



Las prisiones de la comida: Vomiting, Anorexia, Bulimia (Terapia Breve) (Spanish Edition)

Giorgio Nardone

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Entre todas las teorías para el tratamiento de los trastornos alimentarios, destaca la aproximación estratégica propuesta por Giorgio Nardone. Para ésta, la anorexia, la bulimia y el vomiting son el resultado de un proceso en el que la persona se esfuerza por transformar una situación que permanece inalterable. Así, la tarea del terapeuta consiste en romper el círculo vicioso entre la reiteración de las tentativas fallidas del paciente para resolver el propio problema y la persistencia del problema mismo. Para llevarlo a cabo, es necesario comprender «cómo funciona» el problema en lugar de «por qué existe».

Basándose en esta teoría, los autores proponen una metodología terapéutica para afrontar y vencer los trastornos alimentarios de un modo rápido y eficaz.

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