

Resources for Caregivers

Books

Help Your Teenager Beat an Eating Disorder
Authors: James Lock & Daniel Le Grange (2004).

Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, Binge Eating, or Body Image Issues
Authors: Jeanne Heaton & Claudia Strauss (2005).

Surviving an Eating Disorder: Strategies for Family and Friends (3rd Edition)
Authors: Michele Siegel, Judith Brisman & Margot Weinschel (2009).

Conquering Eating Disorders: How Family Communication Heals
Authors: Sue Cooper, Peggy Norton (2008)

Websites

1. Mental Health Foundations Canada (EFFT Website)

<https://www.mentalhealthfoundations.ca>

A website created by psychologists and clinicians who support parents/caregivers with learning advanced caregiving skills to emotionally respond to their children's challenging words, and behaviors. There are videos, reading material and handouts with scripts to read when actively parenting.

2. Ketly Meal Support for Families

<http://www.youtube.com/watch?v=pPSLdUUITWE>

A video to help guide meal support strategies and efforts of parents. Meal support is a key aspect of supporting a loved one with re-establishing their relationship, and sustaining supports throughout the recovery process.

3. FEAST Around the Dinner Table

www.aroundthedinnertable.org

The "Around the Dinner Table" (ATDT) is an online community of parents of eating disorder patients around the world. It is a moderated Forum available 24/7, and has been connecting parents/caregivers since 2004. The stigma about eating disorders can isolate patients and families at a time when support is needed most to overcome the challenges. Many parents have found ATDT to be an invaluable resource for day-to-day, meal-to-meal support that goes beyond what a clinical treatment team can provide.

Here is a 30 day email support program that is free through FEAST:

<https://www.feast-ed.org/exciting-announcement-introducing-the-first-30-days-pilot/>

4. Maudsley Parents

<http://www.maudsleyparents.org/>

A volunteer organization where parents who have helped their children recover from anorexia and bulimia through the use of Family-Based Treatment, also known as the Maudsley approach, an evidence-based therapy for eating disorders gather to support other parents going through the same treatment. You can explore the online site to learn more about how families can help their kids with eating disorders (videos, resources, parent stories, etc).

5. Helping Your Child Eat with Trust Not Logic: Eva Musby

www.evamusby.co.uk

Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers.

6. Explaining Family Based Treatment and its Evidence

Overview of FBT phases, treatment rationale, and the research evidence that support the use of this modality.

<https://www.youtube.com/watch?v=zPyiddgWfE>

7. Mental Health Foundations - EFFT/Emotional Validation, and Understanding of the Role of Emotions with Mental Health

<https://www.mentalhealthfoundations.ca/resources>

8. Emotion Coaching: How to get your child to eat their meal with support strategies using, EFFT blog post from FEAST

<https://www.feast-ed.org/emotion-coaching-for-meal-support-a-brain-hack-for-decreasing-resistance/>

9. FEAST Recipe Book to boost nutrition in refeeding phase 1

https://www.feast-ed.org/wp-content/uploads/2019/09/F.E.A.S.T.-Family-Recipes_Families-Empowered-and-Supporting-Treatment-of-Eating-Disorders_320399_bookemon_ebook-copy.pdf