

Exacting Beauty Theory Assessment And Treatment

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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

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

christina peter hinterfragt inwiefern rezipienten personen aus dem fernsehen zur identitätsarbeit heranziehen sie konzentriert sich dabei auf die theorie sozialer vergleichsprozesse und untersucht inwieweit sich zuschauer unterschiedlichen fernsehgattungen aus vergleichsmotiven zuwenden wie stark sie bezüge zu den dort gezeigten personen herstellen und welche folgen dies für sie hat dazu wird die theorie auf das mediale umfeld übertragen und kommunikationswissenschaftliche sowie medienpsychologische forschung zum thema integriert die autorin zeigt dass durch die vielfach idealisierte stereotype darstellungsweise von fernsehpersonen unrealistische standards präsentiert werden so dass vergleiche für den rezipienten mit negativen folgen behaften sein können

neben dem pathologischen essverhalten stellt eine körperbildstörung ein zentrales merkmak bei anorexia und bulimia nervosa dar obwohl zur dauerhaften Überwindung der essstörung eine verbesserung des körperbildes indiziert ist wurden sowohl im forschung als auch im praxiskontext umfassende interventionen zur verbesserung des körperbildes bei essstörungen bisher oft vernachlässigt das manual beschreibt ein kognitiv verhaltenstherapeutisches programm zum aufbau eines positiven körperbildes bei patientinnen mit anorexia und bulimia nervosa die dritte vollständig überarbeitete fassung des manuals berücksichtigt aktuelle forschungsergebnisse und eignet sich für den einsatz im einzel und gruppensetting das manual liefert zunächst einen Überblick über aktuelle forschungsbefunde zum thema körperbild bei essstörungen nach einer beschreibung der störungsbilder werden verschiedene diagnostische instrumente zur erfassung von körperbildstörungen vorgestellt im hauptteil des manuals werden die verschiedenen therapiebausteine praxisnah beschrieben und arbeitsmaterialien für die durchführung der bausteine bereitgestellt diese umfassen die erarbeitung eines störungsmodells zur entstehung und aufrechterhaltung eines negativen körperbildes techniken zur identifikation und modifikation negativer körperbezogener kognitionen sowie körperkonfrontationsübungen mit unterschiedlichen foki mit spiegel und video hinzu kommen interventionen zum abbau des körperbezogenen vermeidungs und kontrollverhaltens in verschiedenen alltagsrelevanten situationen sowie zum aufbau positiver körperbezogener aktivitäten zahlreiche arbeitsmaterialien liegen auf cd rom zum direkten ausdrucken bereit

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

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