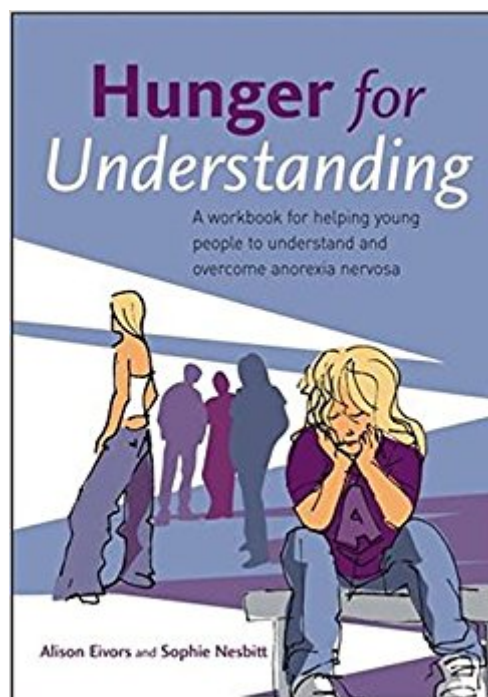




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Hunger For Understanding: A Workbook For Helping Young People To Understand And Overcome Anorexia Nervosa



Synopsis

Research suggests that anorexia nervosa and other eating disorders, whilst not prevalent in the population, have the highest mortality rate of all psychological problems. The development of effective treatment programs is therefore an important priority for health care professionals. This flexible book has been designed for use by therapists as part of a programme when working with young people with eating disorders. The aim is to help young people understand more about their own experience, and alongside guidance of therapists it includes a complete workbook for use by the young persons themselves. This presents tasks ranging from reflective thinking to drawing to promote engagement with difficulties as a first step to overcoming them.

Book Information

Paperback: 184 pages

Publisher: Wiley; 1 edition (May 6, 2005)

Language: English

ISBN-10: 0470021284

ISBN-13: 978-0470021286

Product Dimensions: 6.9 x 0.4 x 9.7 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #3,049,420 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #2278 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #4847 in Books > Textbooks > Social Sciences > Psychology > Psychopathology

Customer Reviews

"...a wonderful workbook as a therapeutic tool for work with young people referred with eating disorders." (International Journal for Adolescent Health, Vol 17 (4) 2005) "...easy to understand and accessible..." (Infant and Child Development, Dec 05) "...an important tool for the therapist..." (International Journal of Adolescence Med Health, vol 17, no.4, 2004)

"Hunger for Understanding sets out to involve the young person directly in the process of recovering from anorexia nervosa. Its accessible format, wealth of practical ideas and reliable information will make it a helpful and valuable addition to the shelves of any therapist who works with young people with eating disorders." âDr Rachel Bryant-Waugh Hampshire Partnership and Great Ormond

Street Hospital for Children NHS Trusts *Hunger for Understanding* is an innovative workbook designed specifically for use with young people with anorexia nervosa in a therapeutic setting. Fully illustrated, it provides many practical tasks that will help the young person to reflect on their own personal experience of anorexia nervosa, to understand more about their experience, and to then engage with the recovery process. Introduced by a therapist's guide, the workbook carefully combines cognitive-behavioural, motivational enhancement and psycho-educational approaches and techniques. The tasks can be accessed online and downloaded for use with patients, and a comprehensive list of further reading and useful organisations is included. *Hunger for Understanding* is a "must-have" tool for clinical psychologists, psychiatrists, nurses, cognitive-behavioural therapists, occupational therapists, counsellors and other professionals working with young people with anorexia nervosa. Online resources: The workbook, including all the practical tasks, is available to download free of charge to purchasers of the print version. Visit the website www.wiley.com/hunger to find out how to access and download these materials.

Wiley publishing house has over the years published several good books on eating disorders and especially anorexia nervosa. Alison Eivors, a clinical psychologist working in mental health services in Leicester, and Sophie Nesbitt, also a clinical psychologist, have produced a wonderful workbook as a therapeutic tool for work with young people referred with eating disorders. "*Hunger for understanding*" should be used by mental health professionals working with adolescents (11-16 years old as the target group) with anorexia nervosa as one of the toolboxes in the intervention and treatment. All the resources are available on the Wiley website ([...]) and can be used in clinical sessions. This book has four sections to explain the workbook: The purpose, psychological interventions, therapeutic challenges and discussion of the contents of the workbook, which fills the first 32 pages. The workbook in itself is in eleven sections with many work tasks for the adolescent to perform. This is an important tool for the therapist and not a book for the patient to read alone, but rather to work together through the intervention process.[...]

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