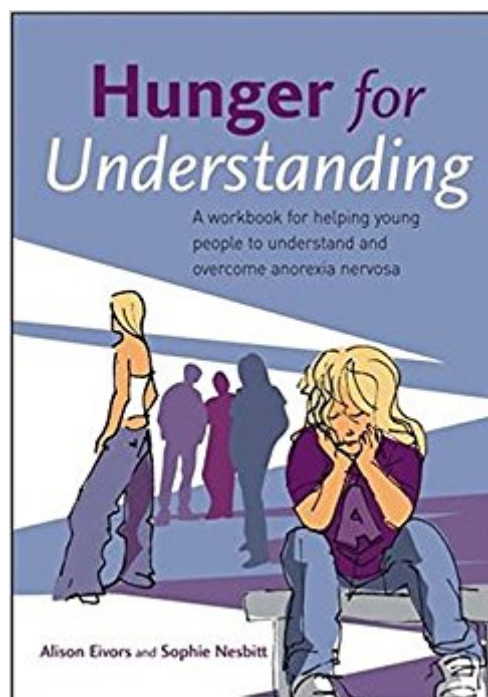




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# Hunger For Understanding: A Workbook For Helping Young People To Understand And Overcome Anorexia Nervosa



## 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 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #2,655,437 in Books (See Top 100 in Books) #43 inÂ Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #2010 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #4648 inÂ Books > Textbooks > Social Sciences > Psychology > Psychopathology

## Customer Reviews

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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