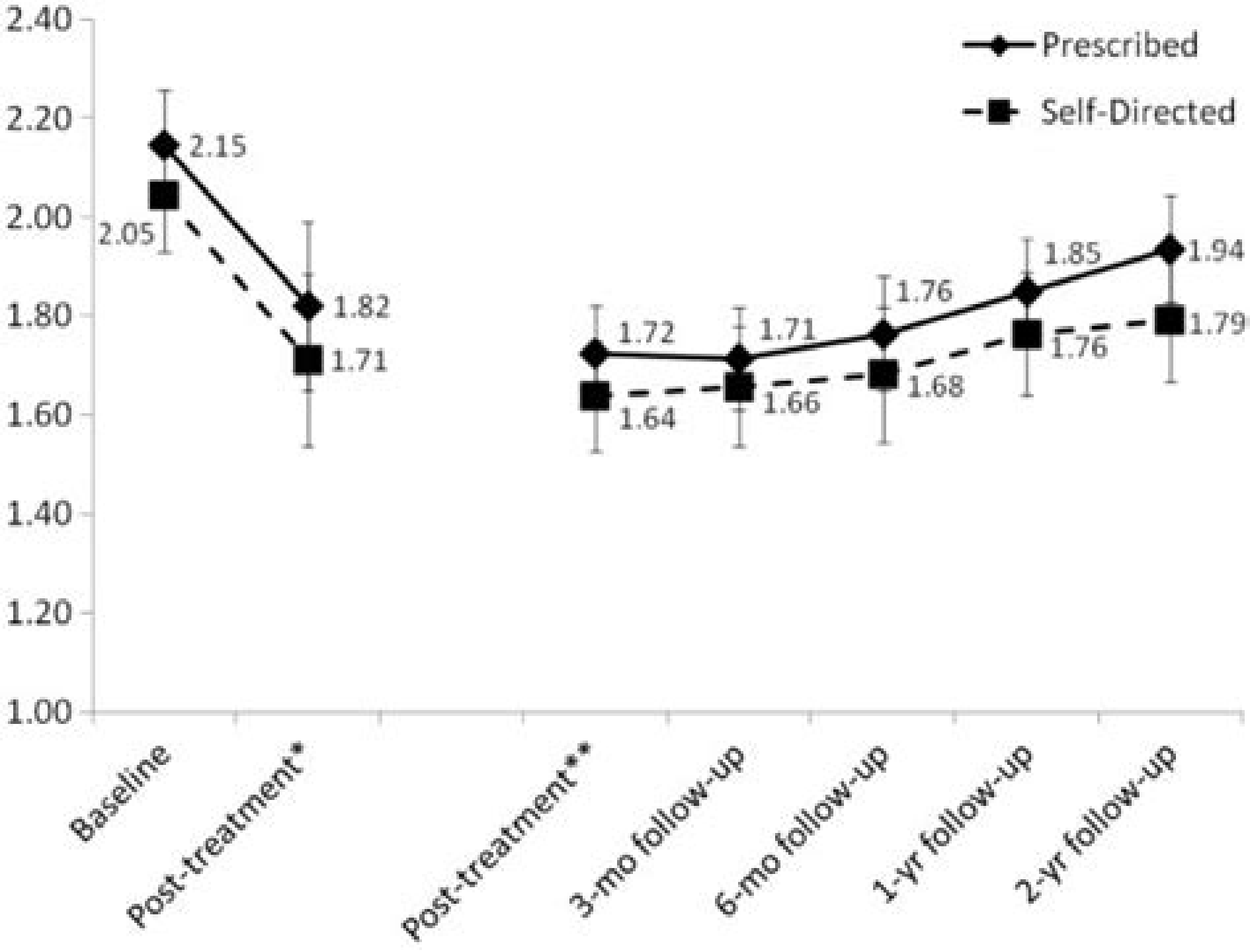




Body Image Therapy A Program For Selfdirected Change

Gina M. Wingood, Ralph J. DiClemente



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Interpreting Weight Jeffery Sobal, 2017-07-05 What is too fat what is too thin Interpretations of body weight vary widely across and within cultures Meeting weight expectations is a major concern for many people because failing to do so may incur dire social consequences such as difficulty in finding a romantic partner or even in locating adequate employment without these social and cultural pressures body weight would only be a health issue while socially constructed standards of body weight may seem immutable they are continuously recreated through social interactions that perpetuate or transform expectations about fatness and thinness Written by sociologists psychologists and nutritionists all of the chapters in this book focus on how people construct fatness and thinness examining different strategies used to interpret body weight such as negotiating weight identities reinterpreting weight and becoming involved in weight related organizations Together these chapters emphasize the many ways that people actively define construct and enact their fatness and thinness in a variety of settings and situations

Handbook of Women's Sexual and Reproductive Health Gina M. Wingood, Ralph J. DiClemente, 2013-11-11 This volume is designed to motivate and engage scientists policymakers and practitioners to greater scientific discourse reduce the stigma on and validate the importance of women's sexual and reproductive health It brings together historians anthropologists psychologists sociologists epidemiologists public health researchers genetic counselors attorneys social workers nurses and physicians and presents comprehensive coverage that will benefit women's health advocates students and practitioners

Eating Disorders Raymond Lemberg, Leigh Cohn, 1998-12-15 Eating disorders such as anorexia nervosa and bulimia nervosa pose a grave danger to the health of thousands of Americans each year This sourcebook brings together in a single volume an extensive amount of information and resources regarding the diagnosis and treatment of these potentially life threatening conditions This volume is a substantially updated and expanded version of Controlling Eating Disorders with Facts Advice and Resources Oryx 1992

The Body Image Workbook Thomas Cash, 2008-07-02 Have you ever wondered what it would feel like to accept and enjoy the way you look instead of constantly worrying about and criticizing your appearance What if instead of focusing on your flaws you felt confident with the body you have right now If you don't like what you see when you look in the mirror you may not realize that these feelings are entirely within your grasp You don't need extensive cosmetic surgery pricey beauty treatments or weight loss programs but you may need to do something even more drastic change your perspective and the way you view yourself The Body Image Workbook offers a comprehensive program to help you stop focusing on your perceived imperfections and start feeling more confident about the way you look As you complete the helpsheets in this book you'll learn to celebrate your body instead of feeling ashamed of it This new edition includes discussions of our obsession with physical appearance and with body fixing options It helps you discover your personal body image strengths and vulnerabilities and then guides you in creating new life changing experiences of mindfulness and body acceptance After completing this eight step program you'll look at yourself in a whole

new light seeing the beauty of the real you *Sourcebook of Psychological Treatment Manuals for Adult Disorders* Michel Hersen, Vincent B. Van Hasselt, 2013-11-11 Here is a practical reference offering mental health professionals 16 state of the art methods for treating a variety of problems presented by outpatient and inpatient adult clients Supported by ample clinical illustrations each chapter offers sufficient information so that the respective methods can be replicated Problems include obsessive compulsive disorder depression schizophrenia and obesity The book also examines contemporary issues of accountability in treatment This handbook meets the needs of psychologists psychiatrists counselors social workers rehabilitation specialists and graduate students *Eating Disorders and Obesity* Christopher G. Fairburn, Kelly D. Brownell, 2005-07-01 This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative accessible and eminently practical volume From leading international authorities 112 concise chapters encapsulate the latest information on all pertinent topics from biological psychological and social processes associated with risk to clinical methods for assessment and intervention The contents are organized to highlight areas of overlap between lines of research that often remain disparate Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume *Eating Disorders and Obesity, Second Edition* Christopher G. Fairburn, Kelly D. Brownell, 2013-12-20 This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative accessible and eminently practical volume From leading international authorities 112 concise chapters encapsulate the latest information on all pertinent topics from biological psychological and social processes associated with risk to clinical methods for assessment and intervention Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume **Overcoming Body Image Disturbance** Lorraine Bell, Jenny Rushforth, 2008-02-19 People with eating disorders often exhibit serious misconceptions about their own body image This programme helps sufferers to improve their body image in the hope that they will also make progress with their eating disorder *Obsessive-Compulsive Disorder and Tourette's Syndrome* Steven E. Hyman, 2002-04-18 First published in 2002 Obsessive compulsive disorder OCD and Tourette's syndrome TS are treated together in this volume because symptoms of each often co occur and because there are substantial overlaps in genetic risks and possibly in the neurobiology underlying these disorders **Body Dysmorphic Disorder** David Veale, Fugen Neziroglu, 2010-02-04 This book is a unique treatment manual which looks at the assessment of BDD offering an treatment model in the form of CBT and pharmacotherapy Summarises the current knowledge and theoretical perspectives about BDD Covers the practical aspects of assessment engagement and therapy Uses a number of practical resources including client handouts

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