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Medicine : Endocrinology

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Complex Cases and Comorbidity in Eating Disorders

Assessment and Management

- **First book in the field of eating disorders addressing specifically the assessment and management of eating disorders associated with other mental disorders and medical general conditions**
- **Helps clinicians working in a multidisciplinary team to detect the true comorbidity (that should be addressed directly) by the spurious comorbidity secondary to the eating disorder psychopathology (that generally remits with the remission of the eating disorder)**
- **Gives practical advice, with the help of clinical vignette, on how to manage complex eating disorder cases using an evidence-based psychological treatment**

In this book the authors share the strategies and procedures they use in their clinical daily practice to assess and treat complex cases of eating disorders. The strategic and pragmatic approach to the management of medical and psychiatric comorbidity coexisting with eating disorders, while relying on enhanced cognitive behavioral therapy (CBT-E) - an evidence-based treatment recommended for all eating disorder categories both in adults and adolescents-, can also be used by clinicians who adhere to different theoretical models. The book is divided into two main parts. Part I describes the eating disorder psychopathology and its consequences: an essential knowledge essential to understanding whether the patients have true comorbidity or spurious comorbidity. Then it gives an overview of CBT-E and how to implement it at different levels of care and in a multidisciplinary team. Part II illustrates the general strategies to address comorbidity in patients with eating disorders, and the specific strategies and procedures for managing the most common mental and general medical conditions coexisting with eating disorders.

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