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Titolo	Drawing from within [[electronic resource] ] : using art to treat eating disorders // Lisa D. Hinz
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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Using art to treat eating disorders -- Eating disorders and target areas for healing -- Getting started using art in therapy -- Effects of the eating disorder -- Understanding childhood influences -- Promoting problem-solving skills -- Reclaiming emotions -- Addressing body image issues -- Enhancing self-acceptance -- Fostering a spiritual connection -- When therapy comes to an end -- Final considerations.
Sommario/riassunto	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.