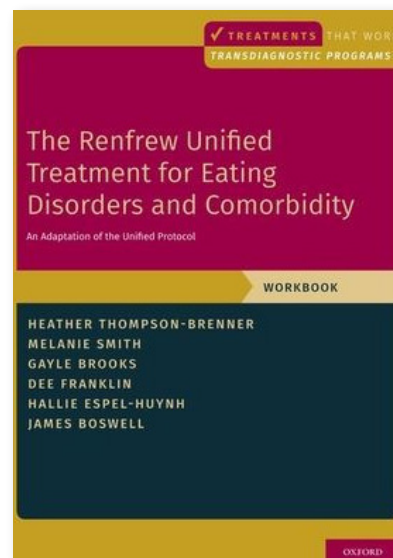
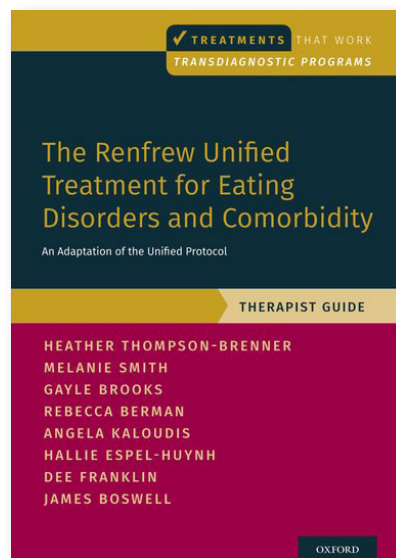


NOW AVAILABLE

Oxford University Press: Treatments That Work Series

The Renfrew Unified Treatment for Eating Disorders and Comorbidity: An Adaptation of the Unified Protocol *Therapist Guide & Patient Workbook*

By: Heather Thompson-Brenner, PhD, FAED; Melanie Smith, PhD, LMHC, CEDS-S; Gayle E. Brooks, PhD, CEDS-S; Rebecca Berman, LCSW-C, MSLP, CEDS-S; Angela Kaloudis, LMHC, NCC; Hallie Espel-Huynh, PhD; Dee Ross Franklin, MA; and James Boswell, PhD



The majority of individuals who suffer from severe eating disorders also experience symptoms of anxiety, depression, post-traumatic reactions, and/or obsessive-compulsive disorders. Unfortunately, most empirically supported treatments for eating disorders do not adequately address such comorbidities.

The Renfrew Unified Treatment for Eating Disorders and Comorbidity was developed to help practitioners serve individuals who struggle with any type of eating disorder as well as intense emotions like anxiety, sadness, anger, and guilt.



ORDER YOUR COPY TODAY!

**BARNES
& NOBLE**

**OXFORD
UNIVERSITY PRESS**

amazon

THERAPIST GUIDE

- Provides guidance on a unified set of interventions that can address both eating issues and co-occurring emotional disorders using the same set of tools.
- Includes direction for use in both individual and group settings, as well as case studies describing the experiences of patients with a diverse set of symptoms, demographics, and backgrounds.
- Discusses how to provide unified exposure therapy for co-occurring problems.
- Identifies and explains how eating and emotional issues interact, to address automatic and core thoughts, to change patterns of behavior, and to develop new flexibility and capacity in areas of life that have been affected.
- Based largely on common principles found in existing empirically supported psychological treatments and has been tested in extensive research summarized in this book.

PATIENT WORKBOOK

- Specifically designed to accompany the Therapist Guide and provide structured support to patients.
- Helps patients overcome their individual eating and emotional issues using a common set of scientifically tested tools.
- Provides steps and exercises intended to help readers identify and better understand how eating and emotional issues interact, to address some of the core thoughts and behaviors that underpin both eating and emotional disorders, and to develop new flexibility and capacity in areas of life that have been affected.
- Includes strategies which are based on common principles found in existing empirically supported psychological treatments and have been extensively tested in research studies.



For more information about The Renfrew Center's research, programs or services, please call **1-800-RENFREW (736-3739)** or visit **www.renfrewcenter.com**.