

# Cognitive behavior therapy for eating disorders; a transdiagnostic theory and trea...

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Psychology In the past there has been an acceptance that CBT is a treatment chosen for specifically bulimia nervosa. The CBT of BN was described first in 1981. After several years Fairburn defined a detailed procedure that had the theory's complete exposition on which it based the treatment upon. The theory has been studied extensively and a treatment emanated from it. The theory has been tested in many trials. The CBT-BN in years has evolved to respond to various challenges. The theory's procedures has been redefined specifically on those areas that address over evaluation of weight and shape and the method has been taken into account to suit for all kinds of disorders in eating , hence making it to be transdiagnostic. The new treatment version termed as CBT-E also address psychopathological process that is external compared to eating disorder (Edward T et al, pp 1127)

Various authors argue differently in the particular article. For instance, Mahoney argue that cognitive revolution was well fitted in clinical psychology. This method was revolutionary as it had cognitive mediation in between the response and the stimulus, a switch from an individual an organism that is passive to an active person who seeks goals, problem solving and information processing. According to Ellis, an individual's behavioral and emotional reactions were arrived at by an individual's irrational belief on stimuli.

What astonishes me most on this article is how the theory evolves in many phases.

The authors should have concentrated much on evolution of the theories but metatheory development a paradigm shift like cognitivism and behaviorism. A kind of this theory has been in existence but has been recently developed.

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The theory is on perceptual control where by an individual exercises control on his perception of things.

Works cited

Edward T. Bope, Robert E. Rakel, Rick D. Kellerman . Conns Current Therapy  
2011: Expert Consult - Online and Print, 2010