# Contents

About the authors vii  
Foreword ix  
Acknowledgements xi  

1 **The purpose of the workbook** 1  
Who is *Hunger for Understanding* for? 2  
Who can use *Hunger for Understanding*? 3  
When and how should *Hunger for Understanding* be used? 3  
Accessing the workbook electronically 4  
Issues of confidentiality 5  

2 **Psychological interventions for anorexia nervosa and the role of psycho-education** 7  
Psychological interventions 8  
Motivational-enhancement therapy (MET) 9  
Cognitive-behavioural therapy (CBT) 10  
Psycho-education in anorexia nervosa 11  
The psychological symptoms of starvation 12  
The cultural context of eating disorders 12  
Set-point theory 12  
The physical effects of starvation 13  

3 **Therapeutic challenges, skills and techniques** 15  
Challenges of work with people with anorexia nervosa 15  
Physical issues 15  
Psychological issues 16  
Therapeutic skills and techniques 17  
Externalisation 17  
Instilling hope 17  
Empathy 17  
Developing emotional awareness 18  
Rolling with resistance 18
Dealing with distress
Managing relapses

4 The contents of the workbook and guidelines for use

Section 1 What is anorexia nervosa? 21
Section 2 What causes anorexia? 22
Section 3 How does dieting affect us? 25
Section 4 How does anorexia affect you? 25
Section 5 What keeps anorexia going? 26
Section 6 The tricks anorexia plays 27
Section 7 Thinking about change 27
Section 8 Getting better 29
Section 9 Teamwork 30
Section 10 Becoming assertive 30
Section 11 Myths and questions about anorexia nervosa 31
Some good advice and messages of support 31
Ending the workbook 31

The Workbook 33
Useful contacts 161
References 163
Index 167