

Clinician's Guide

Janet Treasure &
Ulrike Schmidt



getting
better
bit(e) by bit(e)

*a survival kit for
sufferers of bulimia
nervosa and binge
eating disorders*

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This companion guide to "Getting Better Bite by Bite" is written for the health care professional to help maximize the benefit that patients obtain from the self-help book in the treatment of eating disorders. Inhalt. Introduction.The Therapeutic Relationship. Introducing Bit(e) by Bit(e). Theoretical Background About Behaviour Change. Facilitating Change. Essentials of Motivational ...

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