In practice, clinical and counseling psychologists utilize psycho-educational tools (e.g., bibliotherapy, client handouts, worksheets, etc.) to enhance the client’s knowledge about mental health issues, coping strategies, and resources. Create a visually interesting client handout based on eating disorders (specifically anorexia nervosa) The client handout will include the following required elements. Education: Explain, with as much visual information as possible, the client’s cognitive or behavioral symptoms based on your selected theoretical orientation. You may choose to create diagrams, figures, or charts to illustrate the relationship between the client’s cognitions, affect, and behavior. Intervention: Create a self-help exercise (e.g., a dysfunctional thought record, meditation, deep breathing, guided imagery, muscle relaxation, thought stopping, etc.) to assist the client in monitoring or reducing maladaptive cognitions, affect, and/or behavior outside of therapeutic sessions. Include an explanation about how the handout could be useful in reducing the client’s symptoms. You may choose to visually represent this exercise with charts, scripts, steps, or other media. Resources: Assess current trends in psychotherapy, and list complete APA reference entries for five sources that would help the client learn more about his or her presenting problem(s), early warning signs of relapse, and managing symptoms. Please include hyperlinks if such exist for your resources.