INDEX

abortion, 16–17
addiction: dual nature of, 27; in eating disorders, 1–2, 11, 153; fluid nature of, 151; self-concept and body image in, 153
adolescence, 153
Adonis complex, 14
The Adonis Complex (Pope, Phillips, and Olivardi), 14, 20
age, Claudia Bernard lies about, 88, 93
Alexander, Jane, 161
Allen (Heather) case study, see Heather Allen case study
anger, of Linda Miller, 146–47
animal drawings, see House/Tree/ Person/Person (Opposite Sex)/ Animal (HTPPA) drawings
anorexia nervosa: addiction in, 2, 147, 153; among college students, 8; among nuns, 7–8; body image in, 1, 12–13; definition of, 7; diagnostic classification of, 7; diet effectiveness in, 9–10; Heather Allen case study, 106–26; history of, 7–8; Linda Miller case study, 126–49; self-nurturing ability in, 11; treatment of, 8
appetite, 2
archetypes, 19–20
art: ethical society and, 161–63; as index to psychological health, 4–5; search for form in, 4–5; social function of, 160–61
art therapy: acceptance as legitimate discipline, xiii, 23, 160–61; art of, 163; basis for, 22–23; dream work in, 24–25; dynamics of, 6; establishing freedom in, 28; gender bias in, 151–52; interpretation in, 25; multidimensional nature of, xiii; progress prediction in, 26; as scientific evidence, 149; scope of, 213–14;
socialization and, xii; suicidal images in, 207–8; therapeutic effectiveness of, 26, 156, 158–59; therapy of, 22–26; unconscious and, 6, 24–26; verbalization in, xi–xiii, 23–24

BCD, see body contour drawings (BCD)
BDEM, see body dimension estimate and measurements (BDEM)
beauty, 6–7
Bell, C., 4–5
Bell, R., 7
Bellafonte, Ginia, 15
Bernard (Claudia) case study, see Claudia Bernard case study
biological clock: Claudia Bernard and, 93, 96; Linda Miller and, 141
body contour drawings (BCD), 40–42; Claudia Bernard case study, 101, 102f; Heather Allen case study, 121–22, 122f; Jessica Mason case study, 83–84, 84f; Linda Miller case study, 141–45, 142f; Megan Brown case study, 61–64, 62f; questionnaire, 41, 200–1; subjects’ reaction to, 143–44; therapeutic use of, 158
body dimension estimate and measurements (BDEM), 30–31; circumference, female, 193–94; circumference, male, 189–90; Claudia Bernard case study, 93; figure selection chart, 216; frame size estimate chart, 210; Heather Allen case study, 112; inaccurate perception of, 144; Jessica Mason case study, 74–75; Linda Miller case study, 133; linear, female, 191–92; linear, male, 187–88; Megan Brown case study, 51; Metropolitan Life Insurance height and weight tables, 209
body dysmorphic disorder, 14
body image: American ideal of, 6–10; body dimension estimates vs. actual measurements, 30–31; definition of, 2; distortion of, 12–14, 152; genetic templates and, 6; in males, 14–15; nonphenomenal, defined, 3; PNBIT in development of, 156, 158; self and, 11–21; self-concept and, 13–14, 153; significance of, 1–10; thinness as ideal, 6–7; yo-yo syndrome in, 17
brain function, 22
Brown (Megan) case study, see Megan Brown case study
Bruch, H., 9
bulimia, 154
caloric restriction, 11
Campbell, R. J., 129, 139
Carpenter, Karen, 7
case studies, see clinical applications
Catherine de Siena (saint), 8
Chesler, P., 17
Chromatic Family Line Drawing (CFLD), 32–33; Claudia Bernard case study, 94; Heather Allen case study, 112–14, 113f; Jessica Mason case study, 75, 76f; Linda Miller case study, 133; Megan Brown case study, 52
Cirlot, J. E., 78, 140
Claudia Bernard case study, 44–67; biological clock in, 93, 96; body contour drawings, 101, 102f; body dimension estimates and measurements, 93; chromatic family line drawings, 94; discussion of, 103, 105; eating questionnaire, 104; exit tape recording extract, 168–69; family history, 91; HTPPA drawings, 94–96; kinetic family clay sculpture, 100–1; lies about age, 88, 93; mandalas, 96–99, 97f, 98f, 99f; medical history, 90–91; mirror viewing, face, 92; mirror viewing, full-length, 92–93; nonphenomenal tasks, 94–101; personal history, 90; phenomenal tasks, 92–93; project compliance, 91–92; Sandworlds, 100; Self Box, 99–100; self report, 102–3; summary, 105–6; Tennessee Self Concept Scale data analysis, 87–88, 89f, 90; weight history, 90; weight recording, 92
clinical applications, 43–150; Claudia Bernard case study, 44–67; Heather Allen case study, 106–26; Jessica Mason case study, 68–87; Linda Miller case study, 126–49; Megan Brown case study, 44–67
clothing industry: acknowledgment of large-sized customers, 10; September 11 disaster impact on, 14–15; thinness ideal and, 7
colleges, eating disorder prevention in, 155–56
college students, eating disorders in, 154
color chart form, 31, 217
combined phenomenal and nonphenomenal task: body contour drawing, 3, 40–42; Claudia Bernard case study, 101, 102f; Heather Allen case study, 121–22, 122f; Jessica Mason case study, 83–84, 84f; Linda Miller case study, 141–43, 142f; Megan Brown case study, 61–64, 62f
corpus callosum, 22
creativity, brain function in, 22
cultural elitism, 161

Diagnostic and Statistical Manual of Mental Disorders (DSM-III), 7
Doolittle, John T., 161
drawing techniques, projective, 37
dreams, 24–25
Dynamically Oriented Art Therapy: Its Principles and Practice (Naumburg), xii
eating disorders: addiction in, 1–2; body image in, 12–14; caloric restriction in, 11; in college students, 154; female bias in research on, 151–52; in males, 14, 20; relationship of issues in, 215; school prevention programs, 155–56; yo-yo syndrome in, 9
eating questionnaire, 196–200; Claudia Bernard case study, 104; Heather Allen case study, 124t; Jessica Mason case study, 85, 85t; Linda Miller case study, 146t; Megan Brown case study, 65t–66t
elitism, cultural, 161
endogenous opioids, in appetite regulation, 2
estimates, see body dimension estimate and measurements
Estrich, S., 17
ethical society, art and, 161–63
exercise, 14
family role, in eating disorders, 152, 153–54
fashion industry, see clothing industry
fat advocacy groups, 10
feeding of infants, 11
females: circumference, body dimension estimate and measurements, 193–94; gender bias in eating disorder research, 151–52; linear, body dimension estimate and measurements, 191–92; outline drawings, figure selection, 186; weight ranges in, 18f
feminazi, 17
The Feminine Mystique (Friedan), 15, 17
feminism: backlash against, 16–17; gender relations in, 16; growth of, 15–17
food: addiction to, 2; as reward, 129
form: concept of, 4–5; meaningful, as psychotherapeutic goal, 4
frame size estimate chart, 210
Freud, Sigmund, 19, 24
Friedan, Betty, 15–16, 17–19, 20
Gantt, L., 26
gender roles: female bias in eating disorder research, 151–52; feminism and, 16, 18–19, 20
Goldfarb, W., 13
Gombrich, E. H., 13, 143
Hackney, Sheldon, 161
Hammer, E., 34
Hatterer, L. J., 1–2, 12
health, definition of, 4
Heather Allen case study, 106–26; body contour drawings, 121–22, 122f; body dimension estimates and measurements, 112; chromatic family line drawing, 112–14, 113f; discussion of, 123, 125; eating questionnaire, 124t; exit tape recording extract, 168–72; family history, 110; HTPPA drawings, 114–17, 116f; kinetic family clay sculpture, 120; mandalas, 117–18, 119f; medical history, 110; mirror viewing, face, 112; mirror viewing, full-length, 112; nonphenomenal tasks, 112–20; personal history, 108; phenomenal tasks, 111–12; project compliance, 110–11; Sandworlds, 120; Self Box, 118, 120; self report, 122–23; summary, 125–26; Tennessee Self Concept Scale data analysis, 106, 107f, 108; weight history, 108–9; weight recording, 111–12
height and weight tables, 209
heroes, of September 11 disaster, 15

Hinsie, L. E., 129, 139
Holy Anorexia (Bell), 7
House/Tree/Person/Person (Opposite Sex)/Animal (HTPPA) drawings, 33–37; Claudia Bernard case study, 94–96; Heather Allen case study, 114–17, 116f; Jessica Mason case study, 72, 73f, 75, 77–79, 77f, 80f; Linda Miller case study, 133–35; Megan Brown case study, 52–53, 54f, 55–56, 55f
illusion, mirror image as, 143–44
infant feeding and nurture, 11

Jenny Craig weight loss program, 8
Jessica Mason case study, 68–87; body contour drawings, 83–84, 84f; body dimension estimates and measurements, 74–75; chromatic family line drawing, 75, 76f; discussion of, 85–86; eating questionnaire, 85, 85t; exit tape recording extract, 165–68; family history, 70–71; HTPPA drawings, 72, 73f, 75, 77–79, 77f, 80f; kinetic family clay sculpture, 81–83; mandalas, 79; medical history, 70; mirror viewing, face, 72–73; mirror viewing, full-length, 73–74; nonphenomenal tasks, 75–83; personal history, 70; phenomenal tasks, 71–75; project compliance, 71; Sandworlds, 81; Self Box, 81, 82f; self report, 84–85; strabismus in, 72; summary, 86–87; Tennessee Self Concept Scale data analysis, 68, 69, 69f; weight history, 70; weight recording, 71–72
Jung, C. G., 19–20, 163
Kalff, D., 39
Kaplan, L. J., 85, 86
kinetic family clay sculpture (KFCs), 40; Claudia Bernard case study, 100–1; Heather Allen case study, 120; Jessica Mason case study, 81–83; Linda Miller case study, 141; Megan Brown case study, 60–61, 61f
Knittle, J. L., 9
Kramer, E., 161
Langer, Suzanne K., 5, 144, 158
Linda Miller case study, 126–49; anger in, 146–47; body contour drawings, 141–45, 142f; body dimension estimates and measurements, 133; chromatic family line drawing, 133; discussion of, 145–48; eating questionnaire, 146t; exit tape recording extract, 172–78; family history, 130–31; HTPPA drawings, 133–35; kinetic family clay sculpture, 141; mandalas, 135–36, 137f, 138; medical history, 130; mirror viewing, face, 132; mirror viewing, full-length, 132; nonphenomenal tasks, 133–45; personal history, 129; phenomenal tasks, 132–33; project compliance, 131–32; relationship with father, 130–31; Sandworlds, 139–41; Self Box, 138–39; self report, 145; summary, 148–49; Tennessee Self Concept Scale data analysis, 126–27, 128f, 129; weight history, 129–30; weight recording, 132
Luby, E. D., 2, 147
Machover, K., 37
males: body image distortion in, 14–15; circumference, body dimension estimates and measurements, 189–90; eating disorders in, 14, 20, 151–52; fashion industry and September 11 disaster, 15; linear, body dimension estimates and measurements, 187–88; outline drawings, figure selection, 185; weight ranges in, 19f
Males with Eating Disorders (Anderson), 20
mandalas, 37–38; Claudia Bernard case study, 96–99, 97f, 98f, 99f; Heather Allen case study, 117–18, 119f; Jessica Mason case study, 79; Linda Miller case study, 135–36, 137f, 138; Megan Brown case study, 56–59
manifest dream, 24, 35
Marrazi, M. A., 2, 147
Maslow, A., 163
Mason (Jessica) case study, see Jessica Mason case study
May, R., 4
medical questionnaire, 204
medical release form, 203
Megan Brown case study, 44–67; body contour drawings, 61–64, 62f; body dimension estimate and measurement, 51; changed appearance of, 50–51; chromatic family line drawing, 52; discussion of, 64, 66–67; eating questionnaire, 65t–66t; exit tape recording extract, 63–64; family history, 48; growing independence in, 50; HTPPA drawings, 52–53, 54f, 55–56, 55f; kinetic family clay sculpture, 60–61, 61f; mirror viewing, face, 50–51; mirror viewing, full-length, 51; nonphenomenal tasks, 52–61; personal history, 45, 46, 47–48; phenomenal tasks, 50–51; physical description, 45; project compliance, 48–49; Sandworlds, 59–60, 60f; Self Box, 58–59; self report, 63–64; summary, 67; Tennessee Self Concept Scale data analysis, 44–45, 46f; weight history, 47; weight recording, 50
Metropolitan Life Insurance height and weight tables, 209
Miller (Linda) case study, see Linda Miller case study
mirror image, 13, 143–44
mirror viewing, face, 30; Claudia Bernard case study, 92; Heather Allen case study, 112; Jessica Mason case study, 72–73; Linda Miller case study, 132; Megan Brown case study, 50–51
mirror viewing, full-length, 30; Claudia Bernard case study, 92–93; Heather Allen case study, 112; Jessica Mason case study, 73–74; Linda Miller case study, 132; Megan Brown case study, 51
My Fair Lady (Lerner and Lowe), 21
Index — 229

National Endowment for the Arts, 161
National Endowment for the Humanities, 161
Naumburg, Margaret, xii, 25, 26
night-eating syndrome, 129
nonphenomenal body image, 3
nonphenomenal tasks: Claudia Bernard case study, 94–101; definition of, 3; Heather Allen case study, 112–20; house/tree/person/person (opposite sex)/animal drawings, 33–37; Jessica Mason case study, 75–83; Kinetic Family Clay Sculpture, 40; Linda Miller case study, 133–45; mandalas, 37–38; Megan Brown case study, 52–61; Sandworlds, 39; self box, 38–39; self concept development through, 157t; see also specific tasks
normal weight, defined, 3
Norris, D. L., 143, 144
Nutrisystem, 8
obesity: body image distortion in, 9, 12–13; body image tasks in, 1; Claudia Bernard case study, 87–106; complications of, 8; diet effectiveness in, 9–10; as epidemic, 8; fat advocacy groups and, 10; food addiction in, 2, 153; Jessica Mason case study, 68–87; Megan Brown case study, 44–67; prevalence of, 8; self-nurturing ability in, 11
Olivardi, R., 14
opioids, endogenous, 2
opposite sex person drawings, see House/Tree/Person/Person (Opposite Sex)/Animal (HTPFA) drawings
Optifast diet, 8
outline drawings: in body dimension estimates, 30; figure selection, female, 186; figure selection, male, 185
Overeaters Anonymous, 8
parents, as role models, 154
person drawings, see House/Tree/Person/Person (Opposite Sex)/Animal (HTPFA) drawings
Phenomenal and Nonphenomenal Body Image Tasks (PNBIT): abstract of study, 211–12; art therapy session, 27–28; case studies, 43–150; Claudia Bernard case study, 87–106; clinical effectiveness of, 42; combined phenomenal and nonphenomenal task, 40–42; definition of, 3; Heather Allen case study, 106–26; Jessica Mason case study, 68–87; Linda Miller case study, 126–48; materials and equipment, 29; Megan Brown case study, 44–67; methodology of, 27–42; nonphenomenal tasks, 32–40; parts of, 28; phenomenal tasks, 29–31; self-concept and, 152; similarities in case studies, 149; therapeutic effectiveness of, 156, 158; uses for, 2, 150
phenomenal body image, 3
phenomenal tasks: body dimension estimates and measurements, 30–31; Claudia Bernard case study, 92–93; definition of, 3; Heather Allen case study, 111–12; Jessica Mason case study, 71–75; Linda Miller case study, 132–33; Megan Brown case study, 50–51; mirror viewing, face, 30; mirror viewing, full-length, 30; self concept development through, 157t; weight recording, 29–30; see also specific tasks
Phillips, K., 14
Playboy bunnies, 16, 17
PNBIT, see Phenomenal and Nonphenomenal Body Image Tasks (PNBIT)
Pope, G., 14
postdrawing interrogation, 34–36
Prince Charming, as rescuer, 93, 96
printmaking, 163
projective drawing techniques, 37
psychotherapy, meaningful form in, 4
Pygmalion (Shaw), 21
questionnaires: body contour drawing, 41, 200–1; medical, 204; self box, 201–2
Quindlen, Anna, 17
Rabin, M., 161–62
relief print, 163
Robbins, A., 39
Rogers, C., 4, 145

Downloaded from cupola.columbia.edu
safe haven, 28
Sandworlds, 39; Claudia Bernard case study, 100; grid, 195; Heather Allen case study, 120; Jessica Mason case study, 81; Linda Miller case study, 139–41; Megan Brown case study, 59–60, 60f
Satcher, Richard, 8
scarecrow, 140, 145
schizophrenia, body image in, 13
schools, and eating disorder prevention, 155–56
self: body image and, 11–21; definition of, 3
Self Box, 38–39; Claudia Bernard case study, 99–100; Heather Allen case study, 118, 120; Jessica Mason case study, 81, 82f; Linda Miller case study, 138–39; Megan Brown case study, 58–59; questionnaires, 201–2
self-concept: body image and, 13–14; definition of, 3; development of, 153, 157f; need to acknowledge, xi; PNBIT and, 152; weight changes and, 6
self-esteem, xi, 3
self-management, in weight loss, 12
self-nurture, 11
self report: Claudia Bernard case study, 102–3; form for, 28, 179–80; Heather Allen case study, 122–23; Jessica Mason case study, 84–85; Linda Miller case study, 145; Megan Brown case study, 63–64
September 11, 2001 disaster, 14–15
Sequence and Time Chart, 28, 29, 183–84
Shaw, George Bernard, 21
Siibley, L., 39
Silver Cord Syndrome, 139
smoking, weight gain and, 12
solar dreams, 6, 24–26
Somers, Hoff, 17
spiral, symbolism of, 207
Steinem, Gloria, 16–17
stereotypes, feminist impact on, 16, 18–19, 20
steroid abuse, 14
Stevens, A., 19–20, 44
Stillman Diet, 70
strabismus, 72
suicide, art therapy images and, 207–8
support groups, failure of, 153
symbolic transformation, 144
tape recording extracts: Claudia Bernard case study, 168–69; Heather Allen case study, 169–72; Jessica Mason case study, 165–68; Linda Miller case study, 172–78; Megan Brown case study, 63–64
Tennessee Self Concept Scale (TSCS): Claudia Bernard data analysis, 87–88, 89f, 90; definition of, 3; Heather Allen data analysis, 106, 107f, 108; Jessica Mason data analysis, 68, 69, 69f; Linda Miller data analysis, 126–27, 128f, 129; Megan Brown data analysis, 44–45, 46f; use in PNBIT protocol, 126
therapeutic community: attitude toward art therapy, xiii, 23, 160–61
Therapist Report, 29, 181–82
thinness, 6–7, 10
tissue box estimate, 218
transformation, symbolic, 144
tree drawings, see House/Tree/Person/Person (Opposite Sex)/Animal (HTPPA) drawings
trust, of art therapist, 27
TSCS, see Tennessee Self Concept Scale (TSCS)
Twiggy, 7
unconscious, in art therapy, 6, 24–26
verbalization: in art therapy, xi–xiii, 23–24; covering up denial with, 23
violence, by students, 154–55
Wadeson, H., 207
weight: female range of, 18f; male range of, 19f; normal, defined, 3
weightlifting, 14
weight loss programs, 8–9, 11–12
weight recording, 29–30; Claudia Bernard case study, 92; Heather Allen case study, 111–12; Jessica Mason case study, 71–72; Linda Miller case study, 132; Megan Brown case study, 50
Weight Watchers, 8; Claudia Bernard participation in, 90; Jessica Mason participation in, 70; Megan Brown participation in, 47
Weiner, H., 1
women, see females
women's movement, 15–17
woodblock, 163
World Trade Center terrorist attack, 14–15

The Yo-Yo in Art Therapy: the Use of Art Therapy in Eating Disorders (Rabin), 205–6
yo-yo syndrome: abstract from Rabin thesis, 205–6; addiction in, 11; body image and, 17; definition of, 4; in eating disorders, 9; physiologic response to, 11
Zone (diet meal service), 9