



# A Collaborative Approach to Eating Disorders

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While many aspects of eating disorders remain a mystery, there is growing evidence that collaboration is an essential element for treatment success. This book emphasises and explains the importance of family involvement as part of a unified team approach towards treatment and recovery.

*A Collaborative Approach to Eating Disorders* draws on up-to-date evidence based research as well as case studies and clinical vignettes to illustrate the seriousness of eating disorders and the impact on both the sufferer and their loved ones. Areas of discussion include:

- current research including genetic factors, socio-cultural influences and early intervention
- clinical applications such as family based dialectical and cognitive behavioural treatments
- treatment developments for both adolescents and adults with a range of eating disorders
- building collaborative alliances at all levels for treatment and ongoing recovery.

With contributions from key international figures in the field, this book will be a valuable resource for students and mental health professionals including family doctors, clinicians, nurses, family therapists, dieticians and social workers.

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## Editorial Review

### Review

*"Professionals and families need to work together to help people with eating disorders. This book tells us why this is true and offers specific strategies to make it happen. This is a terrific book and long overdue!" -*

**James Lock, Stanford University, California, USA**

*"The aim of this enthusiastic book is to integrate treatments from a wide range of professional and lay experts who have learned how best to treat persons with eating disorders. The model for family therapy has taught us how to mobilize parental help and this approach can now be extended to enlist contributions from carers, partners and recovered patients themselves. This book is a cornucopia of treatment ideas and should be read by those who strive to help sufferers from eating disorders." -* **Gerald Russell, Maudsley Hospital, London, UK**

### About the Author

**June Alexander** is an Australian writer and former newspaper editor who has a 40-year career in journalism and has battled eating disorders since the age of 11.

**Janet Treasure** is Professor, South London and Maudsley NHS Trust, and Director of the Eating Disorder Unit and Professor of Psychiatry at Guy's, King's and St Thomas' Medical School, London.

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