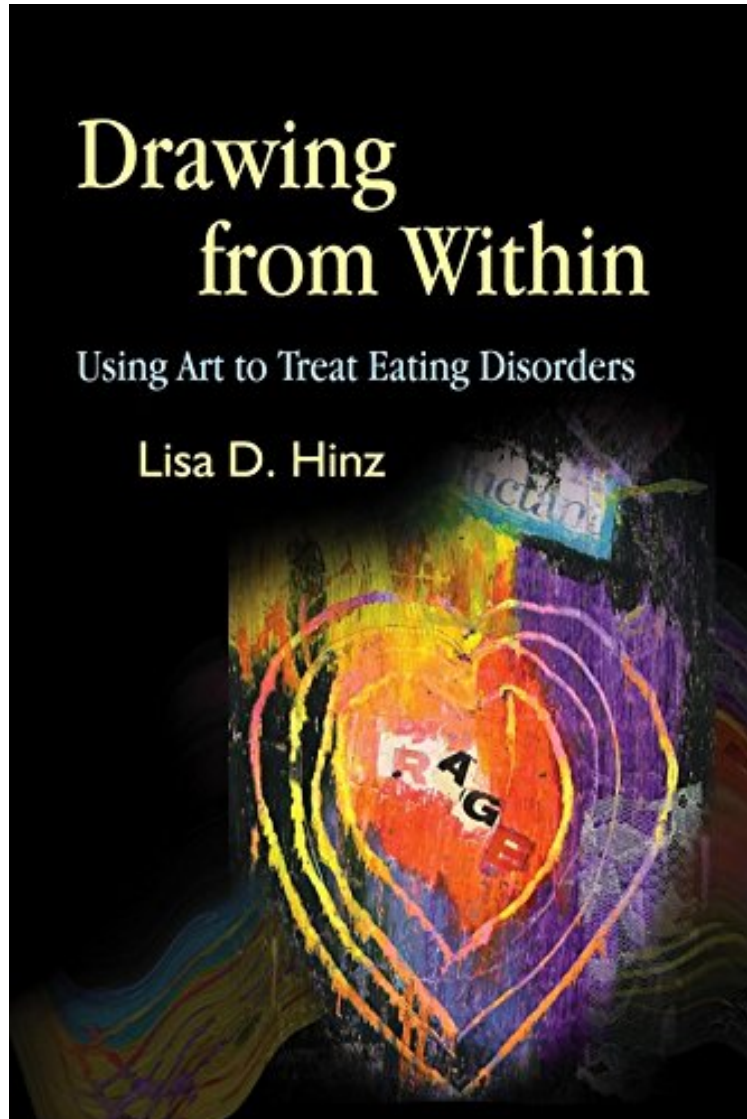


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Drawing from Within: Using Art to Treat Eating Disorders

Lisa Hinz

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Lisa Hinz : Drawing from Within: Using Art to Treat Eating Disorders before purchasing it in order to gauge whether or not it would be worth my time, and all praised Drawing from Within: Using Art to Treat Eating Disorders:

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captures this information so comprehensively. The highlight of this book is the practical applications that she includes, and what to expect to come up for clients. The majority of this book is interventions, and how to implement the interventions with clients. A must read book for all clinicians. 1 of 1 people found the following review helpful. If you had a 10 star system, I'd be using it now. THANKS FOR THE BEST BOOK ON THIS TOPIC EVER! By Linda J. Schiller-Hanna I love brilliant therapists, with deep insight, great experience and anecdotes, who share truly useful and applicable methods, and are clear teachers. That's why I love this book. It is a Graduate School level course book, but applicable to the layman. I walk the line between the two worlds. I have counseled thousands using intuition (am a professional psychic), and this author has all those skills (brilliant intuition), life experience, knowledge, and the skills to share them cleanly and clearly with the rest of us. I have food and weight issues (not so extreme as bulimia or anorexia), but severe enough to have suffered more than 20 years of overweight/borderline obesity. In a few short days, this book has blown the lid off my disorder, given me new and brilliant and useable tools to clear my mind, body and soul of sixty years of pain. I bow down to the author with deepest gratitude. I am telling EVERYONE about this book and many are buying and applying it with similar joyful results. I can't recommend this more highly. I'd give it 10 stars if possible.

Drawing from Within is an introductory guide for those wanting to explore the use of art with clients with eating disorders. Art therapy is a particularly effective therapeutic intervention for this group, as it allows them to express uncomfortable thoughts and feelings through artistic media rather than having to explain them verbally. Lisa D. Hinz outlines the areas around which the therapist can design effective treatment programmes, covering family influences, body image, self-acceptance, problem solving and spirituality. Each area is discussed in a separate chapter and is accompanied by suggestions for exercises, with advice on materials to use and how to implement them. Case examples show how a therapy programme can be tailored to the individual client and photographs of client artwork illustrate the text throughout. Practical and accessible to practitioners at all levels of experience, this book gives new hope to therapists and other mental health professionals who want to explore the potential of using art with clients with eating disorders.