



# Working With Eating Disorders: A Psychoanalytic Approach (Basic Texts in Counselling and Psychotherapy)

*Geraldine Shipton*

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## **Working With Eating Disorders: A Psychoanalytic Approach (Basic Texts in Counselling and Psychotherapy)** Geraldine Shipton

Eating disorders such as anorexia and bulimia are increasingly prevalent in today's society and of great concern to a wide range of health-related professionals, including counsellors and psychotherapists. This important new text, written in an intelligent yet accessible style, provides an authoritative and practical introduction to therapeutic work with this large client group. Taking a psychodynamic approach, *Working with Eating Disorders* also embraces an appreciation of cultural influences and uniquely illustrates the context of eating disorders in today's society.

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