Particularly for children and adolescents
Help member with anorexia separate feelings and needs from those of other family members

- Bulimia
  - 43% of those with bulimia receive treatment
  - Nutritional rehab
    - Eliminate binge-purge patterns
      - CBT, Many of same techniques used in treatment of anorexia
        - Effective for ~75% of clients to get to partial/full recovery
        - Reframe maladaptive thought processes that maintain binge-purge cycles and change maladaptive attitudes toward food, eating, weight/body shape
        - Id/challenge thoughts that precipitate urge to binge (lack of self control, etc.)
          - Challenge perfectionism toward self-perception
        - Use of food log/diary to monitor feelings, hunger, and food intake
          - Help promote emotional/situational triggers for binges
            - Smartphone apps to facilitate tracking
        - Exposure with response prevention to break binge-purge cycle
          - Eat particular kinds/amounts of food and prevent efforts to purge
          - Eating can be constructive and doesn’t need to be undone
  - Antidepressants
    - Much more effective for those with bulimia than anorexia
      - No evidence to indicate medications for use in treatment of anorexia
    - Help as many as 40% reduce binges by an average of 67% and purges by 56%

- Binge-Eating
  - Approximately 44% receive treatment
  - Similar to treatments for bulimia designed to reduce binges
  - May also require treatment to address excessive weight