

THE BULIMIA WORKBOOK FOR TEENS

Activities to Help You Stop Bingeing and Purging

LISA M. SCHAB, LCSW

Special Features

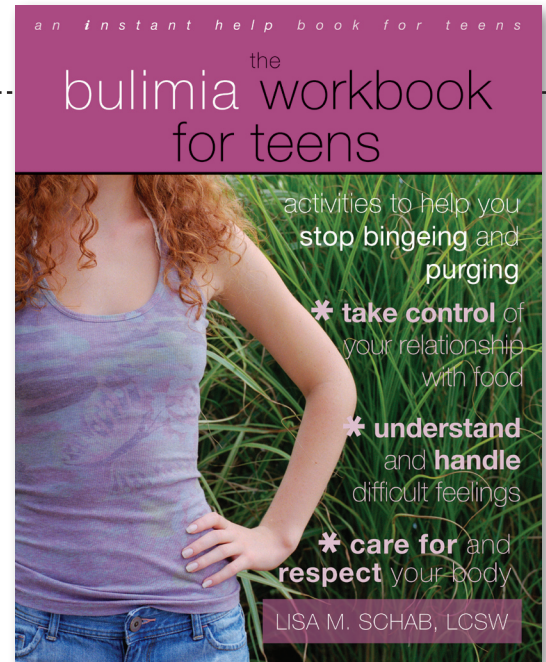
Based on the premise that bingeing, purging, and other behaviors associated with bulimia serve a purpose in the lives of bulimics, Schab says that recovery from bulimia requires that sufferers incorporate new coping skills to avoid reverting to destructive ones. To establish such skills, each chapter of *The Bulimia Workbook for Teens* is divided into six sections: Think; Speak; Imagine; Act; Create; and Transcend.

In the "Create" phase, readers are instructed to use art to encourage creative expression of thoughts, feelings, dreams and desires. The use of artistic expression as a coping strategy will help teen readers release destructive, negative thoughts, while illuminating those that will help them heal. Self expression will also be self-soothing, an opportunity to experience of a sense of mastery, and a symbolic creation of change and separation from bulimia.

Bulimia is most common among young women between the ages of twelve and twenty-five.

Yet, until now there have been no self-help workbooks designed to suit the specific, unique needs of teenagers. In the first anticipated workbook targeted toward teens struggling with bulimia, licensed clinical social worker Lisa M. Schab, an eating disorder specialist and accomplished self-help author, presents activities that teach teens who binge and purge how to replace unhealthy thoughts, feelings, and behaviors with a new set of habits. Activities based in cognitive behavioral therapy are designed to boost readers' self-esteem, balance moodiness, restore a sense of power and confidence, reduce perfectionism, foster self-compassion, promote positive body image, and learn emotion management techniques.

The sequence of activities is based on the premise that bulimic behavior serves a purpose for the reader and may even act as a lifeline. In order to let bulimia go, the reader needs to feel confident that he or she has something just as good as bingeing and purging to take its place. Little by little, teens build the confidence to risk replacing the old thoughts and behaviors with new, healthy ones.



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THE BULIMIA WORKBOOK FOR TEENS
ACTIVITIES TO HELP YOU STOP BINGEING AND PURGING
Lisa M. Schab, LCSW
December 2010 / 978-1-57224-807-6 / \$15.95 / 8 x 10 / 144 page

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Lisa M. Schab, LCSW,

is a licensed clinical social worker with a private counseling practice in the Chicago suburbs. She has authored over a dozen self-help books including: *The Anxiety Workbook for Teens*, *Beyond the Blues*, and *Writing It Out: Self-Awareness and Self-Help Through Journaling*. She has written extensively for *Chicago Parent Magazine* and contributed regular columns on *Healthy Families* and *Tweens & Teens*. Lisa teaches self-help workshops for the general public and training courses for other professionals. She currently specializes in working with people with eating problems and disorders, and anxiety management.

"It was a joy to work through the exercises in *The Bulimia Workbook for Teens*. I was particularly impressed with the spiritual and altruistic aspects of some of the material. Teens should feel very validated to have the worksheets in this book. Each one is like a supportive hug."

— Joan Mrozek, clinical leader at Linden Oaks Hospital at Edward in Naperville, IL

Activities

The activities in *The Bulimia Workbook for Teens* are designed to introduce and address the false core beliefs that underlie bulimic behavior, raising readers' awareness of their thinking processes, teaching them healthier coping skills to replace bulimic behaviors, and providing them with opportunities to practice change.

Each activity begins with an initial affirmation, which introduces a new thought that refutes the false core belief, and an explanation that describes the relation of the concept to bulimic behaviors. Six sections follow, allowing for integration of the information repeatedly and on different levels.

Think. Readers learn to personalize the information by asking them to reflect on and record their own thoughts and behaviors related to the concept.

Speak. This section promotes integration of the material through verbalization and discussion.

Imagine. Readers learn skills to lower anxiety related to change and rehearse new behaviors in a relaxed state through visualization.

Act. Readers are encouraged to choose and act out new behaviors, whether symbolically or in real-life situations.

Create. Readers use expressive art techniques to practice self-soothing, release affect, experience a sense of mastery, and symbolically create change and separation from bulimia.

Transcend. These exercises help readers see themselves and their behaviors from a bigger perspective.

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