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BE THEIR HEALTHIEST



EATING DISORDERS / TROUBLES ALIMENTAIRES

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ressources familiales Kaitlin Atkinson*

Resource List / Ressources

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CHILDREN'S HOSPITAL OF EASTERN ONTARIO

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www.cheo.on.ca

100 questions and answers about anorexia nervosa / Shepphird, Sari Fine. -- Sudbury, MA: Jones and Bartlett Publishers, 2010.

This guide will help you to understand the causes of anorexia, warning signs and diagnosis, and practical suggestions on how to help loved ones suffering from anorexia as well as the treatment options available.

FAM RC 552 .A5 S54 2010

100 questions and answers about eating disorders / Costin, Carolyn -- Sudbury, MA: Jones and Bartlett Publishers, 2007.

This book provides both the doctor's and patient's views. It gives you authoritative and practical answers to your questions.

FAM RC 552 .A5 C67 2007

Anorexia and bulimia in the family: one parent's practical guide to recovery / Smith, Grainne -- West Sussex: John Wiley & Sons Ltd. 2004.

As a mother of an anorexic daughter, the author offers many tips on how to deal with eating, kitchen and bathroom issues, mood changes and how to survive as a family.

FAM RC 552 .A5 S63 2004

Anorexia and other eating disorders: how to help your child eat well and be well : practical solutions, compassionate communication tools and emotional support for parents of children and teenagers / Musby, Eva. -- London, England: Aprica, 2014.

In this book, the author draws on her family's successful use of evidence-based treatment to empower you to support your child through recovery. Using compassionate presence, Nonviolent Communication, mindfulness and acceptance, this book gives you the tools you need to care for your child, your family and yourself.

FAM RC 552 .E18 M87 2014

Anorexie, boulimie: vous pouvez aider votre enfant: dès l'âge de 8 ans / Doyen, Catherine -- Dunod, Paris: InterEditions, 2004.

Ce livre a pour objectif de vous rendre, à vous parents, votre place - indispensable - dans la guérison de votre enfant. Il vous montre comment dépasser des sentiments d'impuissance ou d'incompétence pour aider votre enfant avec efficacité. Cet ouvrage vous permettra de donner à votre enfant toutes ses chances de guérir.

FAM RC 552 .A5 D6 2004

L'anorexie chez les adolescentes / Pauze, Robert -- Ramonville, Saint-Agne: Edition Ères, 2001.

Tout ce que vous avez toujours voulu savoir sur les troubles du comportement alimentaire tels que l'obésité, la boulimie et surtout l'anorexie mentale de la jeune fille, sans jamais avoir osé le demander.

FAM RC 552 .A5 P38 2001

Anorexie et la boulimie de l'adolescente / Chabrol, Henri -- Paris: Presses Universitaires de France, 2004.

Cet ouvrage expose la clinique, la classification et le diagnostic ainsi que les aspects épidémiologiques de l'anorexie et la boulimie; il en analyse les déterminismes et détaille les différentes formes, souvent combinées, de traitement.

FAM RC 552 .A5 C3 2004

Anorexies et boulimies à l'adolescence -- France: Doin éditeurs, 2001.

Cet ouvrage, qui s'adresse surtout aux médecins et aux soignants, tente d'apporter des éléments de compréhension et des repères pratiques dans un domaine souvent vécu comme délicat sinon

frustrant en pratique courante, où savoir être, savoir-faire et savoir travailler en liaison sont particulièrement nécessaires et complémentaires.
FAM RC 552 .A5 A5 2001

The bulimia workbook for teens: activities to help you stop bingeing and purging / Schab, Lisa M. -- Oakland, CA: Instant Help Books, 2010.
Presents advice and strategies for teenagers dealing with bulimia, discussing the sources of the disorder, exercises to counteract negative thoughts, and activities to maintain a healthy body and foster a positive self-image.
FAM RC 552 .B84 S33 2011

The dialectical behavior therapy skills workbook for bulimia: using DBT break the cycle and regain control of your life / Astrachan-Fletcher, Ellen; Maslar, Michael. -- Oakland, CA: New Harbinger Publications, 2009.
Two psychologists specializing in eating disorders and dialectical behavior therapy (DBT) show readers how to regulate negative emotions and behaviors and overcome bulimia.
FAM RC 552 .E18 A87 2009

Eating disorders: an overview -- Toronto: National Eating Disorder Information Centre, 2003.
This book examines the nature of eating disorders such as anorexia nervosa and bulimia nervosa, their cause and consequences, and strategies for treatment.
FAM RC 552 .A5 E2 2003

Eating disorders: a parent's guide / Bryant-Waugh, Rachel -- New York: Brunner-Routledge Taylor & Francis group, 2004.
Whatever aspect of your child's eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, and will give you advice on what you and others can do to manage the situation. Written by experienced clinicians, this book is dedicated to clarifying the subject of eating disorders. Combining an accessible and straightforward introduction to the subject with practical advice, this book represents the first step towards diagnosis and treatment.
FAM RC 552 .E18 B79 2004

Eating disorders: anorexia nervosa, bulimia, binge eating and others / Kirkpatrick, Jim -- Toronto: Key Porter Books, 2004.
While obesity rates in Canada are rising, the occurrence of eating disorders is climbing as well. In an age when the ideal is to be model-thin, more and more young women and men are developing unhealthy attitudes towards diet that may lead to disordered eating. The authors offer expert advice on the causes, effects and treatments of anorexia nervosa, bulimia nervosa and a host of other less familiar disorders. This is a sensitive and engaging A-Z guide for anyone who has, or knows someone with an eating disorder.
FAM RC 552 .E18 K57 2004

Help for eating disorders: a parent's guide to symptoms, causes & treatments / Katzman, Debra K. -- Toronto, ON: Robert Rose Inc. 2005.
This book discusses how to identify the signs and symptoms of an eating disorder, effective treatments, and how family, friends and community members can help.
FAM RC 552 .E18 K38 2005

Help your teenager beat an eating disorder / Lock, James -- New York: Guilford, 2005.
This book provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day,

meal by meal. Full recovery takes time, and relapse is common. But whether your child has already entered treatment or you're beginning to suspect there is a problem, the time to act is now.

FAM RC 552 .E18 L63 2005

Hunger for understanding: a workbook for helping young people to understand and overcome anorexia nervosa / Eivors, Alison -- Southern Gate, England: John Wiley & Sons, Ltd, 2005.

This workbook-style book has many practical tasks designed to help the young person reflect on their own experience and to engage in the recovery process.

FAM RC 552 .A5 E58 2005

I'm, like, SO fat: helping your teen make healthy choices about eating and exercise in a weight-obsessed world / Neumark-Sztainer, Diane -- New York: The Guilford Press, 2005.

Contains ideas to help kids feel better about their looks and make healthier choices about eating and exercise.

FAM RC 552 .E18 N48 2005

Just a little too thin: how to pull your child back from the brink of an eating disorder / Strober, Michael -- Cambridge, MA: Da Capo Press, 2005.

This guide will help parents determine the severity of their child's weight issues by outlining three stages and the behavioral signs associated with each. The book gives guidance on talking about weight and eating in ways that help your child cope with the emotional issues that feed obsession.

FAM RC 552 .E18 S77 2005

Off the C.U.F.F.: a parent skills book for the management of disordered eating / Zucker, Nancy -- Durham, NC: Duke University Medical Center, 2006.

This skills manual is designed to give parents tools to manage their children's illness when their child is struggling with an eating disorder. It provides information on managing the disorder, coping with the disorder, and methods to practice these coping strategies together.

FAM RC 552 .E18 Z82 2006

My kid is back: empowering parents to beat anorexia nervosa / Alexander, June; Le Grange, Daniel. -- London; New York: Routledge, 2010.

In this book, ten families share their experiences of living with anorexia. Parents describe their frustrations in seeking help for their child and dealing with their behaviour and sufferers discuss how the illness gets into their mind and takes over their personality. By focusing on the Maudsley family approach and expert advice, and including clear lists of illness symptoms, strategies for parents and carers to follow, and information on getting further treatment and support this book is a resource for families who want to win the battle with anorexia nervosa.

FAM RC 552 .A5 A63 2010

A parent's guide to defeating eating disorders: spotting the stealth bomber and other symbolic approaches / Boachie, Ahmed; Jasper, Karin. -- Philadelphia, PA: Jessica Kingsley Publishers, 2011.

This book will help caregivers to reach out to young people having difficulty cooperating with treatment. It uses analogies and metaphors effectively to help explain eating disorders and the treatment process. Integrating medical, psychological, and narrative aspects, it encourages the reader to conceptualize each step towards health.

FAM RC 552 .E18 B62 2011

The parent's guide to eating disorders: supporting self-esteem, healthy eating, & positive body image at home / Herrin, Marcia -- Carlsbad, CA: Gürze Books, 2007.

The authors focus on teaching parents how to examine and understand their family's approach to food and body image issues and its effect their child's behaviour. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a non-threatening, non-judgmental way.
FAM RC 552 .E18 H475 2007

Skills-based learning for caring for a loved one with an eating disorder: the new Maudsley method / Treasure, Janet. -- New York: Taylor & Francis Group, 2007.

Through a coordinated approach, this book offers information alongside detailed techniques and strategies, which aim to improve professionals' and home carers' ability to build continuity and consistency of support for their loved ones. The authors use evidence-based research and personal experience, as well as practical support skills, to advise the reader on a number of difficult areas in caring for someone with an eating disorder.
FAM RC 552 .E18 T73 2007

Surviving an eating disorder: strategies for families and friends / Siegel, Michele; Brisman, Judith; Weinschel, Margot. -- New York: Collins Living, 2009.

This updated and revised edition provides the latest information on how parents, spouses, friends, and professionals can thoughtfully determine the right course of action in their individual situations. With its combination of information, insight, case examples, and practical strategies, this book opens the way to new growth and helpful solutions in your relationship with your loved one.
FAM RC 552 .E18 S54 2009

Talking to eating disorders: simple ways to support someone with anorexia, bulimia, binge eating, or body image issues / Heaton, Jeanne Albronda -- New York: New American Library, 2005.

This compassionate guide offers ways to tackle the tough topics of body image, media messages, physical touch, diets, and exercise-along with a special section on talking about these issues with children. It includes information about when to get professional help, how to handle emergencies, and answers to difficult questions such as "Am I too fat?" or "Is this ok to eat?"
FAM RC 552 .E18 H43 2005

Les troubles de l'alimentation / Warbrick, Caroline -- Montréal, QC: Éditions Gamma, École Active, 2004.

Cet ouvrage explique les différences entre l'anorexie mentale, la boulimie et la compulsion alimentaire. Il analyse les symptômes de ces troubles et montre comment ils affectent la vie du patient. Il présente aussi l'attitude de la société et des médias vis-à-vis des troubles compulsifs alimentaires. Il informe sur les aides et les traitements.
FAM RC 552 .E18 W3714 2004

Understanding and overcoming an eating disorder: a resource kit for those who suffer from anorexia nervosa or bulimia nervosa -- Toronto: National Eating Disorder Information Centre, 2003.

A manual exploring the thoughts and feelings of a person with an eating disorder and it provides practical information and suggests alternative coping strategies.
FAM RC 552 .A5 U4 2003

Une introduction sur les troubles de l'alimentation et les problèmes de poids -- Toronto: National Eating Disorder Information Centre, 2003.

Information sur l'anorexie, la boulimie et la préoccupation à l'égard du poids.



FAM RC 552 .A5 I514 2003

Web Sites / Sites internet

Eating Disorders – CHEO / Troubles de l'alimentation - CHEO
http://www.cheo.on.ca/en/eating_disorder_info

Association québécoise d'aide aux personnes souffrant d'anorexie nerveuse et de boulimie / Anorexie and Boulimie Québec
<http://www.anebquebec.com/>

Maudley Parents
www.maudsleyparents.org

National Eating Disorders Association
<http://www.nationaleatingdisorders.org/>

Hopewell Eating Disorders Support Centre of Ottawa
<http://www.hopewell.ca/>

National Eating Disorders Information Centre
<http://www.nedic.ca/>

Eating Disorders – Kids Help Phone / Troubles de l'alimentation – Jeunesse J'écoute
<http://kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Eating-Disorders.aspx>

Eating Disorders – Canadian Mental Health Association / Troubles de l'alimentation – Association canadienne pour la santé mentale
<http://www.cmha.ca/mental-health/understanding-mental-illness/eating-disorders/>

F.E.A.S.T
www.feast-ed.org

Around the Dinner Table Forum
<http://www.aroundthedinnertable.org>

Eating Disorders: Victoria
www.eatingdisorders.org.au

Apps

RR Eating Disorder Management

- From Recovery Record
- English, Danish, German
- Free
- Last updated October 2017
- From Google Play: Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder. With Recovery Record you can: Keep a record of meals, thoughts and feelings from the privacy of your mobile phone; Collect jigsaw pieces to earn hidden



rewards; Customize your log form, meal plan, reminder schedules and alarm tones; Share your Recovery Record with your treatment team, so they can help you to understand your behavioural trends and triggers; Receive and send anonymous encouragement messages and virtual gifts from/to 1000s of other people using the App; Access 1000s of meditation images and affirmation messages.

- Available from [Google Play](#) and [iTunes](#)

Rise Up + Recover: An Eating Disorder Monitoring and Management Tool for Anorexia, Bulimia, Binge Eating and EDNOS

- From Recovery Warriors
- English, Spanish, German
- Free
- Last updated Aug 2015
- From Google Play: Based off self-monitoring homework, a cornerstone of cognitive behavioral therapy (CBT), we designed a simple and convenient app that has been used millions of time around the world. With the Rise Up + Recover app you can: Log your meals, emotions and behaviors from the privacy of your mobile phone; Export PDF summaries of your Meal Log and Check-In to share with your treatment team; Set custom reminders to inspire you to keep moving forward; Rest assured that your personal information is protected behind a pass-code; Share motivational and inspirational quotes, images and affirmations; Access a wide range of resources to build a strong recovery warrior mindset; Find support and professional treatment nearby.
- Available from [Google Play](#) and [iTunes](#)

Local Contacts / Liaison régionales

Hopewell Eating Disorders Support Centre of Ottawa
404 McArthur Ave.
Ottawa, ON K1K 1G8
613-241-3428
info@hopewell.ca
<http://www.hopewell.ca/>

Eating Disorders Program at CHEO
401 Smyth Rd
Ottawa, ON K1H 8L1
613-737-7600 x 2496
Doctor referral is required
<http://www.cheo.on.ca/en/eatingdisorders>
<http://www.cheo.on.ca/en/eating>

ANEB - Anorexie et boulimie Québec
5500 Transcanadienne
Pointe-Claire, QC H9R 1B6
Téléphone: 514-630-0907
Sans frais: 800 630-0907
ados@anebquebec.com
<http://www.anebquebec.com/>

National Eating Disorder Information Centre
Helpline: Monday - Friday 9.00 am - 9.00 pm EST
For help and understanding, call: 1-866-633-4220
nedic@uhn.ca



<http://www.nedic.ca/>

Parents' Lifelines of Eastern Ontario / Parents : lignes de secours de l'est de l'Ontario

Ottawa : 613-321-3211

Outside Ottawa / À l'extérieur d'Ottawa 1-855-775-7005

Helpline is staffed Monday-Friday 9am-7pm

Notre ligne d'aide téléphonique est disponible de lundi au vendredi : de 9h à 19h

info@pleo.on.ca

www.pleo.on.ca

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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