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Drawing From Within  
Using Art to Treat Eating Disorders

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Jessica Kingsley *Publishers*  
London and Philadelphia

First published in 2006

by Jessica Kingsley Publishers

73 Collier Street

London N1 9BE, UK

and

400 Market Street, Suite 400

Philadelphia, PA 19106, USA

[www.jkp.com](http://www.jkp.com)

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**Library of Congress Cataloging in Publication Drawing from Within: Using Art to Treat Eating Disorders Data**

Hinz, Lisa D.

Drawing from within : using art to treat eating disorders / Lisa D. Hinz.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-1-84310-822-1 (pbk.: alk. paper) ISBN-10: 1-84310-822-4 (pbk. : alk. paper) 1. Eating disorders--Treatment. 2. Art therapy. Drawing from Within: Using Art to Treat Eating Disorders I. Title.

RC552.E18H54 2006

616.85'2606--dc22

2006009136

**British Library Cataloguing in Publication Data**

A CIP catalogue record for this book is available from the British Library

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ISBN 978 1 84310 822 1

eISBN: 978 1 84642 543 1

## **Contents**

[Preface](#)

[Acknowledgments](#)

[Chapter 1 Using Art to Treat Eating Disorders](#)

[Chapter 2 Eating Disorders and Target Areas for Healing](#)

[Chapter 3 Getting Started Using Art in Therapy](#)

[Chapter 4 Effects of the Eating Disorder](#)

[Chapter 5 Understanding Childhood Influences](#)

[Chapter 6 Promoting Problem-solving Skills](#)

[Chapter 7 Reclaiming Emotions](#)

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[Chapter 8 Addressing Body Image Issues](#)

[Chapter 9 Enhancing Self-acceptance](#)

[Chapter 10 Fostering a Spiritual Connection](#)

[Chapter 11 When Therapy Comes to an End](#)

[Chapter 12 Final Considerations](#)

[\*\*References\*\*](#)

[\*\*Subject Index\*\*](#)

[\*\*Author Index\*\*](#)

**List of Figures**

[1.1 “Beautiful Symphony” – Art evokes healing responses from negativistic patients](#)

[1.2 “Checkerboard Safety Net/Trap of Anorexia Nervosa” – Art helps demonstrate ambivalence](#)

[1.3 Art helps display the complexities Drawing from Within: Using Art to Treat Eating Disorders of what purging means to a bulimic patient](#)

---

[1.4What bulimia nervosa is like – Art helps define the disorder as chaotic and isolating](#)

[1.5“Celebration” – Art helps patients take the first Drawing from Within: Using Art to Treat Eating Disorders steps toward change](#)

[3.1Media properties and affective experience](#)

[4.1“Have Your Drawing from Within: Using Art to Treat Eating Disorders Cake and Eat it Too” – Art separates the patient from the disorder](#)

[5.1“Abstract Family Collage” – Art defines new hope for the future](#)

[5.2“Bird’s Nest Drawing” – Art shows an important relationship and patient’s needs init](#)

[5.3Maslow’s Hierarchy of Needs \(from Maslow 1990\)](#)

[5.4Kitchen drawings demonstrate and clarify confusion of nurturing and food](#)

[6.1Mandala painting aids integration of opposities](#)

[6.2Problem-solving collage – Art shows patients that healing answers exist within them](#)

[7.1Four basic emotions drawing – Art helps patients discriminate among their emotions](#)

[7.2Drawing of anger from patient’s creative journal – Further discrimination of emotions](#)

[7.3Body feelings map – Art shows patients how emotions can be related to physical conditions](#)

[9.1Scribble drawing – Important thoughts and feelings come to the surface in a simple set of lines](#)

---

[9.2“Anger Monster” – The Drawing from Within: Using Art to Treat Eating Disorders ambiguous forms of blot paintings show important thoughts and feelings](#)

[9.3Harmony drawing – Art can help patients embrace masculine and feminine traits](#)

[9.4“Stella” – Mask making supports patients in embracing all personal qualities](#)

[10.1“It’s Drawing from Within: Using Art to Treat Eating Disorders All in Your Mind” – Collage reveals importance of regular spiritual practice](#)

[10.2Gift collage – Art can help patients Drawing from Within: Using Art to Treat Eating Disorders make something of what they are given](#)

[11.1Affirmations are personal Drawing from Within: Using Art to Treat Eating Disorders words of inspiration that can celebrate the healing journey](#)

[11.2An affirmation celebrates the reclaiming of inner wisdom](#)

[11.3“Reluctant Rage” – Drawing from Within: Using Art to Treat Eating Disorders Art assists patients in identifying difficult emotions](#)

[11.4“Imagine Drawing from Within: Using Art to Treat Eating Disorders Not Holding Back” – Art helps patients express difficult emotions](#)

[12.1Abstract collage in family therapy – Art can express what has been denied or dismissed in words](#)

[12.2Group art image – Art provides a reminder of the caring and camaraderie of group therapy](#)

## ***Preface***

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

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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.

## **Drawing From Within Using Art To Treat Eating Disorders**

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