



La boulimie: Des théories aux thérapies (Pratiques psychologiques) (French Edition)

François Nef

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Quelles sont les pathologies liées aux troubles de l'alimentation ?

La boulimie est un trouble des conduites alimentaires assez fréquent. Elle se caractérise par des épisodes incoercibles de suralimentation, suivis de comportements compensatoires. Elle s'accompagne d'une forte insatisfaction corporelle et entraîne une grande détresse psychologique. Elle est réputée résistante aux traitements. Ce livre explique la nature et le fonctionnement de la boulimie, en adoptant une approche clinique empirique. Il présente de façon critique les principales théories psychologiques et psychothérapies de la boulimie. Il guide le clinicien dans le choix et l'adaptation des traitements psychosociaux. Il préconise une psychothérapie multimodale personnalisée de la boulimie.

Un ouvrage de référence présentant différentes pratiques cliniques sur les conduites et comportements alimentaires

A PROPOS DE L'AUTEUR

François Nef est Docteur en psychologie et thérapeute cognitivo-comportementaliste. Il est coauteur de *Comment sortir de l'anorexie* aux éditions Odile Jacob. Il travaille en psychiatrie à l'Université libre de Bruxelles et aux consultations psychologiques spécialisées à l'Université catholique de Louvain. Il est ancien Président de l'Association pour l'Étude, la Modification et la Thérapie du Comportement.

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