

Adolescent-Young Adult Medicine

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COGNITIVE BEHAVIORAL THERAPY (CBT) FOR BULIMIA OR BINGE EATING

(adapted from the work of Dr. Christopher Fairburn)

FOUR STAGES

I. Establish control over eating

- a. have regular meals and snacks
- b. disrupt habitual bingeing and purging
- c. examine “function” of bingeing and purging
- d. reduce dietary restraint (eat to feel satisfied)

II. Problem-solving to avoid dysfunctional behavior

- a. identify problem as precisely as possible (define the moment and the emotion)
- b. identify alternative solutions for coping with the problem (the emotion)
- c. consider the practicality and likely effectiveness of possible solutions
- d. choose one solution
- e. define steps required to carry out this solution
- f. execute the solution
- g. evaluate (score 1 to 5) the problem-solving process

III. Cognitive-restructuring: identification and modification of dysfunctional thoughts, beliefs and values, including body image misperception

- a. specify the thought, belief or value
- b. identify evidence in support of it
- c. identify evidence against it
- d. consider advantages of holding it
- e. consider disadvantages of holding it
- f. explore its origin
- g. draw conclusions

IV. Maintenance of change