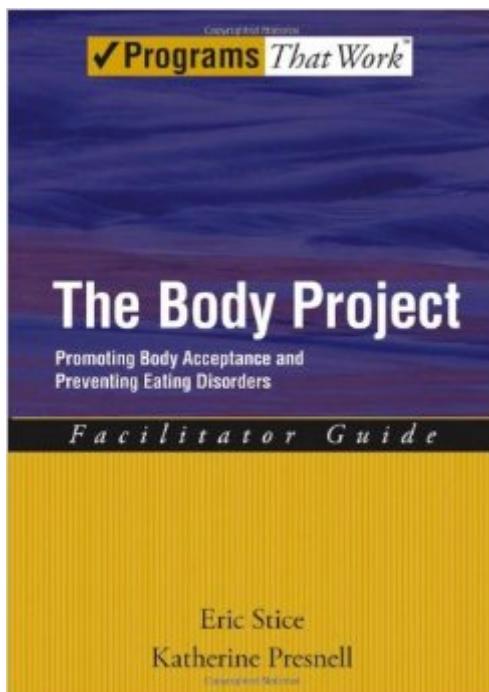


The book was found

# The Body Project: Promoting Body Acceptance And Preventing Eating Disorders Facilitator Guide (Treatments That Work)



## **Synopsis**

Ours is a society in which thinness, particularly in women, is idealized, even at the cost of health. Adolescent girls and young women are especially at risk of developing eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorder. The need for wide-spread prevention among at-risk populations is paramount, as these disorders are often difficult to treat and can contribute to a range of physical and mental health problems. Studies have found that a cognitive dissonance-based intervention significantly outperforms other intervention programs and is successful in preventing onset of eating disorders. This facilitator guide outlines a two part group intervention program for adolescent and college-aged girls at risk of developing eating disorders. In the first part of the program, participants critique the thin-ideal through discussion, role-playing, and written exercises. Participants learn skills that increase body satisfaction, decrease unhealthy weight control behaviors, and prevent eating disorder symptoms. The second part of the intervention is designed to help participants make gradual and permanent lifestyle changes to achieve a healthy body weight. It teaches how to eat for energy balance, make healthy food choices, and incorporate physical exercise into a daily routine. This group therapy program is based on 16 years of research and has been completed by over 1000 adolescent girls and young women. It can be effectively delivered by real world providers, such as school counselors, nurses, and teachers. This facilitator guide provides all the information needed to successfully implement the program, including explanation of Cognitive Dissonance theory, session outlines complete with exercises, and recommendations on how to train group leaders and recruit participants.

## **Book Information**

Series: Treatments That Work

Paperback: 152 pages

Publisher: Oxford University Press; 1 edition (April 12, 2007)

Language: English

ISBN-10: 0195319893

ISBN-13: 978-0195319897

Product Dimensions: 9.8 x 0.6 x 6.8 inches

Shipping Weight: 9.6 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,144,791 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #1724 in Books > Health, Fitness & Dieting >

[Download to continue reading...](#)

The Body Project: Promoting Body Acceptance and Preventing Eating Disorders Facilitator Guide (Treatments That Work) Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Trauma, Dissociation, And Impulse Dyscontrol In Eating Disorders (Brunner/Mazel Eating Disorders Monograph Series) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy 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) A Comprehensive Guide to Project Management Schedule and Cost Control: Methods and Models for Managing the Project Lifecycle (FT Press Project Management) VEGAN: Your Body, Your Friend: The Answer to Permanently Becoming Slim, Healthy, and Happy (Clean Eating, Cure Eating Disorders, incl. Vegan Recipes) (Vegan ... & Healing Based on Scientific Research) Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide (Treatments That Work) Adult Incontinence: Pelvic Cures - A Guide to Delay Incontinence Onset, Home Remedies to Improve Urinary Retention (Disorders that Affect Daily Living, ... Disorders, Urinary Disorders Book 1) Articulation and Phonological Disorders: Speech Sound Disorders in Children (7th Edition) (Allyn & Bacon Communication Sciences and Disorders) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 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) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 Simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating,

Craving) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)

[Dmca](#)