



Evidence-Based Treatment Planning for Eating Disorders and Obesity Facilitators Guide

Timothy J. Bruce, Arthur E. Jongsma Jr.

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This *DVD Facilitator's Guide* to the *Evidence-Based Treatment Planning for Eating Disorders and Obesity (DVD sold separately)* is designed to help teachers or trainers conduct lectures or training sessions on the content of the DVD. The guide follows each section of the DVD, providing succinct summaries of key section content, section review test questions and answers, and test questions and answers covering key concepts. The DVD, *Companion Workbook*, and *Facilitator's Guide* are designed so that instructors can cover only the content of the DVD or springboard into further coverage of any of the concepts.

Designed to be used in conjunction with the DVD and its *Companion Workbook*, this guide includes:

- Summary highlights of content shown in the DVD
- Chapter review questions and answers summarizing key concepts
- Test questions and answers on selected chapter concepts
- Optional topics for further discussion, with talking points
- Scripts and critiques of the role-played scenarios demonstrating selected aspects of the ESTs
- References to empirical support, clinical resources, and training opportunities for the treatments discussed
- Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated
- Explanations of correct and incorrect answers to the test-style questions from each chapter

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