

Exacting Beauty

**Theory, Assessment, and Treatment
of Body Image Disturbance**



**J. Kevin Thompson, Leslie J. Heinberg,
Madeline Altabe, and Stacey Tantleff-Dunn**

Exacting Beauty Theory Assessment Trea

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Exacting Beauty J. Kevin Thompson, 1999-01 Tennis star Andre Agassi has been quoted as saying Image is everything This may seem like an exaggeration but it is true that for many people how they feel about their appearance means everything Body image is a powerful factor in how we feel about ourselves and those who suffer from a body image disturbance are vulnerable to a host of difficulties ranging from low self esteem to bulimia and anorexia nervosa Body Image Disturbance Integrating Theory Assessment and Treatment is a provocative analysis that integrates explanations from social interpersonal feminist and behavioural cognitive psychology This book is packed with research assessment and treatment guidance Clinicians practitioners and researchers should value this book for its coverage of how psychology grapples with the troubling relationship between appearance and identity Exacting Beauty , 2009 Body image issues are at the core of major eating disorders They are also important phenomena in and of themselves Kevin Thompson and his colleagues provide an overview of a wide variety of body image issues ranging from reconstructive surgery to eating disorders The book will be a valuable resource for even the most established researchers in the field as it is filled with data information about assessment tools and a thorough treatment of virtually all major theoretical perspectives on the development of body image and their implications for treatment and prevention At the same time the authors decision to include numerous experiential anecdotes makes the book easily accessible to those just entering the field who are trying to understand the nature of these phenomena PsycINFO Database Record c 2004 APA all rights reserved , **Eating Disorders and Obesity** Laura H. Choate, 2015-01-07 Both practical and comprehensive this book provides a clear framework for the assessment treatment and prevention of eating disorders and obesity Focusing on best practices and offering a range of current techniques leaders in the field examine these life threatening disorders and propose treatment options for clients of all ages This text written specifically for counselors benefits from the authors collective expertise and emphasizes practitioner friendly wellness based approaches that counselors can use in their daily practice Parts I and II of the text address risk factors in and sociocultural influences on the development of eating disorders gender differences the unique concerns of clients of color ethical and legal issues and assessment and diagnosis Part III explores prevention and early intervention with high risk groups in school university and community settings The final section presents a variety of treatment interventions such as cognitive behavioral interpersonal dialectical behavior and family based therapy Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications counseling org *Eating Disorders* Justine J. Reel, 2018-05-10 This encyclopedia offers a variety of resources for readers interested in learning more about eating disorders including hundreds of reference entries interviews scholarly debates and case studies While many people may reflexively imagine an anorexic or bulimia teenage girl upon being asked to think about eating disorders eating disorders are a form of mental illness that can take

many forms and affect individuals of all genders ages and ethnic backgrounds In fact an estimated eight million people in the United States struggle with an eating disorder making eating disorders one of the most prevalent forms of mental illness in America This two volume encyclopedia comprehensively examines eating disorders as the forms they can take their causes and potential complications and how they can best be treated and prevented It also examines the influence had by cultural factors such as the fashion industry television and movies and social media More than just a simple A to Z reference Eating Disorders Understanding Causes Controversies and Treatment also includes valuable features such as Q A interviews with those affected by and working to combat eating disorders case studies scholarly essays that voice opinions in key debates and a directory of resources for individuals seeking help

Learning the Language of Addiction Counseling Geri Miller, 2011-01-04 Comprehensive and current Learning the Language of Addiction Counseling Third Edition introduces students to the field of addiction counseling and helps them develop the knowledge understanding and skills needed to counsel people who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides a balanced overview of the major theoretical underpinnings and clinical practices in the field covering all of the essentials from assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional Fully revised and expanded the Third Edition offers a positive practice oriented counseling framework and features Revised chapters reflecting important changes in the field New chapters on Spirituality and Addiction Counseling and Pain and Substance Abuse New case studies interactive exercises and suggested reading and resources at the end of each chapter Personal Reflections sections in each chapter illustrating the author s evolving views of addiction counseling New online Instructor s Manual containing PowerPoint slides test bank questions and syllabi

Beauty: Exploring Critical Perspectives Pierre Wilhelm, 2019-07-22 This volume was first published by Inter Disciplinary Press in 2016 Rather than accept society s preferred metaphors about beauty at face value the authors in this volume question the fact that beauty can also surprise us in the least foreseeable setting at the most unexpected moment and in the most surprising or unsettling ways Their work underscores beauty s ephemeral transitory fleeting and at times confounding nature The way beauty reveals itself to us they point out may challenge or even contradict established conventions norms and values about aesthetics The emergence of unconventional metaphors and analogies about beauty in these chapters calls on us to pay attention to competing and seemingly intractable connotations of fear darkness ugliness oppression repression callousness and dejection that won t leave us indifferent to their appeal How we as researchers envisage beauty as a topic of investigation tells us as much about our conceptualization of beauty arising from particular scientific perceptions as about the language and symbols that express this perception It raises the important question about why we rely on conceptual constructs to explain beauty and whether beauty remains a mystery to be explored or ultimately one best left unexplained

The Routledge Companion to Beauty Politics Maxine Leeds Craig, 2021-07-22 The growth of the

service economy widespread acceptance of cosmetic technologies expansion of global media and the intensification of scrutiny of appearance brought about by the internet have heightened the power of beauty ideals in everyday life A range of interdisciplinary contributions by an international roster of established and emerging scholars will introduce students to the emergence of debates about beauty including work in history sociology communications anthropology gender studies disability studies ethnic studies cultural studies philosophy and psychology The Routledge Companion to Beauty Politics is an essential reference work for students and researchers interested in the politics of appearance Comprising over 30 chapters by a team of international contributors the Handbook is divided into six parts Theorizing Beauty Politics Competing Definitions of Beauty Beauty Activism and Social Change Body Work Beauty and Labor Beauty and the Lifecourse The Routledge Companion to Beauty Politics is essential reading for students in Women and Gender Studies Sociology Media Studies Communications Philosophy and Psychology

Body Shame Paul Gilbert, Jeremy Miles, 2014-01-02 Physical appearance plays a powerful role in social relationships Those who feel shame regarding the way they look and who think others view their appearance negatively can therefore be vulnerable to impoverished social relationships and a range of psychological difficulties However there are a few books which look specifically at the many permutations of body shame and their differing treatments In this book researchers and therapists from a wide range of different disciplines and areas explore the role of shame in various physical and psychological disorders and provide practical advice on management and treatment Chapters are organised to address issues of conceptualisation assessment and treatment on topics such as definitional controversies possible biopsychosocial and evolutionary origins of body shame effects on adjustment to maturation and aging process specific forms of disfigurement the role of body shame in depression eating disorders and body dysmorphic disorder Body Shame gives the reader insight into the nature and mechanisms of shame how it can focus on the body how it can underlie a variety of psychological difficulties and how to intervene to help resolve it This book will be invaluable for practitioners from different disciplines working with people who have problems centred on their physical appearance and or functions and clinicians working with various mental health problems

The Active Female Jacalyn J. Robert-McComb, Reid L. Norman, Mimi Zumwalt, 2014-01-28 The purpose of the The Active Female Health Issues Throughout the Lifespan 2nd Edition is twofold 1 to increase the awareness of wellness and fitness issues for active females and their family members and 2 to provide an avenue for medical practitioners allied health professionals health educators and certified individuals in sports medicine to gain critical updated knowledge of a field specific to active females Part I of the book offers a foundation to help the reader understand the interrelationship among body image concerns the female reproductive cycle and musculoskeletal anatomy physiology of females that makes their health risks and concerns unique Reproductive health is discussed by a prominent researcher in reproduction endocrinology An overview of the Female Athlete Triad which is a syndrome of three interrelated conditions isordered eating menstrual disturbances and bone loss is presented in Part II

Physicians and certified professionals in sports medicine discuss the individual components of the triad relating not only to the athletic female but also to the recreationally active woman throughout the lifespan In Part III Prevention and management of common musculoskeletal injuries is addressed by a female orthopedic surgeon who sub specializes in treating female athletes Finally appropriate exercise and nutritional guidelines for active females are discussed in Parts IV V of the book by certified professionals and licensed physicians in sports medicine An invaluable addition to the literature The Active Female Health Issues Throughout the Lifespan 2nd Edition will be of great interest to physicians allied health care practitioners medical other wellness educators and students who are interested in advancing women s health issues Sports medicine specialists family practitioners gynecologists team physicians residents in sports medicine athletic trainers health educators nurses physicians assistants physical therapists sport psychologists counselors athletic trainers and other members of the sports medicine team should also find this title of significant interest

For the Beauty of the Earth
Susan A. Ross, 2006 In the 2006 Madeleva Lecture in Spirituality Boston College theologian Susan A Ross offers a feminist theological and ethical exploration of women and beauty from the ground up Drawing on women s activities as sources of insight into the nature of beauty and as inspiration for connecting beauty and goodness Ross presents a unique compelling and deeply touching reflection that will nourish challenge and inspire anyone interested in theological aesthetics or women s issues or indeed anyone who cherishes the beauty of God s creation

BOOK JACKET *Applied Social Psychology* Linda Steg, Abraham P. Buunk, Talib Rothengatter, 2008-09-11 Applied social psychology combines the science of social psychology with the practical application of solving social problems that exist in the real world This exciting textbook provides a thorough explanation of how social psychologists can contribute to the understanding and management of different social problems A highly prestigious team of contributors from across Europe and the United States illustrate how social psychological theories research methods and intervention techniques can be successfully applied to social problems encountered in the fields of physical and mental health integration and immigration issues gender issues organizational issues economic behaviour political behaviour environmental behaviour and education Each field studied features an overview of important problems the role of human behaviour in these problems the factors influencing relevant behaviour and effective ways to change this behaviour This is an essential volume for all undergraduate and graduate students studying applied social psychology

Counseling Across the Lifespan Cindy L Juntunen, Donald R Atkinson, 2002 Counseling Across the Lifespan expands the perimeters of counseling with its emphasis on preventive techniques for adjustment problems in the lifespan of a normal individual This cogent work focuses on counseling intervention strategies from the unique perspective of an individual s lifespan placing techniques in the proper development context By concentrating on life stages from childhood through old age the authors identify the nature and origin of various psychological issues such as self identity and healthy lifestyle development in adolescents family violence in young adults or retirement transitions for older adults The

intervention tools needed to confront these issues are presented through succinct pedagogical features including case examples checklists for evaluating clients and exercises

Helping Skills for Working with College Students Monica Galloway Burke, Jill Duba Sauerheber, Aaron W. Hughey, Karl Laves, 2016-06-17 A primary role of student affairs professionals is to help college students dealing with developmental transitions and coping with emotional difficulties Becoming an effective helping professional requires the complex integration of intrapersonal interpersonal and professional awareness and knowledge For graduate students preparing to become student affairs practitioners this textbook provides the skills necessary to facilitate the helping process and understand how to respond to student concerns and crises including how to make referrals to appropriate campus or community resources Focusing on counseling concepts and applications essential for effective student affairs practice this book develops the conceptual frameworks basic counseling skills interventions and techniques that are necessary for student affairs practitioners to be effective compliant and ethical in their helping and advising roles Rich in pedagogical features this textbook includes questions for reflection theory to practice exercises case studies and examples from the field

Feminist Psychotherapy in an Indian Context Jagruti Wandrekar, 2025-08-30 This book offers a practical guide to feminist psychotherapy in India Each chapter presents a brief literature review on the topic the author's personal experiences as a queer feminist mental health researcher practitioner real life case studies demonstrating therapeutic interventions and guidelines to remember The field of feminist psychotherapy is nascent in India and very few resources are catered to the Indian context or focus primarily on Indian research and practice This book is therefore relatively unique in that it focusses on practical applications which professionals can use in their work across settings and for myriad concerns at the loci of the self body relationships families work and gender based violence and it utilizes contemporary intersectional feminist values and caters to clients across the gender spectrum to do so As such this book will be an invaluable resource for mental health professionals working in India or within Indian South Asian diaspora

Key words feminist therapy intersectional mental health gender and psychology

Eating Disorders in Boys and Men Jason M. Nagata, Tiffany A. Brown, Stuart B. Murray, Jason M. Lavender, 2021-04-12 Boys and men with eating disorders remain a population that is under recognized and underserved within both research and clinical contexts It has been well documented that boys and men with eating disorders often exhibit distinct clinical presentations with regard to core cognitive e g body image and behavioral e g pathological exercise symptoms Such differences along with the greater likelihood of muscularity oriented disordered eating among boys and men emphasize the importance of understanding and recognizing unique factors of clinical relevance within this population This book reviews the most up to date research findings on eating disorders among boys and men with an emphasis on clinically salient information across multiple domains Five sections are included with the first focused on a historical overview and the unique nature and prevalence of specific forms of eating disorder symptoms and body image concerns in boys and men The second section details population specific considerations for the

diagnosis and assessment of eating disorders body image concerns and muscle dysmorphia in boys and men The third section identifies unique concerns regarding medical complications and care in this population including medical complications of appearance and performance enhancing substances The fourth section reviews current findings and considerations for eating disorder prevention and intervention for boys and men The fifth section of the book focuses on specific populations e g sexual minorities gender minorities and addresses sociocultural factors of particular relevance for eating disorders in boys and men e g racial and ethnic considerations cross cultural considerations The book then concludes with a concise overview of key takeaways and a focused summary of current evidence gaps and unanswered questions as well as directions for future research Written by experts in the field Eating Disorders in Boys and Men is a comprehensive guide to an under reported topic It is an excellent resource for primary care physicians adolescent medicine physicians pediatricians psychologists clinical social workers and any other professional conducting research with or providing clinical care for boys and men with eating disorders It is also an excellent resource for students residents fellows and trainees across various disciplines

Digital Geographies—Theory, Space, and Communities Abdul Shaban, 2025-01-02 This machine generated volume with chapter introductions by the human expert showcases how digital technologies are having deep transformative impacts on geographies and temporalities of social political economic and personal lives They are altering perceptions and physicality of space and time They are giving birth to digital communities and societies where distance remains of little significance Virtual spaces and ICT have disrupted state sovereignties often liquidating their physical national boundaries The rise of the digital economy shows that new important raw materials for the future are information rather than coal oil and minerals Digitalisation is also leading to several contradictory processes of democratisation rising welfare of the citizens as well as surveillance peripheralisation and exclusion States are taking pride in digitalising their services to the citizens with massive consequences on the welfare of those facing digital divides As a departure to and in addition to the usual understanding of digitalisation society and space the present volume engages with some of the critical questions while reviewing existing literature What are the space relations of digital technologies What are the forms and consequences of changing physical space human relations to digital space human relations How is the sense of time and space changing with pervasive performatives of in real time and virtual realities or with perceptible or portable spaces In what ways does digitalisation relate to knowledge and power Why and how must we theorise the digitalisation led transformative processes of sociality materiality and their spatialities The book will be useful for teachers researchers and students engaged in this new area of digital geography especially in social science and its subfields of sociology economics political sciences anthropology psychology development studies policy studies social work urban studies and planning For the full picture the volume can be read in combination with its companion volume on Digital Geographies Urbanisation Economy and Modelling **Adolescent Girls in Distress** Laura Hensley Choate, 2013-07-28 Laura Choate has created an important resource for mental health

professionals who work with adolescent girls This nuanced text analyzes the cultural pressures that affect girls by presenting the most current research in the field Both prevention and evidence based treatment interventions are offered A must have for the bookshelf of both the new and seasoned practitioner Heather Trepal PhD Department of Counseling University of Texas at San Antonio Contemporary culture promotes a hot and sexy diva image to girls encouraging inner emptiness depression and even risk for self injury but Adolescent Girls in Distress is exactly what the doctor ordered a well researched thoughtful and systematic antidote empowering professionals to create the resilience resourcefulness and resistance needed to navigate and thrive in this girl toxic culture A must read for anyone concerned about today s girls Margo Maine PhD FAED CEDS Eating Disorder Specialist and Author Cultural stressors are affecting girls at increasingly younger ages resulting in mental health issues such as depression eating disorders substance abuse self injury and even suicide This guide offers mental health professionals evidence based treatment approaches and strengths based prevention strategies that promote successful navigation of childhood and adolescence Grounded in ecological systems theory the book focuses on the socialization processes that begin in early childhood and contribute to the development of problems that are increasing in today s adolescent girls The book describes how the confluence of societal family peer school and individual developmental influences can negatively affect adolescents It considers the pressure on young girls to be sexualized and to look and act older than they are the effects of consumerism and materialism the pervasive use of social media and the pressure to excel in all areas stressors that can impede the development of an authentic self during this critical period of physical and emotional growth Practical and detailed treatment interventions are provided for issues such as depression eating disorders substance abuse self injury relationship violence and sexual victimization In addition the book emphasizes the importance of early intervention to prevent problems and the promotion of girls resilience to cultural pressures so they can successfully cope with complex life demands Case studies discussion questions skill development activities recommended readings and online resources reinforce content Key Features Includes detailed treatment interventions including strengths based approaches and best practice guidelines Focuses on socialization processes that begin in early childhood and contribute to the development of mental health problems Contains case studies discussion questions skill development activities recommended readings and online resources

Evolutionary Perspectives on Human Sexual Psychology and Behavior Viviana A. Weekes-Shackelford, Todd K. Shackelford, 2014-07-08 This volume in the Springer Series in Evolutionary Psychology presents a state of the art view of the topic of sexuality and sexual behavior drawing on theoretical constructs and research of noted individuals in the field Comprehensive and multi disciplinary this book seeks to provide a broad overview without sacrificing the complexity of a multi faceted approach The book is framed by introductory and closing sections that provide a context for the range of ideas contained within Ample space is provided in designated sections that focus on key areas of sexuality from both male and female perspectives and that include information from primate studies This volume can serve as a graduate

text in sexual behavior in evolutionary terms and as a guide for further research **Health Measurement Scales** David L. Streiner, Geoffrey R. Norman, John Cairney, 2015 A new edition of this practical guide for clinicians who are developing tools to measure subjective states attitudes or non tangible outcomes in their patients suitable for those who have no knowledge of statistics

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