Abstract
Cognitive-behavioural therapy (CBT) is presently among the most effective psychological treatments of eating disorders (ED). The theory and CBT of Bulimia Nervosa developed by Fairburn shows positive, but still limited, outcomes. In order to enhance its effectiveness and extend the model (and treatment) to embrace all ED, Fairburn proposed the transdiagnostic theory and the CBT derived from it. This article aims to present a theoretical introduction to the topic and to describe the various forms of treatment according to the transdiagnostic view. The different stages of the CBT and their main components are presented in detail according to the 20-session focused version.

Keywords
Eating disorders, cognitive-behavioural therapy, transdiagnostic theory and treatment.