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## Psychomotor therapy and aggression regulation in eating disorders

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# **Psychomotor therapy and aggression regulation in eating disorders**

Evidence-based treatment and performance-based measurement

Cees Boerhout

Psychomotor therapy and aggression regulation in eating disorders  
Evidence-based treatment and performance-based measurement  
Cornelis Boerhout

Thesis University of Groningen, the Netherlands

The randomized controlled trials described in this thesis were conducted at PsyQ Center for Eating Disorders, Lentis Psychiatric Institute, Groningen, the Netherlands and Amarum Center for Eating Disorders, GGNet Mental Health Care, Zutphen, the Netherlands.  
The Method of Stamp Strike Shout was developed at the Center for Human Movement Sciences, University of Groningen, the Netherlands and the Technical Support Unit, Faculty of Science and Engineering, University of Groningen, the Netherlands.

The studies were performed in collaboration with the Rob Giel Research Center, University Center of Psychiatry, University Medical Center Groningen, the Netherlands.

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# **Psychomotor therapy and aggression regulation in eating disorders**

Evidence-based treatment and performance-based measurement

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*Anger presents the handle to a person's relationship to his embodied experience and to others.  
(Roffman, 2004)*



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