



# **Hungers and Compulsions: The Psychodynamic Treatment of Eating Disorders and Addictions**

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# Hungers and Compulsions: The Psychodynamic Treatment of Eating Disorders and Addictions

## **Hungers and Compulsions: The Psychodynamic Treatment of Eating Disorders and Addictions**

This book will help therapists understand and treat patients suffering from mild to dangerous forms of eating disorders, other compulsions and addictions, such as alcoholism, and even erotic attachments.

The chapters help therapists think creatively about these types of patients who are coming to therapy more frequently than ever, and to see the effects of treatment. The problems that arise in therapy are explored in essays about dissociation, self-regulation, self-destructive behavior, enactment, and other clinical issues.

The first half of the book addresses specific problems associated with patients who have eating disorders. The editors explore the patient's conflicts, affect regulation, transference, behavior, as well as the countertransference issues that inevitably arise in therapy. The second half broadens the scope and addresses a spectrum of addictions and associated issues such as creativity, sexuality and the transference.

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