



Counselling For Eating Disorders In Women

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Summary : Free counselling for eating disorders in women pdf download - counselling for eating disorders in women focuses on women whose eating patterns have generated side-effects on other aspects of their lives such as work health and family women with problems connected with over-eating under-eating and poor eating form a significant proportion of counsellors lists with a distinctive set of problems and challenges this book adopts the unique approach of the living therapy series using fictitious dialogue to illustrate the person-centred approach enabling the reader to experience directly the diverse and challenging issues surrounding patients this is difficult to achieve with conventional text books this book is invaluable for trainees and experienced counsellors members of support organisations and women suffering from eating disorders their friends and families forewords by lorna marchant and carolyn schneider respectively senior lecturer university of brighton counsellor supervisor trainer and consultant director of mental health services center on halsted chicago usa excellent innovative helpful and very powerful the strengths of this book are the ease with which richard is able to demonstrate how the theory of the person-centred approach can aid our understanding of a client with an eating disorder and how he can explain the potential process of change for someone with an eating disorder secondly i have been impressed by the depth of relationship that richard is able to convey through the different sessions even though the sessions themselves are fictitious which felt powerful enough for the reader to be able to enter the experience as a fly on the wall and very swiftly have an experiential understanding of the session i value not only his style of writing but also his presentation of the person-centred approach in practice this is a beautifully crafted and thought provoking book a real gift lorna marchant in her foreword innovative valuable succinct i bel

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