

Clinica psicologica dell'obesita: esperienze cliniche e di ricerca

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Abstrak

In this volume, obesity and eating disorders associated with it are faced with a psychological perspective based on experience of psychologists and doctors Auxologico Italian Institute, Institute of Hospitalization and Care Scientific historically engaged in the treatment of obesity and its complications. In addition to a general overview of the phenomenon are treated the issues of diagnosis and major integrated treatments for this disorder, with a focus on psychological interventions and psychotherapeutic individual and group of different orientation. Also discusses the possibilities for care and research in contexts outside hospital or complementary to the shelter. Particular emphasis is given to the practice of the day hospital for obesity and the contribution it can make family medicine and, as the final hint, reference is made to the possibilities offered by new technologies.