



# Creative Arts Therapies and Clients with Eating Disorders

*Annie Heiderscheit*

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## **Creative Arts Therapies and Clients with Eating Disorders** Annie Heiderscheit

Drawing on the expertise of leading creative arts therapists from around the world, this book provides a comprehensive examination of the role of the creative arts in the treatment of clients with eating disorders (EDs).

The book explores how art, dance and movement, drama, music, and poetry therapies have fostered insights, growth, and recovery for patients across ED diagnoses (anorexia nervosa, bulimia nervosa, binge eating disorder and compulsive overeating disorder), and comorbid diagnoses. It illustrates how each creative arts modality is implemented in the ED treatment process and covers a variety of treatment levels (residential, inpatient, intensive outpatient and outpatient). Each chapter is enriched with case illustrations to provide a greater depth of understanding of how the methods are used in clinical practice.

This book is an incomparable overview of the value and diverse uses of the creative arts in the treatment of EDs, and it will be of interest to all arts therapists, psychodrama therapists, family therapists, as well as students of these disciplines.

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