

Appendix N

HELPFUL RESOURCES WHEN CARING FOR A LOVED ONE WITH AN EATING DISORDER

Books

(caregiving—life span):

Treasure, J., Smith, G., & Crane, A. (2017). *Skills-based learning for caring for a loved one with an eating disorder: The new Maudsley method* (2nd ed.). Abingdon, Oxfordshire, England: Routledge.

(caregiving—adolescent):

Lock, J., & Le Grange, D. (2015). *Help your teenager beat an eating disorder* (2nd ed.). New York, NY: Guilford Press.

(caregiving—child and adolescent):

Boachie, A., & Jasper, K. (2011). *A parent's guide to defeating eating disorders: Spotting the stealth bomber and other symbolic approaches*. London, England: Jessica Kingsley.

(self-help—adult; useful exercises for caregivers to use with loved ones):

Heffner, M., & Eifert, G. H. (2008). *The anorexia workbook: How to accept yourself, heal your suffering, and reclaim your life*. Oakland, CA: New Harbinger.

(Self-help—adult; useful exercises for caregivers to use with loved ones):

McCabe, R. E., McFarlane, T. L., & Olmstead, M. P. (2003). *The overcoming bulimia workbook: Your comprehensive step-by-step guide to recovery*. Oakland, CA: New Harbinger.

Meal Support Video

<https://keltyeatingdisorders.ca/>

Websites

Emotion-Focused Family Therapy: <http://www.emotionfocusedfamilytherapy.org>

Mental Health Foundations: <http://www.mentalhealthfoundations.ca/resources>

National Eating Disorder Information Centre (Canada): <http://nedic.ca/>

National Initiative for Eating Disorders (Canada): <http://www.nied.ca>

The New Maudsley Approach: <http://www.thenewmaudsleyapproach.co.uk>

Family-based treatment for eating disorders: <http://www.maudsleyparents.org>

Families Empowered and Supporting Treatment of Eating Disorders: <http://www.feast-ed.org>

Kelty Mental Health Resource Centre (Canada): <http://www.keltyeatingdisorders.ca>