

1. Record Nr.	UNINA9910784180003321
Autore	Leach Kathy
Titolo	The overweight patient [[electronic resource]] : a psychological approach to understanding and working with obesity // Kathy Leach
Pubbl/distr/stampa	London, : Jessica Kingsley, 2006
ISBN	1-280-73803-0 9786610738038 1-84642-520-4
Descrizione fisica	1 online resource (273 p.)
Classificazione	44.91
Disciplina	616.39806
Soggetti	Obesity - Psychological aspects Obesity - Treatment Overweight persons - Psychology Transactional analysis
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	COVER; The Overweight Patient; Contents; ACKNOWLEDGEMENTS; INTRODUCTION; 1 Obesity and Therapy; 2Cultural and ParentInfluences on DecisionsRegarding Weight; 3Clinical Considerations in Workingwith the Overweight Patient; 4Losing Weight, Maintaining Lossand Regaining Weight; 5Inquiry and Diagnosis; 6Ego States; 7The Parent Ego State; 8The Child Ego State; 9The Adult Ego State; 10Psychological Hungers; 11Games; 12The Creation of the Bodyand Eating Functionsas Defence Structures; GLOSSARY OF CLINICAL AND TRANSACTIONAL ANALYSIS TERMS; REFERENCES; RECOMMENDED READING; SUBJECT INDEX; AUTHOR INDEX
Sommario/riassunto	The book explores the underlying beliefs and behaviours that may contribute to obesity, including psychological needs, addiction, fear of deprivation, parental influences and sexual fears. The author draws a useful distinction between the need to eat and the need to maintain a large body size, and addresses both LT obesity and ST weight gain.