

# Exacting Beauty Theory Assessment And Treatment

Exacting Beauty  
The Active Female Social Psychology of Dress  
The Oxford Handbook of the Psychology of Appearance  
Encyclopedia of Body Image and Human Appearance  
Self-objectification in Women  
Handbook of Eating Disorders and Obesity  
Handbook of Obesity Treatment  
Charting a New Course for Feminist Psychology  
An Interactive Psychoeducational Intervention for Women At-risk of Developing an Eating Disorder  
American Journal of Psychotherapy  
Obsessive-Compulsive Disorder  
Adult Psychopathology and Diagnosis  
The BDD Workbook  
Psychology Essentials of Psychology, Custom Publication  
Choice  
The Muscular Ideal  
Obesity in Youth J. Kevin Thompson Jacalyn J. McComb  
Sharron J. Lennon Nichola Rumsey Stacey Tantleff-Dunn J. Kevin Thompson Thomas A. Wadden Lynn H. Collins Marion F. Zabinski Ross G. Menzies Michel Hersen James Claiborn  
Saul M. Kassin Douglas A. Bernstein J. Kevin Thompson Leslie J. Heinberg  
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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

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

this book investigates the growing and ever changing health issues for girls and women who lead an active lifestyle and participate in sports and exercise easy to read the volume provides an educational foundation for understanding how disordered eating amenorrhea and osteoporosis can be interrelated while also looking at image disorders and reproductive health it contains thorough analysis of common prevention and management techniques and provides useful links to resources on the internet for additional screening tools

social psychology of dress presents and explains the major theories and concepts that are important to understanding relationships between dress and human behavior these concepts and theories are derived from such disciplines as sociology psychology anthropology communication and textiles and clothing information presented will provide summaries of empirical research as well as examples from current events or popular culture the book provides a broad based and inclusive discussion of the social psychology of dress including the study of dress and how to do it cultural topics such as cultural patterns including technology cultural complexity normative order aesthetics hygiene ethnicity ritual societal topics such as family economy occupation social organizations and sports fraternal organizations individual focused theories on deviance personality variables self values body image and social cognition coverage of key theories related to dress and identity provide a strong theoretical foundation for further research unique chapter features bring in industry application and current events the end of chapter summaries discussion questions and activities give students opportunities to study and research dress teaching resources including an instructor s guide test bank and powerpoint presentations with full color versions of images from the textbook social psychology of dress studio study smarter with self quizzes featuring scored results and personalized study tips review concepts with flashcards of essential vocabulary download worksheets to complete

chapter activities

we live in a society in which messages associating physical attractiveness with success and happiness are pervasive this book gives a detailed authoritative account of research policy and practice in psychological aspects of appearance including the role of the media in shaping people s attitudes and behaviors towards appearance

this scholarly work is the most comprehensive existing resource on human physical appearance how people s outer physical characteristics and their inner perceptions and attitudes about their own appearance body image affect their lives the encyclopedia s 117 full length chapters are composed and edited by the world s experts from a range of disciplines social behavioral and biomedical sciences the extensive topical coverage in this valuable reference work includes 1 important theories perspectives and concepts for understanding body image and appearance 2 scientific measurement of body image and physical attributes anthropometry 3 the development and determinants of human appearance and body image over the lifespan 4 how culture and society influences the meanings of human appearance 5 the psychosocial effects of appearance altering disease damage and visible differences 6 appearance self change and self management 7 the prevention and treatment of body image problems including psychosocial and medical interventions chapters are written in a manner that is accessible and informative to a wide audience including the educated public college and graduate students and scientists and clinical practitioners each well organized chapter provides a glossary of definitions of any technical terms and a further reading section of recommended sources for continued learning about the topic available online via sciencedirect or in a limited release print version the encyclopedia of body image and human appearance is a unique reference for a growing area of scientific inquiry it brings together in one source the research from experts in a variety of fields examining this

psychological and sociological phenomenon the breadth of topics covered and the current fascination with this subject area ensure this reference will be of interest to researchers and a lay audience alike

modern industrialized society chronically and pervasively objectifies the female body and many women have come to view themselves through the lens of an external observer habitually monitoring their own appearance whether in public or private settings given the negative effects associated with self objectification such as body shame appearance anxiety depression and disordered eating an empirically based approach to researching and counteracting self objectification is critical this book integrates recent research developments and current clinical knowledge on self objectification in women using barbara l fredrickson and tomi ann roberts objectification theory as a framework the contributors address various aspects of the theory including evidence for and causes of self objectification across the life span psychological consequences and associated mental health risks the book also discusses various scales for measuring self objectification as well as approaches to prevent and disrupt this phenomenon with research from a variety of disciplines psychology sociology anthropology women s studies and political science this book should be read by everyone interested in the well being of women

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special coverage addresses cosmetic surgery and cosmetic medical treatments how the media influences eating disorders weight and shape concerns of boys and men cross cultural aspects of eating disorders child sexual abuse and eating disorders and a feminist approach to eating disorders book cover

the contemporary successor to the editors earlier obesity theory and therapy this comprehensive

handbook guides mental health medical and allied health professionals through the process of planning and delivering individualized treatment services for those seeking help for obesity concise extensively referenced chapters present foundational knowledge and review the full range of widely used interventions including self help behavioral and cognitive behavioral approaches pharmacotherapy and surgery provided are state of the art guidelines for assessing obese individuals for health risks and for mood and eating disorders treatment algorithms for tailoring interventions to the severity of the client's problem details on adjunctive interventions for improving body image and self esteem recommendations for working with child clients and much more

annotation presents innovative efforts to advance feminist psychological theory research pedagogy and practice

body image concerns are extremely widespread in our society and have been linked to psychological problems as well as the development of eating disorders one difficulty in treating these concerns is that people often delay treatment due to shame or embarrassment therefore a potentially effective means of treatment delivery is through anonymous computerized interventions offered via the internet while few studies have been conducted overall initial research with computerized psychoeducation and asynchronous programs has been promising however no studies have systematically evaluated the efficacy of synchronous communication and none have been tested within the eating disorder domain this study evaluated the effectiveness of a synchronous intervention for college aged women at risk for developing an eating disorder as defined by high body image concerns sixty women mean age 18.9 sd 2.4 65 caucasian mean bmi 25.6 sd 5.7 with high body image concerns were randomly assigned to intervention n 30 or wait list control n 30 groups each week during the 8 week program

participants logged onto a private chatroom and participated in a 1 hour moderated discussion regarding body image and eating behaviors the intervention was adapted from cognitive behavioral techniques and self directed behavior change theories to improve body satisfaction and problematic eating patterns before full syndrome disorders develop treatment components included psychoeducational readings synchronous support chat sessions asynchronous support message board homework assignments and discussion summaries assessments were conducted at baseline post treatment and 10 weeks after post treatment participants indicated high satisfaction with the mode of intervention delivery a significant interaction was found for eating disorder pathology as measured by the eating disorders examination questionnaire global score f 2 116 4 04 p

the last five years have seen substantial advances in the state of knowledge of all aspects of ocd and this volume brings together many of the recognised leaders in the field to provide a state of the art account of theory assessment and practice in treatment

the revised edition of the classic reference on major adult psychological disorders adult psychopathology and diagnosis fourth edition offers essential material on the significant progress that s been made in understanding psychopathology assessment and remediation incorporating the nomenclature of the dsm iv this important reference presents an integration of empirical data and diagnostic criteria to demonstrate the basis for individual diagnoses and provide the opportunity to examine how these diagnoses are reached individual chapters introduce illustrative case material as well as clinical discussions addressing specific disorders diagnostic criteria major theories of etiology and issues of assessment and measurement this updated fourth edition includes new coverage of the psychopathological influence of family gender race and ethnicity a new chapter on dual diagnosis more updated illustrative case studies

etiological considerations that include information on genetics adult psychopathology and diagnosis fourth edition is the most complete up to date textbook of its kind for graduate level courses in psychology counseling and social work as well as an excellent reference for psychologists psychotherapists counselors and other professionals in the field

ocd experts james claiborn and cherry pedrick show readers who suffer from body dysmorphic disorder how to overcome debilitating obsessions with perceived flaws in their appearance establish a balanced body image and enhance other aspects of their self image and self esteem

psychology allows readers to discover the important findings of this field first hand readers put themselves in the role of researcher allowing them to take an active interest in understanding psychology as a psychologist would dozens of pioneering researchers have been interviewed enabling readers to find out how they became interested in psychology how they came up with their important discoveries how their discoveries influence the field today and where they believe psychology is headed in the future topics include behavioral neuroscience sensation and perception consciousness learning memory thought and language nature and nurture human development intelligence motivation emotion social influences social and cultural groups personality psychological disorders treatment health and well being an exciting read for anyone interested in psychology and research because of its comprehensive appendix glossary and reference section this book is a must have desk reference for psychologists and others in the field

this edited book draws on new research to provide an overview of the muscular ideal including historical and present socioeconomic trends assessment and measurement issues and clinical presentation of disorders such as muscle dysmorphia chapters also cover related issues such as

steroid use repeated cosmetic surgery and prevention issues

this thorough and incisive book describes current trends and discusses their implications for the assessment treatment and prevention of obesity in youth

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