
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

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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

ISBN 978 1 84310 822 1

eISBN: 978 1 84642 543 1

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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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