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Nota di contenuto	Cover; Half Title; Of Related Interest; Title Page; Copyright; Contents; List of Illustrations; Dedication; Acknowledgement; Prologue - Before We Begin: An Overview; I. Ayelet's Story: On Becoming Anorexic; 1. Introduction: Was I Ever a Normal Child?; 2. Childhood: Exploring the Roots of My Anorexia; 3. Between Me and Myself and My Social Relationships: Finding Creative Expression for My Loneliness; 4. The Stage is Set: From Healthy Child to Anorexic; 5. Flowing with the River: Learning to Act Anorexic; 6. Receiving the Diagnosis: Yes, I Am an Anorexic My First Experience in a Psychiatric Hospital7. My First Hospitalization (Second Hospital), Or: Who is Stronger - The Illness or Me?; 8. Is There Anyone Who Can Help Me?; 9. Meeting the Big Black Hole: My First Attempt to Commit Suicide (Third Hospital); 10. In the Cuckoo's Nest: Behind Closed Doors; 11. Fifth Hospital: Will I Ever Be Normal?; II. The Therapist's Story: The Challenge of Treating Ayelet; 1. Getting Acquainted; 2. Family History; 3. Collecting an Inventory of Ayelet's Problems and Establishing an Initial Treatment Contract 4. Rationale for the Decision to Treat Ayelet Using Multi-Targeted Cognitive-Constructivist Therapy5. Specifying Target Behaviors and

Measuring Baseline Functioning; 6. Family Intervention; 7. Parent Counseling; 8. Beginning Individual Therapy with Ayelet; 9. The First Problem Area: Treating Her Obsessive-Compulsive Disorder (OCD); 10. Treating Her Anxieties and Fears; 11. Urging Ayelet to Start Studying; 12. Social Skills Training; 13. Starting the Journey toward Self-Acceptance; 14. Incorporating Ayelet's Creativity Imagination and Talent; 15. Couple Therapy; 16. Interim Summary

III. Ayelet's Story: Life after Anorexia1. Feedback; 2. And What Now? And What Next?; IV. Literature Review; 1. The Anorexia Disorder; 2. Treatment of Anorexia; 3. Cognitive-Constructivist Intervention; 4. Self-Control Therapy with Children and Adolescents; V. Guidelines for Therapists: Cognitive Creative Intervention with Anorexic Clients; 1. Making Decisions about the Need for Therapy; 2. Making Decisions about the Appropriate Setting(s) for Change; 3. Treatment Considerations and Adaptations; 4. Applying Constructivist Creative Intervention; 5. Focusing on the Therapeutic Relationship 6. Incorporating Emotional Processes into Cognitive-Behavioral Therapy7. Challenging Clients to Open Up to New Experiences; 8. Designing the Process of Intervention; 9. Applying the Self-Control Model for Change; 10. Fostering Maintenance and Generalization; 11. And Last But Not Least; VI. Closing Remarks; Glossary; References; Subject Index; Author Index

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Sommario/riassunto

Ayelet spent six years of her adolescence in and out of hospital, having been diagnosed as suffering from a severe anorexia disorder. Ayelet describes her personal experiences of the illness, the repeated hospitalisations and her ultimate recovery. The book outlines the importance of a good relationship between the client and the therapist.

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