

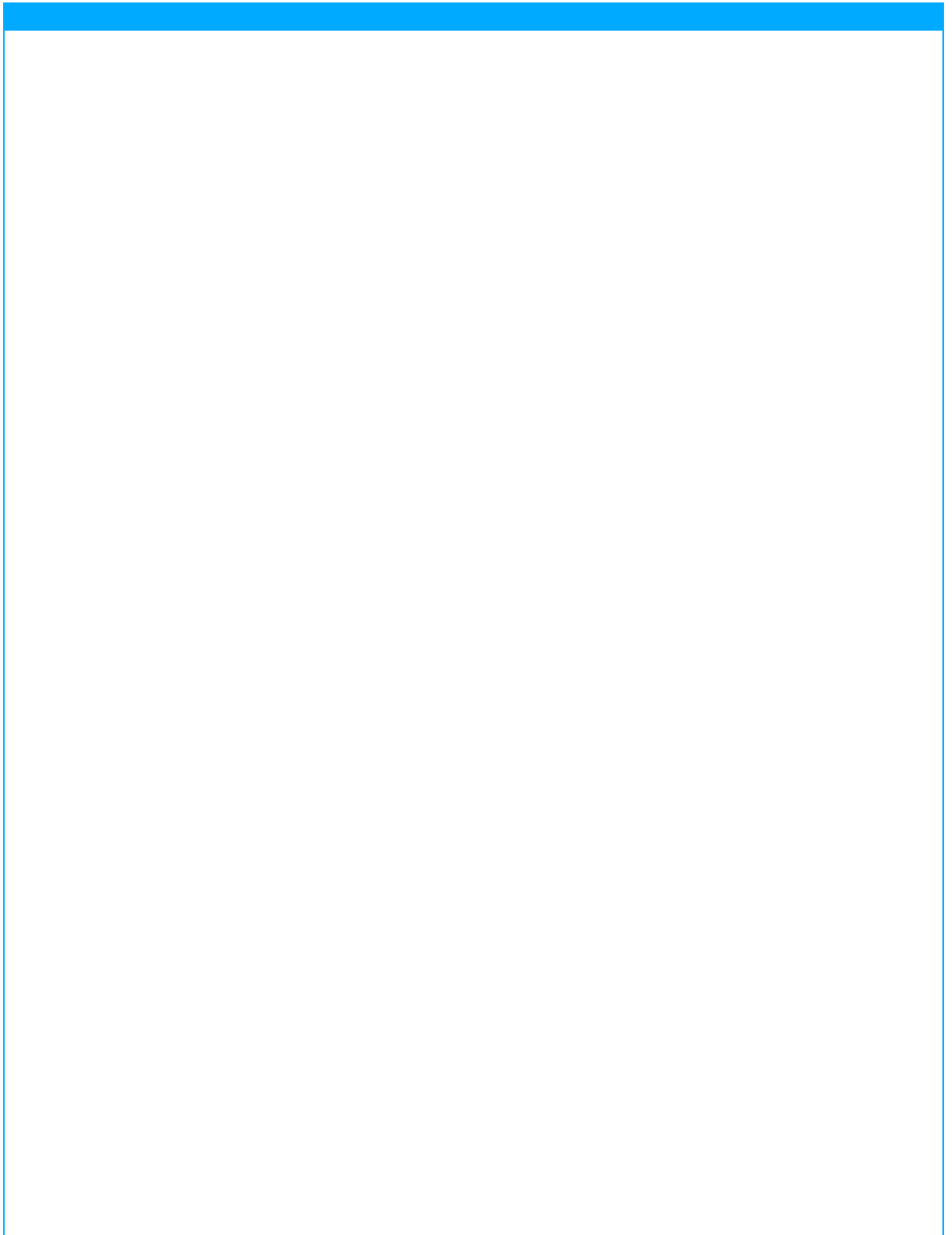
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significant reductions in eating disorder behavior, self-discrepancy, and negative self-regulatory styles. Seventy percent of the cases in the pilot were abstinent from bingeing at the end of treatment, while 65 percent were abstinent from purging. We were fortunate to receive funding from the National Institute of Mental Health to conduct a randomized control trial comparing ICAT to Christopher Fairburn's CBT-E (Narrow). Subjects are being enrolled at the University of North Dakota and University of Minnesota sites and the University of Wisconsin is serving as the instrument development and therapeutic adherence monitoring site. We anticipate this study will be completed in early 2011. Also, we are using ICAT core skills on our inpatient unit with interesting results.



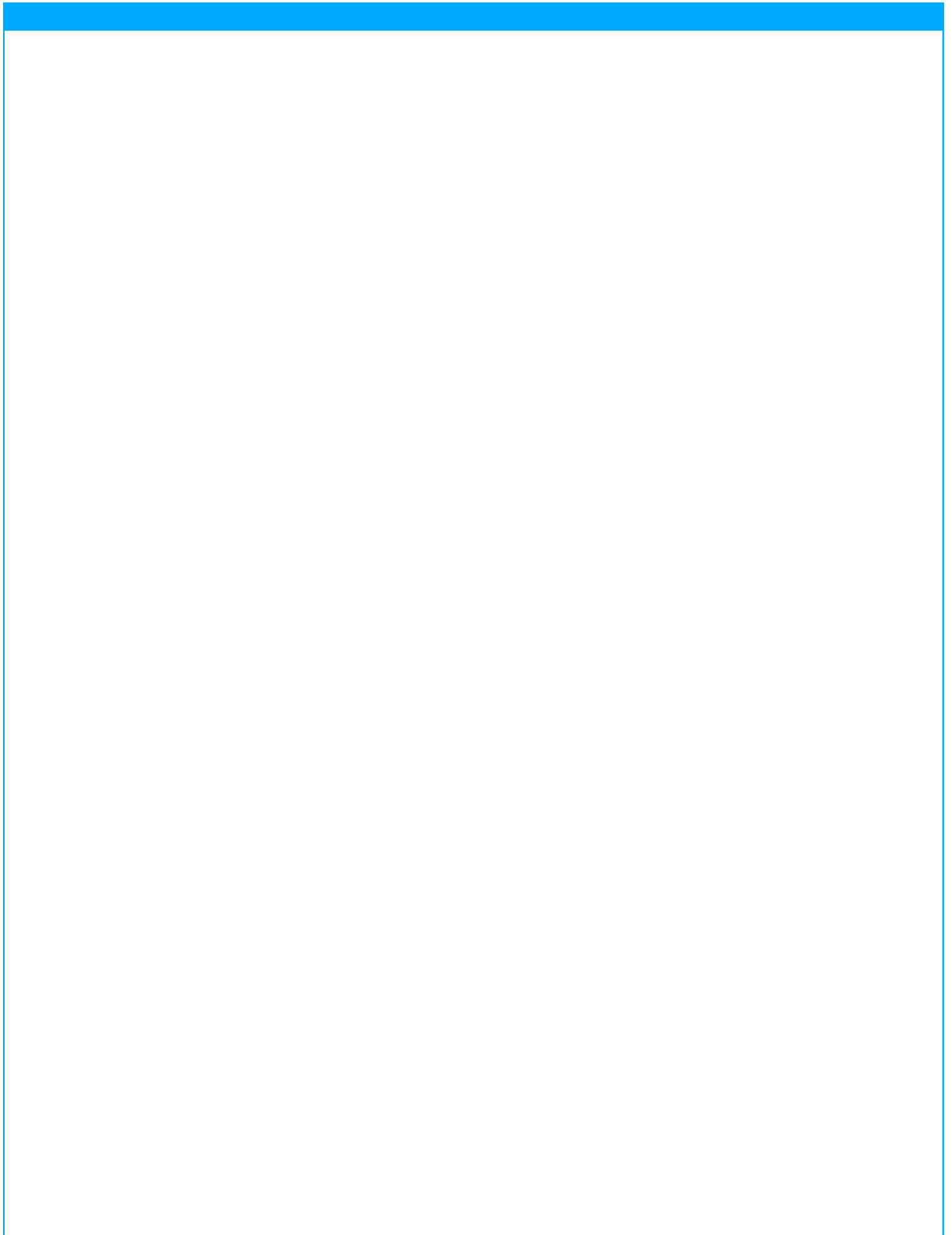
increase (e.g. “What will I do if someone needs to go to the emergency room? Takes an overdose of pills in my waiting room? Threatens to hurt me? Faints in my office?”).

Problem #1: Neglecting to consider “ourselves” as part of the assessment process. As clinicians conducting assessments, we often try to be “objective.”

Voice Dialogue: A Powerful Tool for Your Therapeutic Practice

Bridgit Dengel Gaspard, LMSW & Dassie Hoffman, PhD

Anorexia nervosa is a complex illness and the foci of treatment needs to incorporate many variables including those in the emotional, physical, mental, functional, family, social, and vocational arenas.



a difficult message to convey to parents,
friends and partners.

commentary or judgment. For example,

The purpose of this article is to explain and describe the clinical techniques useful in helping patients give an accurate account of the sexual dimensions of their lives. With

– How one feels after
integrating their body image with their
value system of how the body should be.
Depending on the individual, body esteem

prevailing family and cultural messages that



Talk about your writing process.

Katie: I have to take time to come up with the phrases and images that I use in the poems. As I'm writing my poem, I read w the '.

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