



# **In and Out of Anorexia: The Story of the Client, the Therapist, and the Process of Recovery**

*Tammie Ronen*

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Ayelet spent six years of her adolescence in and out of hospital, having been diagnosed as suffering from a severe anorexia disorder. She is now a special needs teacher. In the first part of this book Ayelet describes her personal experiences of the illness, the repeated hospitalisations and her ultimate recovery, illustrated with examples of her drawing and writing from when she was ill. Tammie Ronen, her therapist, outlines the step-by-step progress of the therapy from the professional angle, describing in detail the decision-making and treatment considerations specific to Ayelet's life and context. She also includes comprehensive overviews of contemporary research into anorexia and of cognitive constructivist methods. This interweaving of theory, practice and personal experience offers the reader unique insight into the reality of the illness and demonstrates the effectiveness of integrative and creative methods, and the central importance of a good relationship between the client and the therapist. The book is a rich source of inspiration and guidance for therapists and other professionals, as well as for people with eating disorders and their families.

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