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Serving Fire Anne Scott,1994 *Yoga Journal* ,2003-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty Healing Eating Disorders with Psychodrama and Other Action Methods Karen Carnabucci,Linda Ciotola,2013-01-01 Psychodrama and other action methods are especially helpful in the treatment of the classic eating disorders as well as dieting struggles body dissatisfaction and associated issues of fear sadness silence and shame This book provides clinicians with sound theoretical information practical treatment guidelines and a wealth of clinically tested action structures and interventions The authors describe how they have introduced action methods to work with a diverse range of clients and suggest ways in which psychodrama practitioners experiential therapists and others may integrate these methods into their practice Offering fresh ideas for tailoring psychodramatic standards such as The Living Newspaper Magic Shop and the Social Atom to eating disorder issues they provide extensive examples of psychodrama interventions classic and specially adapted for eating disorders for both the experienced practitioner and those new to experiential therapies They also explain how psychodrama can be used in combination with other expressive holistic and complementary approaches including family constellations music art imagery ritual Five Element Acupuncture yoga Reiki and other energy work This pioneering book is essential reading for practitioners and students of psychodrama drama therapy experiential psychotherapy cognitive and expressive arts therapies and mental health professionals as well as professionals interested in complementary health modalities

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