
Theses, Dissertations, and Projects

2007

Using the principles of existential psychotherapeutic theory to enrich understanding of eating disorder etiology

Sabrina Johnston
Smith College

Follow this and additional works at: <https://scholarworks.smith.edu/theses>



Part of the [Social and Behavioral Sciences Commons](#)

Recommended Citation

Johnston, Sabrina, "Using the principles of existential psychotherapeutic theory to enrich understanding of eating disorder etiology" (2007). Masters Thesis, Smith College, Northampton, MA.
<https://scholarworks.smith.edu/theses/1335>

This Masters Thesis has been accepted for inclusion in Theses, Dissertations, and Projects by an authorized administrator of Smith ScholarWorks. For more information, please contact scholarworks@smith.edu.

USING THE PRINCIPLES OF EXISTENTIAL PSYCHOTHERAPEUTIC
THEORY TO ENRICH UNDERSTANDING OF EATING DISORDER
ETIOLOGY: A THEORETICAL STUDY

A project based upon an independent investigation,
submitted in partial fulfillment of the requirements
for the degree of Master of Social Work.

Sabrina Rose Johnston

Smith College School for Social Work
Northampton, Massachusetts 01063

2007

ACKNOWLEDGMENTS

This thesis could not have been accomplished without the assistance of many people whose contributions are gratefully acknowledged.

In particular I wish to thank my research advisor, Dr. Joseph Smith, for his insightful help; my therapist, Barbara Lantz, for helping me believe in myself; my fiancé, Harold Mills, for his unending patience and steady support; and my son, Dylan Johnston-Jordan, for his maturity in handling life with a graduate student for a mother.

TABLE OF CONTENTS

ACKNOWLEDGMENTS.....	ii
TABLE OF CONTENTS.....	iii
CHAPTER	
I. INTRODUCTION.....	1
II. EXISTENTIAL PSYCHOTHERAPEUTIC THEORY.....	10
III. EATING DISORDER ETIOLOGIES.....	44
IV. SYNTHESIS.....	77
V. CONCLUSION AND DISCUSSION.....	106
REFERENCES.....	111