
Drawing From Within
Using Art to Treat Eating Disorders

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Preface

As Drawing from Within: Using Art to Treat Eating Disorders a young psychologist I thought that

I had to have all of the answers for my patients. I provided them with information about the physical complications Drawing from Within: Using Art to Treat Eating Disorders and adverse effects of eating disorders. I taught Drawing from Within: Using Art to Treat Eating Disorders them coping and relaxation strategies, and together we examined their childhoods for contributing factors. I talked a lot. And it seemed that the more I Drawing from Within: Using Art to Treat Eating Disorders talked and the more Drawing from Within: Using Art to Treat Eating Disorders I gave, the more inadequate I felt. I experienced patients rejecting the information almost as if they Drawing from Within: Using Art to Treat Eating Disorders had been force-fed food. They would hold it in for a while, but soon it would come back out, largely undigested. Drawing from Within: Using Art to Treat Eating Disorders Despite my having what I believe was a good education in the treatment of eating disorders, only some patients were treated effectively; many were not.

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