



# CREATIVE ARTS THERAPIES and Clients with EATING DISORDERS

EDITED BY ANNIE  
HEIDERSCHEIT

# **Nice Book Creative Therapies Clients Eating Disorders**

**Kim Atkinson, Catherine Wells**



## **Nice Book Creative Therapies Clients Eating Disorders:**

*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 *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 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

*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 *Creative Therapies* Kim Atkinson, Catherine Wells, 2000

Provides a coherent definition of the creative therapy approach in the psychodynamic practice of occupational therapists using theories drawn from occupational therapy and psychology with a firm grounding in practical applications and considers context and processes of using this approach within the changing climate of health care Links theory behind creative therapies to practice with different client groups illustrated by case studies The authors are lecturers in the School of Occupational Therapy and Physiotherapy at the University of East Anglia UK Distributed by ISBS Annotation copyrighted by Book News Inc Portland OR

**Foreign Bodies** Anat Gur,2018-08-06 Foreign Bodies Eating Disorders Childhood Sexual Abuse and Trauma Informed Treatment addresses the association between eating disorders and childhood sexual abuse proposing a new way of treating those suffering from eating disorders who were sexually abused as children Based on testimonies of survivors of abuse who subsequently developed eating disorders it offers a new form of diagnosis and treatment arguing that the eating disorder field often ignores the traumatic sources of eating disorders leading to some treatment programs not being commensurate and at times conflicting with the principles of childhood sexual abuse treatment The case studies used to highlight the link between childhood sexual abuse and eating disorders are presented from the perspective of the women involved in their own words Their voices are supplemented by Gur's own stance as a clinician specializing in the treatment of sexual abuse and CPTSD The book is divided into three parts the first deals with eating disorders childhood sexual abuse and the association between them the second examines the treatment of eating disorders and childhood sexual abuse and the third offers a new form of diagnosis and treatment for eating disorders This book will be of great interest to researchers and postgraduate students in the eating disorder field of psychotherapy psychology or psychiatry plus those studying the treatment of trauma It will also be of interest to clinical dieticians psychologists social workers doctors nurses eating disorder specialists and policymakers in the mental health field as well as eating disorders sufferers and those who care for them

Art Therapy David Edwards,2013-12-16 This bestselling introduction to art therapy brings theory to life through case material and examples of real artwork produced during therapy sessions Practising art therapist Dave Edwards explains key theoretical ideas such as symbolism play transference and interpretation and shows how these relate to practice As well as providing useful information on training employment and the role of the HPC the book offers extra practical guidance on assessing clients establishing and maintaining boundaries ending therapy private practice Now even more practical and accessible this fully updated Second Edition includes a glossary chapter summaries and other learning features Case studies from a variety of settings illustrate the application of art therapy in real life scenarios This book offers an excellent foundation on which to build future knowledge and skills and should be on the shelf of every art therapy trainee and new practitioner David Edwards is an experienced HCPC registered art therapist who lives and works in Sheffield UK

*Guided Imagery & Music (GIM) and Music Imagery Methods for Individual and Group Therapy* Denise Grocke,Torben Moe,2015-05-21 This edited volume systematically describes the major

adaptations of the Bonny Method of Guided Imagery which accommodate a variety of contexts and client groups The international contributors who each use these adaptations in their own clinical practice provide theoretical and practical details of the approach used for their client group      **Working Across Modalities in the Arts Therapies** Tasha Colbert,Cornelia Bent,2017-09-06 Working Across Modalities in the Arts Therapies Creative Collaborations offers an in depth insight into cross modality and transdisciplinary practice in the arts therapies Including contributions from drama music dance movement and art therapists as well as professionals from related disciplines it vividly demonstrates how the alchemy of these collaborations produces innovative interventions and new approaches to working with clients Compelling examples of collaborative practice cover a variety of client groups ranging from Syrian refugee children and women with eating disorders to homeless war veterans and sex offenders Together the authors make the case for the effectiveness of cross modal and transdisciplinary approaches when working with otherwise hard to reach and complex populations This book is a guide to good practice and an invaluable resource for both experienced arts therapists and those new to the field It will also be of benefit to healthcare and education professionals arts practitioners and anyone with an interest in the subject

**Crouch and Alers Occupational Therapy in Psychiatry and Mental Health** Rosemary Crouch,Tania Buys,Enos Morankoana Ramano,Matty van Niekerk,Lisa Wegner,2024-10-21 Celebrating its evolution over thirty four years the sixth edition of Crouch and Alers Occupational Therapy in Psychiatry and Mental Health continues its legacy as a trailblazing guide reshaped to address the challenges of a post Covid globalised world Led by renowned expert Rosemary Crouch this edition embraces an inclusive perspective on human functionality social inclusion and participation in everyday life Highlighting the pressing need for occupational therapy s role in addressing the burden of mental health disorders it forecasts the staggering economic impact and emphasises prevention resilience building and adaptive participation in daily activities Featuring thirty interconnected chapters by seasoned practitioners and academics this book Aligns with international mental health standards and sustainable development policies emphasising universal health access and human rights Covers key aspects of occupational therapy exploring theoretical perspectives for mental health care practice ethical considerations and cultural sensitivity advocating for occupational justice and breaking barriers in mental health care Introduces case studies and reflective questions at the end of each chapter to foster the integration of theory with practical application for different age groups Reflects upon emerging trends such as human ecosystem disruptions spirituality and mental health the impact of trauma on individuals and collectives and maternal mental health concerns Crouch and Alers Occupational Therapy in Psychiatry and Mental Health is ideal for occupational therapy students and newly qualified practitioners as well as any health professional looking for an up to date evidence based resource on this aspect of mental health care      **Embodiment and the Treatment of Eating Disorders: The Body as a Resource in Recovery** Catherine Cook-Cottone,2020-09-22 Tools for the clinician to help clients turn their bodies into resources for healing from eating

disorders Embodiment refers to the lived attunement of the inner and outer experience of self Cognitions are aligned with the sensing and feeling body Further in an attuned experience of self positive embodiment is maintained by internally focused tools such as self care practices that support physiological health emotional well being and effective cognitive functioning For those who suffer from eating disorders this is not the case in fact the opposite is true Disordered thinking an unattuned sense of self and negative cognitions abound Turning this thinking around is key to client resilience and treatment successes Catherine Cook Cottone provides tools for clinicians working with clients to restore their healthy selves and use their bodies as a positive resource for healing and long term health The book goes beyond traditional treatments to talk about mindful self care mindful eating yoga and other practices designed to support self regulation

**A Textbook of Children's and Young People's Nursing - E-Book** Edward Alan Glasper,James Richardson,Duncan Randall,2021-03-19 This innovative textbook provides a concise and accessible guide for undergraduate students specializing in children and young people s nursing in the UK and further afield Each chapter has been fully updated to reflect current knowledge and practice The wide range of topics covered includes all the essentials such as contemporary child health policy and legal issues knowledge and skills for practice and caring for children with special needs Students will learn how to recognize the deteriorating child use procedural play and distraction and consider the mental health of children and young people A Textbook of Children s and Young People s Nursing is written by multidisciplinary experts rooted in child centred healthcare within a family context and draws upon best contemporary practice It is an invaluable resource that will help nursing students provide effective evidence based care Key points summary boxes and clearly defined aims objectives and learning outcomes to support learning Conversation boxes to enliven the text Patient scenarios to relate theory to practice New chapters on skin health and the use of therapeutic play Suggestions for seminar discussion topics to help teachers Resource lists and online resources for further study or research Online slides to complement chapters within book

**Using Art Media in Psychotherapy** Michelle L. Dean,2016-01-22 Using Art Media in Psychotherapy makes a thoughtful and contextual argument for using graphic art materials in psychotherapy providing historical context for art materials and their uses and incorporating them with contemporary practices and theories Written with an analytic focus many of the psychological references nod to Jung and post Jungian thought with keen attention to image and to symbolic function This book jettisons the idea of reductionist cookbook approaches and instead provides an integrated and contextual understanding of the origins of each art form as well as an insightful use for each in its application in mental health healing practices Using Art Media in Psychotherapy gives clinicians and students alike the tools they need to offer psychologically minded and clinically astute choices that honor their clients

**Healing World Trauma with the Therapeutic Spiral Model** Kate Hudgins,Adam Blatner,Francesca Toscani,2013 This book provides an accessible introduction to the Therapeutic Spiral Model in practice describing how it works its relationship with classical psychodrama neurobiology experiential

psychotherapy and clinical psychology how it differs from other experiential methods and how it has been used with diverse populations and in different cultures Dramatherapy and Recovery Laura L. Wood,Dave Mowers,2024-02-29

Dramatherapy and Recovery offers a comprehensive and groundbreaking approach to harnessing the power of theater in the recovery process through the use of playmaking and performance This manual is based on the CoActive Therapeutic Theater CoATT model the first of its kind to be meticulously documented and standardized With its emphasis on replicability and measurable outcomes the CoATT model is brought to life through annotated scripts and progress notes extracted from past productions involving diverse populations including those with eating disorders aphasia schizophrenia and substance abuse disorder The authors illuminate the six principles that distinguish CoATT from other therapeutic and applied theater approaches The chapters provide a structured framework comprising seven defined movements that act as attainable milestones for participants guided towards producing a powerful and transformative public performance Dramatherapy and Recovery equips practitioners of dramatherapy counseling arts in health applied theater community theater and other mental health disciplines with the tools needed to create transformative performances with individuals reconnecting with the community after treatment *EMDR and Creative Arts Therapies* Elizabeth Davis,Jocelyn Fitzgerald,Sherri Jacobs,Jennifer Marchand,2022-10-31

This book guides therapists trained in EMDR in the successful integration of the creative arts therapies to make the healing potential of EMDR safer and more accessible for patients who present with complex trauma Contributors from the respective fields of creative and expressive arts therapies offer their best ideas on how to combine EMDR with these therapies for maximum benefit for people from diverse backgrounds orientations and vulnerable populations Chapters offer detailed case studies and images insightful theoretical approaches and how to instructions to creatively enhance clinical work Additionally the book addresses current critical issues in the field including the importance of an integrative and open approach when addressing cultural racial and diversity issues and creative interventions with clients through teletherapy Creative arts therapy practitioners such as art therapists play therapists and dance movement therapists will find this a compelling introductory guide to EMDR **Incorporating Science, Body, and Yoga in**

**Nutrition-Based Eating Disorder Treatment and Recovery** Maria Sorbara Mora,Joe Kelly,2019-11-25 Incorporating Science Body and Yoga in Nutrition Based Eating Disorder Treatment and Recovery is a valuable innovative guide that demonstrates how clients and clinicians can untangle discern and learn from the complex world of eating disorders With voices from every stage of recovery this book illustrates how clients can claim mastery in food and life As a nutritionist who specializes in disordered eating the holistic method Ms Mora created provides individuals with a true potential for healing Incorporating Science Body and Yoga in Nutrition Based Eating Disorder Treatment and Recovery weaves strong resilient and vibrant threads of science dietetic practice and yoga therapy that harmonize with all treatment modalities It will help treatment providers from every discipline to guide clients as they reweave their lives with nourishing relationships

embodiment and ongoing growth      **A Theory-based Approach to Art Therapy** Ephrat Huss, 2015-05-15 Art therapy literature is often based either on practice in a specific setting art material or population or if taking a more theoretical focus on illustrative case studies This book provides a theory based approach to research teaching and practicing art therapy including verbal and arts based techniques settings art processes and analyses and the principles of supervision evaluation and research It also offers an overview and discussion of how the different orientations of psychological and social theories are interpreted and implemented by art therapy The book provides an integrative perspective that anchors methodology within a rigorous theoretical background Focusing on three sub groups of Dynamic Humanistic and Systemic social theories each chapter outlines the central concepts of varying sub theories within a general heading and their interpretation from an art therapy perspective Ephrat Huss explores the respective and shifting roles of art client and therapist through each theory demonstrating the practical implications for creating a coherent intervention that informs all parts of the setting therapy client evaluation and supervision A Theory based Approach to Art Therapy draws on the latest research in the field and will be a valuable text for art therapy theorists educators students and researchers as well as for other social practitioners interested in understanding how to integrate the arts into their practice      Experiential Therapies for Eating Disorders Lynne M. Hornyak, Ellen K. Baker, 1989-03-24 It should not surprise us that so many are finding unique value in the experiential techniques The fact that eating disordered patients adopt physical and often complex metaphoric means of expressing their emotional pain suggests the difficulty we are likely to encounter in asking them to articulate the inarticulable In moving to spatial kinesthetic and symbolic expression we are in a sense agreeing to speak the patient s language rather than our own Given the very nature of eating disorders many clinicians are finding that experiential methods are particularly applicable for treating patients who suffer from them Providing a valuable new tool for practitioners EXPERIENTIAL THERAPIES FOR EATING DISORDERS is the first text to focus solely on the application of expressive therapies and experiential techniques to the treatment of anorexia nervosa and bulimia Each chapter of this innovative work systematically reviews a single experiential treatment approach Among these are guided imagery hypnosis structured eating family sculpting psychodrama and gestalt therapy dance movement therapy art therapy music therapy and metaphor poetry therapy Throughout important clinical issues that often accompany eating disorders also are addressed including such topics as self awareness self esteem autonomy identity impulse regulation affect modulation body image and interpersonal relationships Countertransferential issues are examined and areas needing further exploration such as father s role in the development of eating disorders the hypnotizability of eating disordered patients and the role of family in the treatment process are delineated The contributing authors experienced practitioners from a variety of disciplines systematically establish the theoretical framework of each treatment approach fully describe specific techniques and then consider their practical applications in both inpatient and outpatient settings providing numerous case examples for illustration They also



offer helpful recommendations for incorporating these techniques into ongoing treatment plans EXPERIENTIAL THERAPIES FOR EATING DISORDERS a valuable clinical resource for psychologists psychiatrists and all mental health professionals called on to treat patients suffering from anorexia and bulimia nervosa This innovative work illustrates the use of guided imagery hypnosis structured eating family sculpting psychodrama and gestalt therapy and dance movement art music and metaphor poetry therapy in the treatment of anorexia and bulimia nervosa Systematically presented are the theoretical framework of each treatment approach specific techniques and their practical applications illustrated by numerous case examples All professionals who treat clients with eating disorders will find this volume a most valuable clinical resource

**DBT-Informed Art Therapy** Susan M. Clark, 2016-09-21 DBT informed art therapy encourages patients to engage with and retain the three key concepts of mindfulness metaphorical thinking and mastery to better understand and control their emotions This highly practical resource provides thorough explanations and training for successfully integrating DBT therapy into current art therapy practice

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