



The Creative Therapies and Eating Disorders

Stephanie L. Brooke

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Creative Therapies with Eating Disorders is a comprehensive work that examines the use of art, play, music, dance/movement, drama, and spirituality to treatment issues relating to eating disturbance. The author's primary purpose is to examine treatment approaches which cover the broad spectrum of the creative art therapies. The collection of chapters is written by renowned, well-credentialed, and professional creative art therapists in the areas of art, play, music, dance/movement, and drama. In addition, some of the chapters are complimented with photographs of client art work, diagrams, and tables. The reader is provided with a snapshot of how these various creative art therapies are used to treat males and females suffering from eating disorders. This informative book will be of special interest to educators, students, therapists as well as people struggling with eating disorders.

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