

# Eating Disorders Books and Resources

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This list includes some of the well-regarded resources that may provide you with a better understanding and tools to support your child.

## Websites

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### **Academy for Eating Disorders** [aedweb.org](http://aedweb.org)

A professional organization that promotes excellence in research, treatment and prevention of eating disorders.

### **Eva Musby** [anorexiafamily.com](http://anorexiafamily.com)

Lots of educational materials to read, listen to, and watch regarding Family-Based Treatment (FBT) for eating disorders. Helpful videos about Meal Support, guided meditations for caregivers. She does parent coaching via video call. Eva Musby's daughter was diagnosed with anorexia at age 10.

### **F.E.A.S.T (Families Empowered and Supporting Treatment of Eating Disorders)** [feast-ed.org](http://feast-ed.org)

Provides information on eating disorders, evidence-based treatment, research, and online parent support forum.

This website has lots of information many resources for parents/caregivers including: "First 30 Days" 30 emails over 30 days with approximately 30 minutes of learning material per day designed to help parents become empowered caregivers; online parent forums; lots of information in both print and video formats.

### **Kelty Mental Health Eating Disorder Clinic BC Children's Hospital** [keltyeatingdisorders.ca/recovery/meal-support](http://keltyeatingdisorders.ca/recovery/meal-support)

### **Maudsley Parents** [maudsleyparents.org](http://maudsleyparents.org)

A site that includes information about family-based treatment.

### **National Eating Disorders Association** [nationaleatingdisorders.org](http://nationaleatingdisorders.org)

Resource for parents, teachers and counselors. Provides information about the spectrum of eating disorders and referral information. Provides information in Spanish.

### **National Association of Anorexia Nervosa and Associated Disorders** [anad.org](http://anad.org)

This site offers information on binge eating disorder and other less well-known disorders such as compulsive exercising, body dysmorphic disorder, orthorexia nervosa, night eating syndrome and eating disorders in athletes and males.

### **Seattle Children's Hospital Eating Disorders Program** [seattlechildrens.org/clinics/eating-disorders/patient-family-resources](http://seattlechildrens.org/clinics/eating-disorders/patient-family-resources)

### **UCSD Eating Disorders Center for Treatment and Research** [eatingdisorders.ucsd.edu/index.html](http://eatingdisorders.ucsd.edu/index.html)

### **UCSF Eating Disorders Program** [eatingdisorders.ucsf.edu](http://eatingdisorders.ucsf.edu)

About eating disorders | UCSF eating disorders program

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## To Learn More

- Adolescent Medicine  
206-987-2028
- Psychiatry and Behavioral Medicine  
206-987-2164
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### Books

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#### **ARFID Avoidant Restrictive Food Intake Disorder: A Guide for Parents and Carers.**

Rachel Bryant-Waugh, 2019

Short book on current research on diagnosis, causes, and treatment of ARFID.

#### **Anorexia and Other Eating Disorders. How to Help Your Child Eat Well and Be Well.**

Eva Musby, 2014

Comprehensive FBT-consistent book by a mother of a teen with AN

#### **Brave Girl Eating**

Harriet Brown, 2011

A memoir about a family's experience with anorexia and lessons learned about how important caregiver involvement are to recovery. The author promotes a family-based treatment approach where caregivers are an integrated part of the recovery team.

#### **Eating with Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too**

Laura Collins, 2004

A mother's account of her daughter's struggle and recovery from anorexia nervosa using the Maudsley treatment approach.

#### **Give Food a Chance. A New View on Childhood Eating Disorders.**

Julie O'Toole, 2018

Written from the perspective of a clinician with experience working at the Kartini Clinic in Portland, OR. Helps parents and professionals to understand treatment approach.

#### **Help Your Teenager Beat an Eating Disorder, Second Edition**

James Lock and Daniel le Grange, 2015

Empowers parents and defines their role in their teen's recovery.

#### **How to nourish your child through an eating disorder: A simple plate-by-plate approach to rebuilding a healthy relationship with food.**

Casey Crosbie, 2018

FBT-consistent book on nutrition for recovery. Helps parents to understand the refeeding process.

#### **Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too**

Jenni Schaefer and Thom Rutledge, 2004

Common scenarios and tips for maintaining recovery behaviors.

#### **My Kid is Back: Empowering Parents to Beat Anorexia Nervosa**

June Alexander and Daniel le Grange, 2010

Describes how family-based treatment can help children and families recover from anorexia.

#### **Skills-based Learning for Caring for a Loved One with an Eating Disorder**

Janet Treasure, Grainne Smith and Anna Crane, 2016

Information about the Maudsley approach to treatment for an eating disorder.

#### **Sick Enough: A Guide to the Medical Complications of Eating Disorders.**

Jenifer Gaudiani, 2018

Written for families and healthcare providers by a physician with a vast amount of experience treating eating disorders.

#### **The Parent's Guide to Childhood Eating Disorders: A Nutritional Approach to Solving Eating Disorders**

Marcia Herrin and Nancy Matsumoto, 2002

Covers early warning signs, when to worry about disordered eating, dealing with school, friends, sports, boys at risk, and when to seek professional help.

### Books Continued

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**When Your Teen Has an Eating Disorder. Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia and Binge Eating.**

Lauren Muhlheim, 2018

FBT-based self-help book focused on practical tips

**Your Child's Weight, Helping without Harming**

Ellyn Satter, 2005

Discusses how to support your child as they develop and change eating habits.

### Videos

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**Eating Disorders Meal Support: Helpful Approaches for Families**

Kelty Mental Health, Provincial Specialized Eating Disorders Program, 2012

Videos that feature interviews with families, friends and youth recovering from disordered eating. Includes guidelines for creating a supportive home environment. View videos at [youtube.com](https://www.youtube.com) (type "Kelty Mental Health meal support" in the search field).