



# Therapeutic Groups for Obese Women: A Group Leader's Handbook

*Julia Buckroyd, Sharon Rother*

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Based on a five-year research project, *Therapeutic Groups for Obese Women* introduces an innovative approach to overcoming the growing socio-economic burden of morbidity and mortality resulting from emotionally-driven female obesity. Julia Buckroyd and Sharon Rother (both of the Obesity and Eating Disorders Research Unit at the University of Hertfordshire), offer a complete 36-week programme based on emotional intelligence and the removal of barriers to improvement, along with learning tools for clinicians to use with participants. Worksheets and a range of other tools are provided as appendices.

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