Eating Disorders
Troubles Alimentaires

Books / livres

100 questions and answers about anorexia nervosa / Shephird, Sari Fine.
FAM RC 552 .A5 S54 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.

100 questions and answers about eating disorders / Costin, Carolyn.
FAM RC 552 .A5 C67 2007
This book provides both the doctor's and patient's views. It gives you authoritative, practical answers to your questions.

Anorexia and bulimia in the family: one parent's practical guide to recovery / Smith, Grainne.
West Sussex: John Wiley & Sons Ltd. 2004.
FAM RC 552 .A5 S63 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.

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.
FAM RC 552 .E18 M87 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.

**Anorexie, boulimie: vous pouvez aider votre enfant: dès l'âge de 8 ans / Doyen, Catherine.**
FAM RC 552 .A5 D6 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.

**L'anorexie chez les adolescentes / Pauze, Robert.**
FAM RC 552 .A5 P38 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!

**Anorexie et la boulimie de l'adolescente / Chabrol, Henri.**
FAM RC 552 .A5 C3 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.

**Anorexies et boulimies à l'adolescence**
FAM RC 552 .A5 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.

**The bulimia workbook for teens: activities to help you stop bingeing and purging / Schab, Lisa M.**
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.

**The dialectical behavior therapy skills workbook for bulimia: using DBT break the cycle and regain control of your life / Astrachan-Fletcher, Ellen; Maslar, Michael.**


Two psychologists specializing in eating disorders and dialectical behavior therapy (DBT) show readers how to regulate negative emotions and behaviors and overcome bulimia.

**Eating disorders: a parent's guide / Bryant-Waugh, Rachel.**


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.

**Eating disorders: anorexia nervosa, bulimia, binge eating and others / Kirkpatrick, Jim.**


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.

**Help for eating disorders: a parent's guide to symptoms, causes & treatments / Katzman, Debra K.**


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.

**Help your teenager beat an eating disorder [2nd ed.] / Lock, James.**

This second edition 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.

**Hunger for understanding: a workbook for helping young people to understand and overcome anorexia nervosa** / Eivors, Alison.

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.

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

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

**My kid is back: empowering parents to beat anorexia nervosa** / Alexander, June; Le Grange, Daniel.

In this book, ten families share their experiences of living with anorexia. 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.

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 B62 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 H475 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 T73 2017
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 S54 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.
Talking to eating disorders: simple ways to support someone with anorexia, bulimia, binge eating, or body image issues / Heaton, Jeanne Albronda.
FAM RC 552 .E18 H43 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?"

Les troubles de l'alimentation / Warbrick, Caroline.
FAM RC 552 .E18 W3714 2004

When your teen has an eating disorder: practical strategies to help your teen recover from anorexia, bulimia & binge eating / Muhlheim, Lauren.
FAM RC 552 .E18 M84 2018
Having a teen with an eating disorder can leave parents feeling helpless. To help empower these parents, a clinical psychologist and expert in eating disorders offers an evidence-based program using family-based treatment (FBT) to help parents and caregivers take charge of their teen's nutritional rehabilitation.

Websites / sites internet
Understanding Eating Disorders in Adolescence
http://www.canped.ca/

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
https://kidshelpphone.ca/get-info/what-eating-disorder/

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

YouTube
Eating Disorders Meal Support – Kelty Mental Health – BC Children’s Hospital
https://www.youtube.com/watch?v=SnyIF750w5U&list=PL21D7E85D804263B2

Apps
RR Eating Disorder Management
From Recovery Record
English, Danish, German
Free
Last updated February 2019
From Google Play: With Recovery Record you can: Keep a record of meals, thoughts and feelings from the privacy of your mobile phone; 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.
Available from Google Play and iTunes

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

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
Chat: nedic.ca
Helpline: Monday - Thursday: 9 am EST to 9 pm EST
Friday: 9 am EST to 5 pm EST
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

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situation.

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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
counsels 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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