

SELF-HARM BEHAVIOR *and* EATING DISORDERS

Dynamics, Assessment, and Treatment

EDITED BY

JOHN L. LEVITT

AND DAVID A. SANSONE

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Self Harm Behaviors And Eating Disorders

Gitte Marianne Hansen



Self Harm Behaviors And Eating Disorders:

Self-harm Behavior and Eating Disorders John L. Levitt, Randy A. Sansone, Leigh Cohn, 2004 This book is designed to provide professionals with the information and tools they need to treat patients who have eating disorders and engage in self harm behaviours Grouped into four major sections these chapters examine the co occurrence of self harm behaviour from a variety of perspectives **Non-Suicidal Self-Injury in Eating Disorders** Laurence Claes, Jennifer J.

Muehlenkamp, 2013-10-10 Non suicidal self injury and eating disorders represent significant problems among today s youth and pose unique challenges for clinicians particularly when they co occur This book is a rare resource in that it provides cutting edge information on the interactions between self injury and disordered eating empirically informed treatments for the co occurrence of these behaviors and specific topics relevant to understanding nuances in the risk factors treatment and prevention of both self injury and eating disorders Practitioners graduate students and researchers working within this specialized area will find this text to be instrumental in advancing their knowledge and improving the treatment of self injury in those with eating disorders **Self-Harm Behavior and Eating Disorders** John L. Levitt, Ph.D., Randy A. Sansone,

M.D., Leigh Cohn, M.A.T., 2005-07-05 The number of eating disorders patients presenting with symptoms of self harm is growing quickly and yet there is surprisingly little known about this unique population Self Harm Behavior and Eating Disorders explores the prevalent but largely uncharted relationship between self injury behaviors and eating disorders symptoms In the first major book to focus on this area a renowned group of international scholars and practitioners addresses the subject from a variety of theoretical and practical perspectives The book is categorized into sections covering epidemiology psychodynamics assessment and a final section covering potential treatment options including dialectical behavioral therapy cognitive therapy interventions strategies group therapy and pharmacological approaches This unrivaled collection of case studies theoretical exploration and practical application forms a benchmark for the field and offers a stepping stone for new research and innovative treatment strategies In an area with little available information previously spread out among diffuse sources this volume represents the state of the field resource for anyone working with complex eating disorders patients **Eating Disorders** Justine J. Reel, 2018-05-10 This encyclopedia offers a variety of resources for

readers interested in learning more about eating disorders including hundreds of reference entries interviews scholarly debates and case studies While many people may reflexively imagine an anorexic or bulimia teenage girl upon being asked to think about eating disorders eating disorders are a form of mental illness that can take many forms and affect individuals of all genders ages and ethnic backgrounds In fact an estimated eight million people in the United States struggle with an eating disorder making eating disorders one of the most prevalent forms of mental illness in America This two volume encyclopedia comprehensively examines eating disorders as the forms they can take their causes and potential complications and how they can best be treated and prevented It also examines the influence had by cultural factors such as the fashion

industry television and movies and social media More than just a simple A to Z reference Eating Disorders Understanding Causes Controversies and Treatment also includes valuable features such as Q A interviews with those affected by and working to combat eating disorders case studies scholarly essays that voice opinions in key debates and a directory of resources for individuals seeking help Femininity, Self-harm and Eating Disorders in Japan Gitte Marianne Hansen,2015-12-22 From the 1980s onwards the incidence of eating disorders and self harm has increased among Japanese women who report receiving mixed messages about how to be women Mirroring this women s self directed violence has increasingly been thematised in diverse Japanese narrative and visual culture This book examines the relationship between normative femininity and women s self directed violence in contemporary Japanese culture To theoretically define the complexities that constitute normativity the book develops the concept of contradictory femininity and shows how in Japanese culture women s paradoxical roles are thematised through three character construction techniques broadly derived from the doppelgänger motif It then demonstrates how eating disorders and self harm are included in normative femininity and suggests that such self directed violence can be interpreted as coping strategies to overcome feelings of fragmentation related to contradictory femininity Looking at novels artwork manga anime TV dramas and news stories the book analyses both globally well known Japanese culture such as Murakami Haruki s literary works and Miyazaki Hayao s animation as well as culture unavailable to non Japanese readers The aim of juxtaposing such diverse narrative and visual culture is to map common storylines and thematisation techniques about normative femininity self harm and eating disorders Furthermore it shows how women s private struggles with their own bodies have become public discourse available for consumption as entertainment and lifestyle products Highly interdisciplinary it will be of huge interest to students and scholars of Japanese studies Japanese culture and society and gender and women s studies as well as to academics and consumers of Japanese literature manga and animation *Clinical Handbook of Complex and Atypical Eating Disorders* Leslie K. Anderson,Stuart B. Murray,Walter H. Kaye,2018 Clinical Handbook of Complex and Atypical Eating Disorders brings together into one comprehensive resource what is known about an array of complicating factors for patients with ED serving as an accessible introduction to each of the comorbidities and symptom presentations highlighted in the volume The Oxford Handbook of Suicide and Self-injury Matthew Nock,2014 This handbook provides a comprehensive summary of the most important and exciting advances in our understanding of suicide and self injury and our ability to predict and prevent it **DBT Principles and Strategies in the Multidisciplinary Treatment of Eating Disorders** Alyssa H. Kalata,Elyse Thebner Miller,2024-08-20 DBT Principles and Strategies in the Multidisciplinary Treatment of Eating Disorders is an in depth exploration of DBT strategies and principles that can be applied by all members of a client s multidisciplinary team including dietitians and psychiatric providers While previous DBT related texts focus on therapists counselors and social workers this book s discipline specific and cross discipline examples and dialogue as well as thoughtful descriptions of DBT principles and

strategies create an accessible text carefully designed to benefit a wide variety of audiences By showing the multidisciplinary application of DBT tools and techniques this book gives providers of all disciplines a shared language and framework that can assist with multidisciplinary case conceptualization treatment planning and therapeutic interventions rather than leaving providers operating in discipline specific silos that are often atheoretical or eclectic in terms of their framework for conceptualizing and providing care Exercises embedded throughout the text focus on helping providers implement what they are learning in their day to day clinical practice The book is replete with activities that are focused specifically on assisting providers in implementing DBT strategies like diary cards chain analyses exposure based procedures and cognitive modification procedures Lastly there is an emphasis on how DBT concepts and methods can be applied in different settings especially in inpatient residential and partial hospitalization settings

DBT Principles and Strategies in the Multidisciplinary Treatment of Eating Disorders is an accessible practical guide for eating disorder professionals of all disciplines who would like to integrate DBT principles and strategies into patient care

Personality Disorders and Eating Disorders Randy A. Sansone, John L. Levitt, 2013-08-21 Personality Disorders and Eating Disorders explores and defines the multifaceted relationship between these two fields in a cogent synthesis of prevalence etiology and treatment The book brings together leading specialists in both fields with a clinical focus on such topical issues as genetics drug abuse and childhood trauma as they relate to each field and as they affect the relationship between the two disorders Therapists who treat eating disorders will find the material on treatment approaches especially helpful in formulating interventions with particularly difficult patients Therapists who work with patients with personality disorders will find that the interface between personality and eating disorders is relevant to various aspects of self destructive behavior observed in these individuals This unique book enhances the assessment and treatment of individuals suffering from personality disorders and eating disorders and it augments the understanding of both populations while establishing a foundation for discussing each as they interface with one another

Cutting and Self-Harm Chris Simpson Ph.D., 2015-09-29 What is self harm and what causes it Learn the terms and concepts related to this type of behavior Non suicidal self injury has been in existence to some extent for centuries Today the practices are increasing in terms of the number of people engaging in this often baffling behavior By the use of accessible language rich descriptions of concepts and realistic case examples Cutting and Self Harm seeks to demystify these behaviors that afflict self injuring individuals and negatively impact their family members and friends Author Chris Simpson PhD has written and presented on the subject of self harm since 2001 He begins the book by answering the question What is cutting and self harm and how does it occur and by explaining important terms and concepts related to the behavior He then covers current controversies about self harming behaviors and addresses frequently confusing topics such as the contributing factors to self injury psychopharmacological treatment of the behavior and the use of group therapeutic approaches in treatment facilities The final section of the book presents additional resources for those impacted by self injury

Adolescent Self-Injury Amelio D'Onofrio, 2007-03-15 In this truly comprehensive guide Dr D Onofrio approaches the topic of how first responders such as teachers coaches social workers guidance counselors and campus health counselors can and do treat adolescent self injury From examinations of the core social and emotional issues related to self injury to the integration of understanding with practice everything needed for comprehensive care is detailed in this volume Each part of the book focuses on a basic topic such as what constitutes self injury the foundations for self injury and how to engage an adolescent with these issues Each issue is presented in straightforward chapters that are immediately accessible to those who are currently struggling to address this growing trend among teens The chapters within each part delve into how to recognize treat and approach this illness and incorporate first person stories from psychologists teachers and adolescents themselves

Relevant topics in Eating Disorders Ignacio Jáuregui Lobera, 2012-02-22 Eating disorders are common frequently severe and often devastating pathologies Biological psychological and social factors are usually involved in these disorders in both the aetiopathogeny and the course of disease The interaction among these factors might better explain the problem of the development of each particular eating disorder its specific expression and the course and outcome This book includes different studies about the core concepts of eating disorders from general topics to some different modalities of treatment Epidemiology the key variables in the development of eating disorders the role of some psychosocial factors as well as the role of some biological influences some clinical and therapeutic issues from both psychosocial and biological points of view and the nutritional evaluation and nutritional treatment are clearly presented by the authors of the corresponding chapters Professionals such as psychologists nurses doctors and nutritionists among others may be interested in this book

The Eating Disorders Sourcebook Carolyn Costin, 2007-01-08 Sound sensitive advice for overcoming an eating disorder Anorexia bulimia binge eating exercise addictions these disorders can be devastating but they are in no way unbeatable Therapist Carolyn Costin herself recovered from anorexia brings three decades of experience and the newest research in the field together providing readers with the latest treatments from medication and behavioral therapy to alternative remedies Whether you are living with an eating disorder or you are a loved one or professional helping someone who is The Eating Disorder Sourcebook will help you Recognize and identify eating disorders Discover and work with the underlying causes of an eating disorder Make the right choices when comparing treatment options Understand what is expected in individual group and family therapy Know when outpatient treatment is not enough and what else can be done

Handbook of Eating Disorders and Obesity Stephan Herpertz, Martina de Zwaan, Stephan Zipfel, 2024-04-24 This book covers the entire spectrum of eating disorders including obesity in a psychotherapy procedure independent manner and is based on the latest treatment guidelines All disorders are presented on the basis of current evidence and treatment guidelines that combine psychotherapeutic and pharmacological interventions to provide therapists with clear recommendations for treatment The 3rd edition has been completely revised to include important current topics and

chapters such as the inclusion of eating disorders in ICD 11 DSM 5 the role of the microbiome and the role of modern media e g ehealth in prevention and treatment In addition the editors and authors address among other topics systemic therapy as a new evidence based psychotherapy and the discussion of addiction mechanisms in eating and weight disorders and provide an outlook on the role of neurostimulation procedures to address current developments in obesity and eating disorders The book is suitable as a reference for physicians in training educators and psychologists especially colleagues from the field of psychosomatics psychiatrists and psychotherapists in research clinic and practice Dialectical Behavior Therapy for Eating Disorders Tiffany A. Brown, Lucene Wisniewski, Leslie Anderson, 2025-03-20 This book explores the application of dialectical behavior therapy DBT in treating eating disorders EDs highlighting its theoretical and clinical significance alongside emerging empirical support theoretical and clinical relevance as well as burgeoning empirical support for the treatment of EDs Originally developed for patients with borderline personality disorder DBT recognizes that maladaptive impulsive behaviors often arise from attempts to manage intense emotions and focuses on cultivating adaptive skills for better emotional self regulation With robust evidence linking emotion regulation difficulties to eating disorder symptoms research increasingly supports DBT s effectiveness for conditions such as bulimia nervosa and binge eating disorder The contributors to this volume are experts in the field who have decades of clinical and research experience in DBT and eating disorders and they delve into the nuances of adapting DBT for patients with complex presentations and comorbid conditions reflecting the latest advancements in this vital area of therapy The chapters in this book were originally published as a special issue of Eating Disorders The Journal of Treatment and Prevention Eating Disorders: A Handbook of Christian Treatment , 2008

Eating Disorders: Decode the Controlled Chaos Erica Ives M.A. MFT CEDS, 2013-02-26 This book provides the information to gain a deeper understanding of the severe epidemic of eating disorders As treatment professionals teachers parents siblings and friends we have a responsibility to one another our society and the generations to follow to become knowledgeable and more willing to talk about this silent killer It is time for us all to gain awareness and choose to do something differently before it is too late WE need to work together to gain more insight to provide more prevention and share what WE are learning with the next individual who is willing to listen Lets choose to become united to help create freedom from the prison of eating disorders This Book Can Help You expand your knowledge of eating disorders grasp their severity and prevalence explore the numerous causes identify early warning signs and recognize current symptoms increase awareness of the potential medical complications understand the meaning and importance of a multi disciplinary treatment approach learn about the treatment options available facilitate a clinical interview enhance your understanding with the use of clinical vignettes **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 tables The reader is provided with a snapshot of how these various creative art therapies are used to treat males and females suffering from eating disorders This informative book will be of special interest to educators students therapists as well as people struggling with eating disorders

Feeding the Starving Mind Doreen A. Samelson,2009 In Feeding the Starving Mind a clinical psychologist and eating disorder specialist presents a program designed to help the older teen or adult with low weight eating disorders like anorexia nervosa develop healthy eating habits and cope with chronic anxiety **Women, Girls, and Addiction** Cynthia A. Briggs,Jennifer L. Pepperell,2009-06-19 Women Girls and Addiction is the first book on the efficacy of treatment approaches and interventions that are tailored to working with addicted women and the first publication of any kind to provide a feminist approach to understanding the experience of addiction from the female perspective Part I of the book provides an overview of feminist theory and addiction counseling followed by an historical look at women and addiction research treatment demographics The three chapters in part two give an in depth look at the biological psychological and social factors of the experience of addiction as unique in women The final section of the book presents a series of chapters spanning the lifespan which each feature age specific special issues treatment strategies interventions and commonly encountered topics in therapy with the population

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