## **Cognitive Behavioral Therapy Approach for Eating Disorders**

## **Bibliography**

American Psychiatric Association (APA). (1994). *Diagnostic and statistical manual of mental disorders: DSM-IV* (4<sup>th</sup> ed.). Washington, DC: APA.

American Psychiatric Association (APA). DSM-V development: Feeding and eating disorders. Retrieved: August 14, 2011.

http://www.dsm5.org/proposedrevision/Pages/FeedingandEatingDisorders.aspx

Cash, T. (2008). The body image workbook: An eight-step program for learning to like your looks. New York: The Guilford Press.

Fairburn, C. (2008). *Cognitive behavior therapy and eating disorders*. New York: The Guilford Press.

Linehan, M. (1993). *Skills training manual for treating borderline personality disorders*. New York: The Guilford Press.

Maine, M. (1999). *Body Wars: Making peace with women's bodies*. Carlsbad, CA: Gurze Books.

National Eating Disorder Awareness (NEDA). (2013). Health Consequences of Eating Disorders. Retrieved: February 22, 2013. <a href="https://www.nationaleatingdisorders.org/health-consequences-eating-disorders">https://www.nationaleatingdisorders.org/health-consequences-eating-disorders</a>

PsychCentral. (2013). 15 Common cognitive distortions. Retrieved February 22, 2013. http://psychcentral.com/lib/2009/15-common-cognitive-distortions/

Psychology Tools. (2013). Cognitive-behavioral therapy: PsychologyTools worksheets. Retrieved February 22, 2013. <a href="http://psychologytools.org/cbt.html">http://psychologytools.org/cbt.html</a>

2/22/13 Beverly Swann, MFT