



# **Les addictions comportementales: Aspects cliniques et psychopathologiques (French Edition)**

*Isabelle Varescon*

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**Une référence destinée aux étudiants en psychologie pour mieux comprendre les dépendances.**

L'objectif de l'ouvrage est de présenter de façon didactique, sous forme de chapitre, les principales addictions comportementales : addictions aux achats, addiction aux jeux d'argent, cyberdépendance, troubles des conduites alimentaires, addiction au travail et addiction à l'activité physique.

Chaque chapitre s'organise autour d'un même plan : définitions, repères historiques, données épidémiologiques nationales et internationales, principales approches théoriques, caractéristiques cliniques, outils d'évaluation et de diagnostic, modalités de prise en charge, axes de recherches actuels. L'introduction permet de définir et de préciser l'évolution du concept d'addiction comportementale en le distinguant des addictions aux substances psycho-actives. Chaque addiction comportementale retenue dans ce livre est exposée, décrite et discutée par un ou plusieurs enseignants-chercheurs et praticiens. La conclusion reprend l'essentiel des contributions proposées au lecteur en insistant sur les intérêts et les limites du concept d'addiction comportementale. Enfin, une bibliographie commune à l'ensemble des chapitres clôture l'ensemble.

Ce livre s'adresse principalement aux étudiants de master, première et seconde année (master professionnel et master recherche) et pourra apporter des compléments d'information aux personnels soignants en formation ou en exercice.

**Richement documenté, ce livre permettra de mieux identifier les différentes addictions, d'établir un diagnostic et de proposer la thérapie adéquate.**

## CE QU'EN PENSE LA CRITIQUE

- "L'objectif de l'ouvrage est de présenter de façon didactique les principales addictions comportementales." (*L'Observatoire*, février 2011)
- "Voici un ouvrage fort bien venu et fort bien ficelé." (*Sciences humaines*, n°213, mars 2010)

## A PROPOS DE L'AUTEUR

**Isabelle Varescon**, Professeure de psychopathologie à l'Université Paris Descartes, est responsable de l'équipe de recherche psychopathologie des addictions à l'Institut de Psychologie de cette même université.

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