



Hartarse, vomitar, torturarse: La terapia en tiempo breve (Problem Solving) (Spanish Edition)

Giorgio Nardone, Matthew D. Selekman

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Un amplio e imaginativo repertorio de estrategias terapéuticas que son el fruto de décadas de investigación e intervención. Una síntesis de rigor y creatividad.

«El verdadero misterio es lo que se ve y no lo invisible». Esta brillante afirmación de Oscar Wilde es perfectamente adecuada para describir el asombro de una persona corriente ante trastornos psíquicos y conductuales tan sorprendentes, extravagantes y contra natura como son hartarse, vomitar y autolesionarse con el objeto de aliviar el sufrimiento o buscar un estremecimiento de placer.

Según Nardone y Selekman, es posible demostrar que bulimia y autolesión, cada vez más extendidas entre jóvenes y adolescentes, no son categorías diagnósticas distintas sino dos caras de la misma moneda, y como tales han de ser tratadas. Los autores plantean la posibilidad de una intervención rápida y estratégica, de un modelo terapéutico construido a medida del paciente que permite dar un vuelco a la lógica perversa del trastorno. Según este enfoque tecnológico, son las soluciones más eficaces, elaboradas sobre el terreno, las que definen y describen la patología; en otras palabras, el conocimiento deriva del cambio concreto en la vida del paciente, y no de un cuadro teórico o estadístico que se supone infalible e inmutable.

Junto con la exposición de varios casos clínicos, la presente obra ofrece un amplio e imaginativo repertorio de estrategias terapéuticas que son el fruto de décadas de investigación e intervención. Hartarse, vomitar, torturarse es una síntesis de rigor y creatividad que nunca es definitiva.

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