

Contents

I: Introduction

Introduction 3

1. Fragile Board – Arts Therapies and Clients with Eating Disorders 7

Ditty Dokter

2. Anger is Red 23

Elise Warriner

II: Art Therapy

3. The Picture as Transactional Object in the Treatment of Anorexia 31

Joy Schaverien

4. Bringing 'The Man' into the Room
Art Therapy Groupwork with Women
with Compulsive Eating Problems 48

Mary-Jayne Rust

5. The Mental Double Trap of the Anorexic Patient

The Use of Art Therapy to Facilitate Psychic Change 60

Paola Luzzatto

6. The Power of Food

Some Explorations and Transcultural Experiences
in Relation to Eating Disorders 76

Diane Waller

III: Dramatherapy

7. A Dramatherapy Case History

An Anorectic Response to an Incomplete 'Rite-of-Passage' 91

Sue Jennings

8. Dramatherapy in Short-Term Groupwork
with Women with Bulimia 105

Maggie Young

9. The Use of Dramatherapy in the
Treatment of Eating Disorders

A Developing Dutch Method 124

Astrid Jacobse

10. Experiential Training For Staff
Working with Eating Disorders 144

Linda Winn

IV: Psychodrama

11. Art Therapy and Psychodrama with Eating Disordered Patients

The Use of Concrete Metaphors for the Body 159

Mary Levens

12. The Use of Psychodrama in the Field of Bulimia 176

Sandra Jay

V: Dance Movement Therapy

13. A New Way of Working with Body Image in Therapy, Incorporating Dance/Movement Therapy Methodology 193

Sally L. Totenbier

14. Eating Distress, Women and Integrative Movement Psychotherapy 208

Helen Payne

VI: Music Therapy

15. Towards Autonomy and a Sense of Self

Music Therapy and the Individuation Process in Relation to
Children and Adolescents with Early Onset Anorexia Nervosa 229

Jacqueline Robarts

16. Individual Music Therapy with Anorexic and Bulimic Patients 247

Ann Sloboda

17. Sexual Abuse and Eating Disorders

A Possible Connection Indicated Through Music Therapy? 262

P.J. Rogers

18. The Development of Symbolic Function in a
Young Woman with Down's Syndrome 279

Margaret Heal

The Contributors 297

Index 300