## **Contents**

	Introduction  Laura H. Choate	vii
	Acknowledgments	xxi
	About the Editor	xxiii
	About the Contributors	XXV
Section 1	Foundations	
Chapter 1	Sociocultural Influences on the Development of Eating Disorders and Obesity Linda Smolak and Caitlin Chun-Kennedy	3
Chapter 2	Gendered Considerations in the Treatment and Prevention of Eating Disorders Margo Maine and Douglas Bunnell	21
Chapter 3	Clients of Color and Eating Disorders: Cultural Considerations Regine M. Talleyrand	45
Chapter 4	Ethical and Legal Issues in Counseling Clients With Eating Disorders Laura H. Choate, Mary A. Hermann, and Leigh Pottle, With Jodi Manton	69
Section 2	<b>Assessment and Practice Fram for Eating Disorders and Obes</b>	
Chapter 5	Assessment and Diagnosis of Eating Disorders Kelly C. Berg and Carol B. Peterson	91

## Contents

Chapter 6	Assessment, Consultation, and Intervention for Eating Disorders in Schools Jennifer Maskell Carney and Heather Lewy Scott	119
Chapter 7	Assessment, Conceptualization, and Intervention With Young Adult Women With EDNOS: A Framework for Practice Alan M. Schwitzer With Constance Rhodes	n 141
Section 3	Effective Prevention and Early Intervention for Eating Disorders and Obesity	
Chapter 8	Preventing Childhood Obesity Janet A. Lydecker, Elizabeth Cotter, Rachel W. Gow, Nichole R. Kelly, and Suzanne E. Mazzeo	169
Chapter 9	Prevention of Eating Disorders in Children: The Role of the Counselor <i>Niva Piran</i>	201
Chapter 10	Eating Disorders Prevention With Adolescents and Young Adults Heather Shaw and Eric Stice	221
Chapter 11	Effective Prevention Programs in College and University Settings Deanne Zotter and Justine Reel	241
Chapter 12	Cognitive–Behavioral Therapy Guided Self-Help for Binge Eating: A Culturally Sensitive Minimal or Early Intervention Program Fary M. Cachelin, Munyi Shea, and Frances A. Bono	265
Section 4	<b>Effective Treatments for Eating Disorders and Obesity</b>	
Chapter 13	Enhanced Cognitive–Behavioral Therapy Approach to Counseling Clients With Eating Disorders Anthea Fursland and Hunna J. Watson	287

Chapter 14	Interpersonal Psychotherapy for Clients With Eating Disorders Heather L. Waldron, Marian Tanofsky-Kraff, and Denise E. Wilfley	309
Chapter 15	Psychosocial Treatments for Obesity and Aberrant Eating Patterns in Youths Kerri N. Boutelle and Stephanie Knatz	345
Chapter 16	Dialectical Behavior Therapy for Clients With Complex and Multidiagnostic Eating Disorder Presentations Anita Federici and Lucene Wisniewski	375
Chapter 17	Family-Based Therapy for Children and Adolescents With Anorexia Kim Hurst and Shelly Read	399
Chapter 18	A Relational–Cultural Approach to Working With Clients With Eating Disorders Heather Trepal, Ioana Boie, Victoria Kress, and Tonya Hammer	425
	Index	443