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Nota di contenuto	1. Introduction. Minding the body. Mentalizing and eating disorders -- 2. Eating disorders as clinical examples of impaired mentalizing. Theory and descriptions -- 3. Eating disorders and mentalizing. The evidence -- 4. Mentalizing stance and interventions. Therapist stances and competences -- 5. Specific challenges working with eating disorders. Minding the embodied mind and the minded body -- 6. Structures of treatment. The model of mentalizing-based treatment for eating disorders -- 7. Psychoeducation in groups. An introduction to MBT (MBT-I) -- 8. Texts as tools. Case formulations and crisis plans -- 9. Group therapy. A training ground for mentalizing -- 10. Working with families. Systems in crisis -- 11. Training and supervision. Advancing skills and competences -- 12. Working with staff and patients in an inpatient setting. Mentalization-based milieu therapy (MBT-M) for eating disorders -- 13. Implementing mentalizing and MBT-ED. Organizing a team? -- 14. The (a)social body. Concluding remarks. .
Sommario/riassunto	This work presents the adaptation of mentalization-based therapy for

use in Eating Disorders (MBT-ED). The book starts with a presentation of the theoretical concept of mentalization and describes eating disorders from this perspective. This is followed by a discussion of the place of MBT-ED in eating disorders practice. MBT is first presented as the original model for borderline personality disorder, and then the model is further developed to address specific symptoms found in eating disorders, such as body image disturbance, restriction and purging. The original MBT model consists of outpatient treatment combined with individual and group psychotherapy, and psychoeducation in groups. The book then looks at supervision and training, and how an eating disorders team can develop a mentalizing focus. It goes on to describe the training required for practitioners to deliver individual and group MBT-ED and to supervise therapy. Lastly, it examines the implementation of the approach in different clinical settings, including inpatient services, and how management can be involved in negotiating barriers and taking advantage of enablers in the system. The authors have conducted a pilot randomized controlled trial and qualitative research in MBT-ED and have extensive experience in providing and supervising this novel therapy. MBT-ED is one of the few therapies for eating disorders that links theory of mind, and attachment and psychodynamic therapies and as such will be of great theoretical interest to a wide variety of clinicians and researchers.
