

## Eating Disorders

### Troubles Alimentaires

#### Books / livres

##### **100 questions and answers about anorexia nervosa / Shepphird, Sari Fine.**

Sudbury, MA: Jones and Bartlett Publishers, 2010.

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.**

Sudbury, MA: Jones and Bartlett Publishers, 2007.

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.**

London, England: Aprica, 2014.

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.**

Dunod, Paris: InterEditions, 2004.

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.**

Ramonville, Saint-Agne: Edition Ères, 2001.

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.**

Paris: Presses Universitaires de France, 2004.

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**

France: Doin éditeurs, 2001.

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.**

Oakland, CA: Instant Help Books, 2010.

FAM RC 552 .B84 S33 2011

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.**

Oakland, CA: New Harbinger Publications, 2009.

FAM RC 552 .E18 A87 2009

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.**

New York: Brunner- Routledge Taylor & Francis group, 2004.

FAM RC 552 .E18 B79 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.

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

Toronto: Key Porter Books, 2004.

FAM RC 552 .E18 K57 2004

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.**

Toronto, ON: Robert Rose Inc. 2005.

FAM RC 552 .E18 K38 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.

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

New York: Guilford, 2015.

FAM RC 552 .E18 L63 2015

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.**

Southern Gate, England: John Wiley & Sons, Ltd, 2005.

FAM RC 552 .A5 E58 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.

**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.

FAM RC 552 .E18 N48 2005

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.**

London; New York: Routledge, 2010.

FAM RC 552 .A5 A63 2010

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.

**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.

FAM RC 552 .E18 Z82 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.

**A parent's guide to defeating eating disorders: spotting the stealth bomber and other symbolic approaches / Boachie, Ahmed; Jasper, Karin.**

Philadelphia: Jessica Kingsley Publishers, 2011.

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.

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

Carlsbad, CA: Gürze Books, 2007.

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.

**Skills-based learning for caring for a loved one with an eating disorder: the new Maudsley method [2<sup>nd</sup> ed.] / Treasure, Janet.**

New York: Taylor & Francis Group, 2017.

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.

**Surviving an eating disorder: strategies for families and friends / Siegel, Michele; Brisman, Judith; Weinshel, Margot.**

New York: Collins Living, 2009.

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.**

New York: New American Library, 2005.

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.**

Montréal: Éditions Gamma, École Active, 2004.

FAM RC 552 .E18 W3714 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.

**When your teen has an eating disorder: practical strategies to help your teen recover from anorexia, bulimia & binge eating / Muhlheim, Lauren.**

Oakland, CA: New Harbinger Publications, Inc., 2018.

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](http://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](http://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=SnylF750w5U&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](mailto: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](mailto:ados@anebquebec.com)

<http://www.anebquebec.com/>

### National Eating Disorder Information Centre

Chat: [nedic.ca](http://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](mailto: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](mailto:info@pleo.on.ca)

[www.pleo.on.ca](http://www.pleo.on.ca)

**Disclaimer / avertissement**

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

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