



Prison of Food: Research and Treatment of Eating Disorders

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This groundbreaking volume concentrates on solution-oriented treatment of some of the most difficult pathologies - anorexia, bulimia and vomiting (as a separate category introduced by Nardone et al). The logic and apparent simplicity of the way these complex conditions are treated is truly outstanding. As opposed to a long-drawn psychotherapy, Nardone and his colleagues offer a relatively short period of treatment, consisting of dialogue between the patient and the therapist, and sometimes the patient's family. The patient is also given some "homework" to do in-between the sessions. Rather than looking at the "why" of the situation, this approach looks at "how" the problem manifests itself and what can be done about it. The book starts by outlining the pathologies and the logic behind this type of brief therapy. It then moves on to examine particular case studies and the reader gets immersed in the fascinating dialogue between the therapist and the client. The approach recognises the different needs of each individual but offers some more general and useful practical advice to think about, and to be adapted to each case. There are clarifying comments and subheadings in-between the lines to point out to the reader what the therapist is trying to achieve at that point. 'In order to solve a problem, we need to understand how the system of perception and reaction toward reality functions in the person's here and now. In other words, we must try to understand how the problem functions, not why it exists. In that sense, we leave behind the search for knowledge based on why for a search of knowledge based on how - going from a search for the causes of a problem to a search for its modes of persistence. This allows the resolving process to evolve from slow, gradual solutions to rapid and effective interventions.' From the Introduction

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