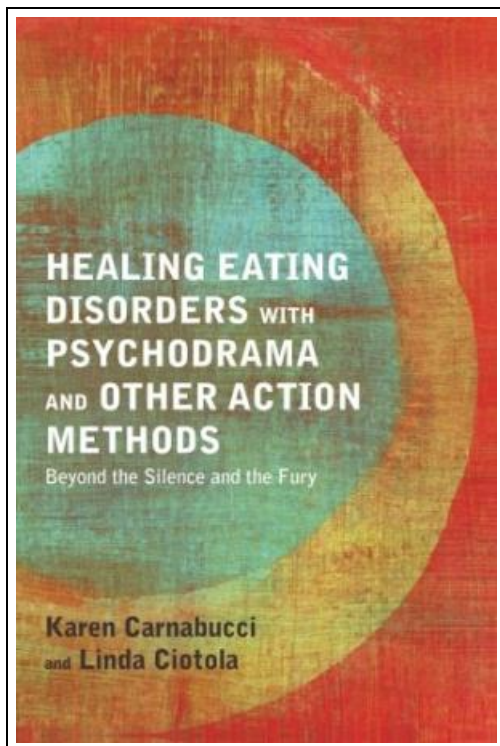


## Healing Eating Disorders with Psychodrama and Other Action Methods: Beyond the Silence and the Fury (Paperback)



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### ***Reviews***




*Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Llewellyn Terry)*

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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Psychodrama and other action methods are especially helpful in the treatment of the classic eating disorders as well as dieting struggles, body dissatisfaction and associated issues of fear, sadness, silence and shame. This book provides clinicians with sound theoretical information, practical treatment guidelines and a wealth of clinically-tested action structures and interventions. The authors describe how they have introduced action methods to work with a diverse range of clients, and suggest ways in which psychodrama practitioners, experiential therapists and others may integrate these methods into their practice. Offering fresh ideas for tailoring psychodramatic standards such as The Living Newspaper, Magic Shop and the Social Atom to eating disorder issues, they provide extensive examples of psychodrama interventions - classic and specially adapted for eating disorders - for both the experienced practitioner and those new to experiential therapies. They also explain how psychodrama can be used in combination with other expressive, holistic and complementary approaches, including family constellations, music, art, imagery, ritual, Five Element Acupuncture, yoga, Reiki and other energy work. This pioneering book is essential reading for practitioners and students of psychodrama, drama therapy, experiential psychotherapy, cognitive and expressive arts therapies and mental health professionals, as well as professionals interested in complementary health modalities.

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