



# Self-Harm Behavior and Eating Disorders: Dynamics, Assessment, and Treatment

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## Self-Harm Behavior and Eating Disorders: Dynamics, Assessment, and Treatment From Routledge

The number of eating disorders patients presenting with symptoms of self-harm is growing quickly, and yet there is surprisingly little known about this unique population.

*Self-Harm Behavior and Eating Disorders* explores the prevalent but largely uncharted relationship between self-injury behaviors and eating disorders symptoms. In the first major book to focus on this area, a renowned group of international scholars and practitioners addresses the subject from a variety of theoretical and practical perspectives. The book is categorized into sections covering epidemiology, psychodynamics, assessment, and a final section covering potential treatment options, including dialectical behavioral therapy, cognitive therapy, interventions strategies, group therapy, and pharmacological approaches.

This unrivaled collection of case studies, theoretical exploration, and practical application forms a benchmark for the field, and offers a stepping-stone for new research and innovative treatment strategies. In an area with little available information, previously spread out among diffuse sources, this volume represents the state-of-the-field resource for anyone working with complex eating disorders patients.



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## **Editorial Review**

### **Review**

*"Levitt et al., by examining the overlap between bulimia, anorexia nervosa and other forms of self-injurious behaviour, have helped re-integrate the treatment of eating disorders into the rest of psychiatry."* - **Martin Guha, Librarian, Kings College Institute of Psychiatry, London, UK**

### **About the Author**

John L. Levitt, Ph.D. is Clinical Director of Eating Disorders and Violence and Abuse Programs at Alexian Brothers Behavioral Health Hospital in Hoffman Estates, IL.

Randy A. Sansone, M.D. is a Professor at the Wright State University School of Medicine and Director of Psychiatry at Kettering Medical Center in Kettering, OH.

Leigh Cohn, M.A.T. is founder and Editor-in-Chief of Eating Disorders: The Journal of Treatment and Prevention, and Publisher of Gürze Books, a company that has specialized in eating disorders publications and education since 1980.

## **Users Review**

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#### **James Vazquez:**

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#### **Bert Martinez:**

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#### **Sandra Wright:**

On this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple strategy to have that. What

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