



Drawing from Within: Using Art to Treat Eating Disorders

Lisa Hinz

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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.

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