In this chapter (Session 20), strategies for preventing overeating episodes are presented, such as engineering the environment, using portion control, and eating regularly. In addition, the problem of emotional eating is introduced and strategies for coping with emotional eating are presented, including gaining awareness of emotional eating and working to break the habit of eating in response to emotion.

Interactions between Smoking, Eating, and Body Weight
Marney A. White and Stephanie S. O’Malley

This chapter reviews the evidence from a variety of sources (i.e., epidemiological, human treatment studies, animal, lab, and neurobiological research) regarding the interactions between smoking and eating and weight. Research on the interactive nature of smoking and binge eating is also discussed. Finally, a review of treatments to address smoking cessation–related weight gain is provided.
This chapter (Session 9) provides strategies on navigating restaurant eating and weekends and special occasions without abandoning weight control goals. Specific strategies such as planning ahead, choosing food items wisely, setting goals, and seeking support from friends and family are discussed.

Central Regulation of Hunger, Satiety, and Body Weight

Chapter 13 explores central regulation of hunger, satiety, and body weight. It includes defense of optimal energy stores and body weight, flexible and adaptive regulation, the appetitive phase of eating, the consummatory and satiating phase of eating, energy expenditure, and related conscious and subconscious mechanisms.


This online therapist guide addresses the Cognitive-Behavioral Treatment (CBT) of Bulimia Nervosa and Binge Eating Disorder. CBT has been proven the most effective treatment for helping patients improve their eating habits and overcome their disorder. The treatment described is divided into three overlapping phases: behavior change, identifying binge
triggers, and relapse prevention. The main focus of the program is the normalization of eating and provides patient self-monitoring forms to help patients track their eating habits on a daily basis while they work toward establishing a pattern of eating at regular intervals. It then covers recognizing and eliminating triggers for binging and purging. CBT techniques like problem-solving and cognitive restructuring help patients deal with negative mood states, faulty interpersonal interactions, and errors in thinking. The final phase of treatment consists of a review of the positive changes that have occurred during treatment, as well as a discussion of any residual problems and ways to handle setbacks or lapses. Homework exercises are assigned at each session and play an important role in keeping patients motivated throughout the duration of treatment.

Session 14: Review of Dietary Principles, Mindless Eating (Part 1), and Portion Sizes
Evan M. Forman and Meghan L. Butryn

In addition to reviewing key dietary principles, this chapter (Session 14) introduces the behavior of mindless eating and discusses examples of occasions when clients often eat mindlessly. This chapter also introduces methods of understanding and controlling portion sizes.

Animal Models of Drug Addiction
George F. Koob

Chapter 1 discusses animal models of drug addiction. It outlines a conceptual framework for animal models, validation of animal models of drug addiction, animal models of the binge/
intoxication stage of the addiction cycle as well as the withdrawal/negative affect stage and preoccupation/anticipation stage.