

Overcoming Bulimia Online

Overcoming Bulimia Online is an award winning self-help multi-media online program based on cognitive-behavioural therapy (CBT):

- Used in the home or clinical settings
- Clinically evaluated ^{1,2}
- Allows clinicians to monitor the progress of individuals
- Low cost package

Overcoming Bulimia Online includes:

- 8 session course focusing on thoughts, feelings and behaviour
- Video clips, animation and soundtracks applied to content
- Workbooks (available in PDF format for downloading)
- Anxiety Control Training (ACT)
- Assignments between sessions
- Forums for users
- Mobile phone text message and email reminder function



Principal Author: Dr. Williams, a Senior Lecturer in Psychiatry at the University of Glasgow, and Honorary Consultant Psychiatrist
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Collaborator: Professor Ulrike Schmidt, a Consultant Psychiatrist and specialist in eating disorders at the Institute of Psychiatry, collaborated in developing the content and structure of this program.

1 Williams, C. New technologies in self-help: another effective way to get better? (Editorial). *European Eating Disorders Review* (2003), **11**, 170-182.

2 Self help and guided self help for Eating Disorders. U Schmidt, R Murphy, S Perkins, C Williams. Systematic peer review. *Cochrane collaboration*.

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