A Clinician’s Guide to Acceptance-Based Approaches for Weight Concerns

Margit Berman

This book details the research-based Accept Yourself! program, which enhances women’s mental and physical health during weight loss. Part 1 explains the rationale for a self-acceptance-based approach to weight concerns, an overview of research on this and alternative approaches, and exercises for clinicians to identify and ameliorate any barriers they may have to offering self-acceptance-based treatments skillfully and ethically. Part 2 provides information and exercises to help clients develop a new acceptance of their bodies and their relationship with food. Part 3 covers special problems, including informed consent, termination, poor client progress, and comorbid health concerns.

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