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Altri autori (Persone)	CiotolaLinda
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Nota di contenuto	Preface; Acknowledgements; Chapter 1: The Body as a Battleground; Chapter 2: The New Neuroscience; Chapter 3: How Action Methods Help Move Beyond the Silence and the Fury; Chapter 4: Multi-dimensional Illnesses, Multiple Healing Choices; Chapter 5: Men and Eating Disorders; Chapter 6: Education in Action; Chapter 7: History of Diets, Timelines and the Pull of Popular Culture; Chapter 8: The Three Faces of Eating Disorders; Chapter 9: The Triple Powers of Doubling; Chapter 10: Building Body Empathy; Chapter 11: The Link to Trauma; Chapter 12: The Age Spectrogram: Children and Older Adults Chapter 13: Images of NourishmentChapter 14: Circles of Change and Transformation; Chapter 15: Nutrition Nuggets, Mindful Movement, Body Metaphors; Chapter 16: The Ancestor Connection; Chapter 17: Spirituality and Eating Disorders; Appendix 1: Expected Changes in the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5); Appendix 2: Signs, Symptoms and Consequences of Eating Disorders; Appendix 3: What's in the Psychodrama Room?; Appendix 4: Music; Appendix 5: Resources; Appendix 6: Index of Action Structures and Experiential Activities; Glossary; Bibliography

Sommario/riassunto

Psychodrama and other action methods are especially helpful in the treatment of eating disorders as well as dieting struggles, body dissatisfaction and associated issues of fear, sadness, silence and shame. This book provides clinicians with sound theory, practical treatment guidelines and clinically-tested action structures and interventions.
