampshire and also has a private practice in Durham, New Hampshire.ÃÂ Larkin has a masterÃÂs degree in counseling with a specialization in eating disorders. As a writer and workshop presenter, she has worked in the field of nutrition for over 30 years and specialized in eating disorders for overÃÂ 10 years.ÃÂ

My bible!! This is an incredible resource for those working w ED clients. It magically holds the answer everything time I freeze and think "yikes, what do I do!" No one else to my knowledge has made such a resource. (Jessica setnick's book is another must have resource, but it's more basic, it's more the diagnostic criteria, sequelae, etc).

I am a yoga therapist in training and mental health counselor, and this book has been phenomenal

in helping me understand how eating disorders impact someone on various levels of being and how to treat them from a nutritional standpoint within the scope of skills and education. I have mental health books on eating disorders but this is a more holistic and more easily accessible resource.

I'd be lost without this wonderful gem of a book. Started private practice and seeing a lot of eating disorder clients. This was instrumental in helping me lay the foundation for how to best help these malnourished clients. Excellent, and highly recommend!

Should be recommended reading! Deals directly and simply with issues of eating disorder and exercise obsession.

Fantastic reference for RDs!!

Excellent resource for anyone working with eating disorders

Super helpful being a new dietitian in the eating disorder world. Very clear book with some great explanations on why/how to do things.

A+

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Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Nutrition Counseling Skills For The Nutrition Care Process The Ultimate Guide Living through the 12 Steps-: How to Live a Life without Gambling, Cutting, Bulimia, Anorexia, Eating Disorders, Smoking (addiction ... disorders, 12 steps) Basic Nutrition (Healthy Eating: A Guide to Nutrition) Nutrition and Food Safety (Healthy Eating: A Guide to Nutrition) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Binge Eating Cure: Overcome Food Addictions & Rid Your Life of Eating Disorders, Volume 1 Investigating Eating Disorders (Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) The Eating Disorders Update: Understanding Anorexia, Bulimia, and Binge Eating (Disease Update) Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work)

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