The following qualitative study enrolled 15 treatment completers (8 MP, 7 CBT) from a previous randomized controlled trial of MP therapy vs CBT in women with BED and a BMI ≥25, in order to understand their lived experiences with the therapeutic process, and how it impacted their binge episodes and weight management. Semi-structured interviews were used to obtain their narrative accounts; key themes were then identified from transcribed tape recordings, using thematic analysis. According to patients, the success of both therapies was defined as reduced binge episodes, not weight loss. In MP treatment, the primary benefit was viewed as its ability to reduce the preoccupation with food, and hence, binge frequency. In addition, a positive patient-physician relationship was reported to be integral to treatment success. In CBT, though the beneficial effects were not immediate, patients had a strong focus on the long-term binge management skills they learned in therapy. In both treatments, stress was commonly described as a reason to binge and/or relapse. Therefore, it is proposed that both treatments should have a stronger focus on adaptive methods of coping with stress. These qualitative findings add a much needed perspective on clinical treatments for compulsive overeating, especially considering that a psychomotor stimulant similar to MP is the only approved pharmacotherapy for BED – and to date, little is known about the patient’s subjective experiences.