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Autore	Palmer Robert L.
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Nota di contenuto	Helping People with Eating Disorders: A Clinical Guide to Assessment; Copyright; CONTENTS; ABOUT THE AUTHOR; PREFACE TO THESECOND EDITION; PREFACE TO THEFIRST EDITION; 1 WHAT ARE THE EATING DISORDERS?; CLASSIFICATIONS AND DIAGNOSTIC CRITERIA; A BRIEF HISTORY ; THE FEATURES OF ANOREXIA NERVOSA; Faith: A Story of Anorexia Nervosa; THE FEATURES OF BULIMIA NERVOSA; Rachel: A Story of Bulimia Nervosa; THE FEATURES OF BINGE EATING DISORDER; TWO CLICHES; Roland: A Story of Binge Eating Disorder; OTHER DIAGNOSTIC CATEGORIES; RESIDUAL CATEGORIES; SOME RESIDUAL ISSUES; NOTES; FURTHER READING 2 WHO SUFFERS FROM EATING DISORDERS? WHO ASKS FOR HELP? EPIDEMIOLOGICAL RESEARCH; WHO SUFFERS FROM EATING DISORDERS?; DISORDERS OF ADOLESCENCE?; DISORDERS OF RESTRAINT?; EATING DISORDERS ACROSS TIME; EATING DISORDERS ACROSS COUNTRIES, CLASSES, CULTURES AND SUBCULTURES ; GOLDEN GIRLS?; CULTURE AND BULIMIA NERVOSA; FILTERS ON THE PATHWAY TO CARE; HOW MANY PEOPLE SUFFER FROM ANOREXIA NERVOSA?; HOW MANY PEOPLE SUFFER FROM BULIMIA NERVOSA?; BINGE EATING

DISORDER; COMORBIDITY; THE COURSE AND OUTCOME OF THE EATING DISORDERS; BEYOND DIAGNOSTIC CATEGORIES; RISK FACTORS; NOTES; FURTHER READING

3 WHAT CAUSES EATING DISORDERS? EATING RESTRAINT AND ITS CONSEQUENCES; COUNTERREGULATION; MOTIVATION FOR RESTRAINT; CONCERN ABOUT BODY WEIGHT AND SHAPE; THE SOCIAL CONTEXT; SELF-ESTEEM; THE PERSONAL CONTEXT; PERSONALITY AND TEMPERAMENT; BODY IMAGE; EATING AND EMOTION; FAMILY INFLUENCES; CHILDHOOD ABUSE AND ADVERSITY; PRECIPITATING LIFE EVENTS AND ADVERSITY; BIOLOGICAL ISSUES; CRISP'S SPECULATION; NEW METHODS AND NEW MODELS; GREEN SHOOT?; CONCLUSIONS; NOTES; FURTHER READING; 4 THINKING ABOUT EATING DISORDERS ; HORIZONTAL AND VERTICAL METAPHORS; ENTANGLEMENT AND MOTIVATED EATING RESTRAINT

WEIGHT AND EATING CONTROL: THE SLIMMING IDEOLOGYWEIGHT AND EATING CONTROL: THE SPRING STORY; THE NATURAL HISTORY OF SLIMMING; THE VICIOUS CIRCLE OF RESTRAINT; THE VICIOUS CIRCLE OF FAILED RESTRAINT; THE VICIOUS CIRCLE OF ENTANGLEMENT; A NESTING SET OF VICIOUS CIRCLES; DIFFERENTIAL VULNERABILITY; SPRING STORY: RECAPITULATION AND WARNING; NOTES; FURTHER READING; 5 WHAT IS INVOLVED IN RECOVERY FROM EATING DISORDER? ; WHAT IS RECOVERY?; A VIEW OF RECOVERY FROM EATING DISORDER; TASK ONE: RESTORING WEIGHT AND EATING; TASK TWO: DISENTANGLING; TASK THREE: GETTING LIFE ON THE MOVE AGAIN THE ROLE OF OTHERS IN RECOVERYCAN ANYONE RECOVER?; NOTES; FURTHER READING; 6 ASSESSING PEOPLE WITH EATING DISORDERS ; THE FIRST FEW MINUTES; MIXED FEELINGS; ANOREXIA NERVOSA; Faith Goes to the Doctor; BULIMIA NERVOSA; Rachel Goes to the Doctor; MIXED FEELINGS AGAIN; ENGAGEMENT; THE PROSPECT OF CHANGE; INTERVIEWING STYLE; THE IMMEDIATE AIMS OF ASSESSMENT; THE HISTORY OF WEIGHT AND EATING; ASSESSING CURRENT EATING; ASSESSING BINGE EATING; IDEAS AND ATTITUDES; WIDER ASSESSMENT; Faith Sees the Psychiatrist; THE PRESENT; MENTAL EXAMINATION; PERSONALITY ASSESSMENT; SELF-ESTEEM OBSESSIONALITY AND PERFECTIONISM

Sommario/riassunto

Up-to-date and accessible, the second edition of *Helping People with Eating Disorders* is a comprehensive guide to understanding, assessing, and treating eating disorders. Focuses on evidence-based practice with references to the latest research and new DSM-V classificationsDiscusses the types of eating disorders and their causes, reviews treatment methods and their outcomes, and provides guidance on dealing with challenging casesIllustrates concepts and methods using several case studies that run throughout the book, as well as many examples from the author's clinical workWritten in clear and
