

More Than Just a Meal

The Art of Eating Disorders

Susan R. Makin

Forewords by Bryan Lask and Cathy Malchiodi



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More Than Just A Meal The Art Of Eating Disorders:

Therapeutic Art Directives and Resources Susan R. Makin, Cathy A. Malchiodi, 2000 Susan Makin has written a resource for art therapists working with patients or clients who find the concept of spontaneous artmaking daunting and feel more comfortable with a structured framework This book consists of a series of directives for group and individual activities with guidance on each directive and ideas for further development

More Than Just a Meal Susan R. Makin, 2000 Susan Makin here explores how art therapies can be integrated into a multi disciplinary approach to the treatment of eating disorders in conjunction with medical programmes She discusses the creative work and personal accounts of around thirty patients examining their use of media imagery and symbolism

The Creative Therapies and Eating Disorders Stephanie L. Brooke, 2008 Creative Therapies with Eating Disorders is a comprehensive work that examines the use of art play music dance movement drama and spirituality to treatment issues relating to eating disturbance The author's primary purpose is to examine treatment approaches which cover the broad spectrum of the creative art therapies The collection of chapters is written by renowned well credentialed and professional creative art therapists in the areas of art play music dance movement and drama In addition some of the chapters are complimented with photographs of client art work diagrams and

Arts Therapies and Clients with Eating Disorders Ditty Dokter, 1994 Eating disorders are of increasing concern in the medical and psychiatric professions Growing awareness that the arts therapies have something unique and positive to offer led to the publication of this book by experts in all areas of the arts therapies The symptoms and aetiology ascribed to such disorders and the treatment methods prescribed to clients are discussed and the chapters go on to focus on the use of specific arts therapies within this area including discussions of the theoretical models they are based on the methodologies used and the as yet small amount of research that has been completed

The Conquer Bulimia Success Program , **The Big Book of Parenting Solutions** Michele Borba, 2009-08-11 The Today show expert tackles 101 issues ranging from sibling rivalry lying and peer pressure to cell phone use and TV addiction Indispensable Publishers Weekly A recommended read for moms by Working Mother magazine In this down to earth guide parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting temper tantrums cheating bad friends inappropriate clothing sex drugs peer pressure and much more Written for parents of kids age 3 13 this book offers easy to implement advice for the most important challenges parents face with kids from toddlers to tweens Includes immediate solutions to the most common childhood problems and challenges Written by Today's resident parenting expert Michele Borba Offers clear step by step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy to follow and gets quick results Author has written outstanding parenting books including Building Moral Intelligence No More Misbehavin Don't Give Me that Attitude and more Each of the 101 issues includes clear questions specific step by step solutions and advice that is age appropriate Moms and dads have come to rely on Dr Borba for advice on issues large and small The Big

Book of Parenting Solutions is an indispensable comprehensive and authoritative guide to the wonderful and sometimes wacky world of parenthood You ll find yourself dipping into it for answers again and again Dana Points Editor in Chief Parents Magazine The easy to use problem solution format will have you battling your biggest parenting crises with confidence Working Mother

Treatment Approaches for Body Image in Art Therapy Eileen Misluk-Gervase, Taylor McLane, Heidi Moffatt, 2025-08-21 To enhance therapeutic treatment of body image this book examines the multi factors involved in body image as well as the neuroscience of body image that is the role of the brain in body image development Examining the social cultural psychological and environmental implications of body image readers are guided through various problems clinical populations treatment settings art therapy approaches best practices and clinical case examples Content is divided in to categories of body image in medical settings eating disorder treatment and trauma including chapters on amputations sex trafficking trauma queer body image peri and postpartum cancer and other medical conditions

The Use of the Creative Therapies with Sexual Abuse Survivors Stephanie L. Brooke, 2007 This book is a useful reference for anyone seeking to provide therapy to survivors of sexual abuse The approach represented here is a holistic one that utilizes various approaches to heal the various manifestations of sexual abuse trauma Since the acts associated with such abuse are often so difficult to discuss this book presents several methods of communicating these unspeakable horrors nonverbally allowing the survivor to express their trauma with less difficulty This approach seeks to use the actions of the body to heal the mind This text contains information relevant to treatment for children adolescents and adults as well as male or female and in group or individual settings Many useful activities are outlined and illustrations are provided as examples

Expressive Therapies Continuum Lisa D. Hinz, 2009-03-23 Expressive Therapies Continuum is distinctive in its application as a foundational theory in the field of art therapy First developed by Vija Lusebrink this theory can be used by persons of any theoretical orientation and has the ability to unite art therapists of varying backgrounds The information contained in this book demonstrates how the Expressive Therapies Continuum provides a framework for the organization of assessment information the formulation of treatment goals and the planning of art therapy interventions It provides rich clinical detail and many case examples that enliven the text and promote student engagement and learning Hinz divides material into three parts The first describes the historical roots of the Expressive Therapies Continuum and pays homage to contributions from the fields of art and psychology The seven component parts of the ETC are examined in the second part and the last part of the book is dedicated to assessment and clinical applications This book s easy to use format and effectiveness in teaching history and application make it an essential reference for therapists and students

Anorexics on Anorexia Rosemary Shelley, 1997 Recovering sufferers of Anorexia Nervosa describe in their own words their personal experiences of this illness providing not only support for fellow sufferers but also invaluable insights for the families of sufferers and for carers and professionals In each case the contributors describe the progression of their illness the effect on their families the treatment

they received and its effectiveness their perceived reasons for developing the illness where they are now *In and Out of Anorexia* Ayelet Polster, Tammie Ronen, 2001-07-15 Ayelet spent six years of her adolescence in and out of hospital having been diagnosed as suffering from a severe anorexia disorder Ayelet describes her personal experiences of the illness the repeated hospitalisations and her ultimate recovery The book outlines the importance of a good relationship between the client and the therapist Creative Arts Therapies and Clients with Eating Disorders Annie Heiderscheit, 2015-11-21

Drawing on the expertise of leading creative arts therapists from around the world this book provides a comprehensive examination of the role of the creative arts in the treatment of clients with eating disorders EDs The book explores how art dance and movement drama music and poetry therapies have fostered insights growth and recovery for patients across ED diagnoses anorexia nervosa bulimia nervosa binge eating disorder and compulsive overeating disorder and comorbid diagnoses It illustrates how each creative arts modality is implemented in the ED treatment process and covers a variety of treatment levels residential inpatient intensive outpatient and outpatient Each chapter is enriched with case illustrations to provide a greater depth of understanding of how the methods are used in clinical practice This book is an incomparable overview of the value and diverse uses of the creative arts in the treatment of EDs and it will be of interest to all arts therapists psychodrama therapists family therapists as well as students of these disciplines **The Wiley Handbook of Art Therapy** David E. Gussak, Marcia L. Rosal, 2016-01-19 The Wiley Handbook of Art Therapy is a collection of original internationally diverse essays that provides unsurpassed breadth and depth of coverage of the subject The most comprehensive art therapy book in the field exploring a wide range of themes A unique collection of the current and innovative clinical theoretical and research approaches in the field Cutting edge in its content the handbook includes the very latest trends in the subject and in depth accounts of the advances in the art therapy arena Edited by two highly renowned and respected academics in the field with a stellar list of global contributors including Judy Rubin Vija Lusebrink Selma Ciornai Maria d Ella and Jill Westwood Part of the Wiley Handbooks in Clinical Psychology series *A Multi-modal Approach to Creative Art Therapy* Arthur Robbins, 1994 This text recasts Arthur Robbins early work within the framework of modern psychodynamic theory The creative intent of this text is to offer a structure that is not limited to one therapeutic model and to open up the doors for the creative art therapist to be effective with a wide range of patient populations

Drawing from Within Lisa Hinz, 2006-07-15 Drawing from Within is an introductory guide for those wanting to explore the use of art with clients with eating disorders Art therapy is a particularly effective therapeutic intervention for this group as it allows them to express uncomfortable thoughts and feelings through artistic media rather than having to explain them verbally Introduction to Art Therapy Judith A. Rubin, 2009-08-05 Introduction to Art Therapy Sources and Resources is the thoroughly updated and revised second edition of Judith Rubin's landmark 1999 text the first to describe the history of art in both assessment and therapy and to clarify the differences between artists or teachers who provide therapeutic art

activities psychologists or social workers who request drawings and those who are trained as art therapists to do a kind of work which is similar but qualitatively different This new edition contains downloadable resources with over 400 still images and 250 edited video clips for much richer illustration than is possible with figures alone an additional chapter describing the work that art therapists do and new material on education with updated information on standards ethics and informing others To further make the information accessible to practitioners students and teachers the author has included a section on treatment planning and evaluation an updated list of resources selected professional associations and proceedings references expanded citations and clinical vignettes and illustrations Three key chapters describe and expand the work that art therapists do *People We Help* deals with all ages *Problems We Treat* focuses on different disorders and disabilities and *Places We Practice* reflects the expansion of art therapy beyond its original home in psychiatry The author's own introduction to the therapeutic power of art as a person a worker and a parent will resonate with both experienced and novice readers alike Most importantly however this book provides a definition of art therapy that contains its history diversity challenges and accomplishments

Bulimia Nervosa Adrian Wells, Gillian Todd, Myra Cooper, 2000-09-21 Written for those who either suffer from or come into contact with bulimia nervosa this book will be an invaluable source of support for all those who wish to understand and to change their behaviour It provides a framework for understanding what maintains the disorder why it has developed and a step by step programme to aid recovery

A Systemic Treatment of Bulimia Nervosa Carole Kayrooz, 2001-02-09 Bulimia nervosa involves interpersonal social and societal factors as well as the cognitive developmental and behavioural aspects that have been the focus of much professional intervention to date The author shows how people seeking to understand and emotionally support women with this problem need to be able to work with all these dimensions

The Art of Art Therapy Judith A. Rubin, 2011-05-30 The Art of Art Therapy is written primarily to help art therapists define and then refine a way of thinking about their work This new edition invites the reader to first consider closely the main elements of the discipline embodied in its name The Art Part and The Therapy Part The interface helps readers put the two together in an integrated artistic way followed by chapters on Applications and Related Service Included with this edition is a DVD containing two hours of chapter related video content

Using Art Therapy with Diverse Populations Sangeeta Prasad, Paula Howie, Jennie Kristel, 2013-08-28 With contributions from experienced art therapists who have worked in diverse environments around the world this book provides readers with a better understanding of how to adapt art therapy training and approaches to suit the settings and meet the needs of distinct populations

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More Than Just A Meal The Art Of Eating Disorders Introduction

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