

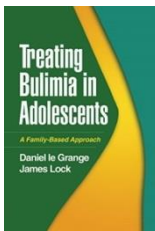
## Library and Knowledge Services

# Eating Disorders

## A selection of books from the four Trust libraries

### Treating Bulimia in Adolescents

Daniel Le Grange; James Lock



This groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa. Evidence-based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors under control,

while also addressing co-occurring psychological problems and parent-child relationship conflicts. Highly practical, the book shows exactly how to carry out this time-limited therapy and what to do when problems arise.

### Getting Better Bit(e) by Bit(e)

#### Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Ulrike Schmidt; Janet Treasure

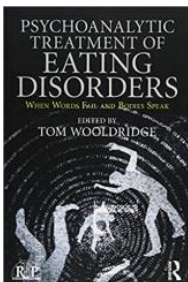


Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers. It provides detailed step-by-step advice for dealing with this condition. Theory is closely interwoven with

practice and the book draws together real problems and solutions experienced by hundreds of sufferers.

### Psychoanalytic treatment of eating disorders : when words fail and bodies speak

Tom Wooldridge

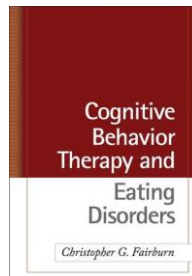


The book offers a compilation of some of the most innovative thinking on psychoanalytic approaches to the treatment of eating disorders available today. In its recognition

of the multiple meanings of food, weight, and body shape, psychoanalytic thinking is uniquely positioned to illuminate the complexities of these often life-threatening conditions.

### Cognitive Behavior Therapy and Eating Disorders

Christopher G. Fairburn



This book provides a comprehensive guide to the practice of "enhanced" cognitive behaviour therapy (CBT-E). Christopher Fairburn and colleagues describe in detail how to tailor CBT-E to the needs of individual patients, and

how to adapt it for adolescents and patients who require hospitalisation. Reproducible appendices feature the Eating Disorder Examination interview and questionnaire.

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## Skills-based Learning for Caring for a Loved One with an Eating Disorder

### The New Maudsley Method

Janet Treasure; Grainne Smith; Anna Crane



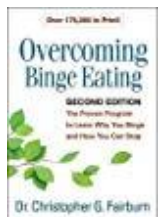
This offers information, techniques and strategies to improve professionals and home carers ability to build continuity and consistency of support. It advises on difficult areas in caring for someone with an eating disorder and is essential reading for professionals

and families involved in the care and support of anyone with an eating disorder.

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## Overcoming Binge Eating

Christopher G. Fairburn



This provides information to understand binge eating and bring it under control.

Whether you are working with a therapist or on your own, clear, step-by-step guidelines will show you how to: overcome the urge to

binge, gain control over eating, reduce the risk of relapse, establish healthy eating habits. It has been tested in controlled clinical research, and its success rate is outstanding.

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## ABC of Eating Disorders

Jane Morris (Ed.)



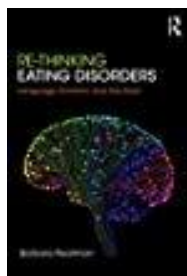
This title in the successful ABC series describes working with families, children and other specialist populations, such as the elderly, men and minority groups. It helps primary care

practitioners recognise eating disorders in people presenting with other problems, while the section on comorbidity discusses the treatment of eating disorders existing with other conditions.

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## Re-thinking eating disorders : language, emotion, and the brain How to Help

Pearlman, Barbara



In *Re-Thinking Eating Disorders: Language, Emotion, and the Brain*, Barbara Pearlman integrates ideas from psychoanalysis, developmental psychology and cutting-edge neuroscience to produce a model of neural emotional processing which may underpin the development of an eating disorder.

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## Mary and Max (DVD)

Adam Elliot

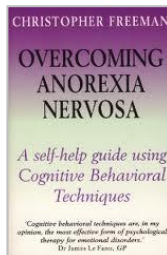


Animation feature charting the 20-year correspondence of two extremely unlikely pen pals – an eight-year-old girl living in the suburbs of Melbourne with her alcoholic mother and inattentive father, and an obese 44 year-old Jewish New Yorker prone to panic attacks. The only thing the two have in common is their friendlessness and profound sense of alienation.

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## Overcoming Anorexia Nervosa

Christopher Freeman



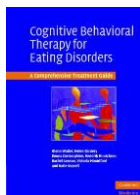
Developed as a manual for anorexia patients at his eating disorders clinic, Chris Freeman's is the first self-help book based on cognitive behavioral therapy to counter this most notorious and widespread of eating disorders. This series has proved itself accessible and highly effective.

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## Cognitive Behavioral Therapy for Eating Disorders

### A Comprehensive Treatment Guide

Glenn Waller; Emma Corstorphine; et al

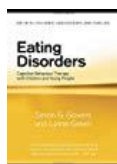


This book describes the application of cognitive behavioural principles to patients with eating disorders. Case studies are used to show the principles in action and concludes with a set of handouts for patients. This is for all those working with eating-disordered patients.

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## Eating disorders : cognitive behaviour therapy with children and young people

Gowers, Simon Green, Lynne



Eating disorders comprise a range of physical, psychological and behavioural features that have an impact on social functioning and invade areas of the sufferer's life. Although eating and weight disorders are common in children and adolescents, there is a scarcity of practical guidance on treatment methods for eating disorders in young people.

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## Managing severe and enduring anorexia nervosa : a clinician's guide

Touyz, S. W et al (Eds.)



Based on the only evidence-based randomized controlled trial yet undertaken in patients with severe and enduring anorexia nervosa, *Managing Severe and Enduring Anorexia Nervosa* uses the results of that trial to present a new paradigm for treatment.

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## Helping people with eating disorders : a clinical guide to assessment and treatment

Palmer, Robert H



A comprehensive guide to understanding, assessing, and treating eating disorders. Focuses on evidence-based practice with references to the latest research and new DSM-V classifications. Discusses the types of eating disorders and their causes, reviews treatment methods and their outcomes, and provides guidance on dealing with challenging cases.

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## The reading cure : how books restored my appetite

Freeman, Laura

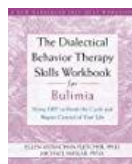


At the age of fourteen, Laura Freeman was diagnosed with anorexia. But even at her lowest point, the one appetite she never lost was her love of reading. The Reading Cure is a beautiful, inspiring account of hunger and happiness, about addiction, obsession and recovery, and about the way literature and food can restore appetite and renew hope.

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## The dialectical behavior therapy skills workbook for bulimia: using DBT to break the cycle and regain control of your life

Astrachan-Fletcher, Ellen Maslar, Michael



At the root of bulimia is a need to feel in control. While purging is a strategy for controlling weight, bingeing is an attempt to calm depression, stress, shame, and even boredom. The book offers new and healthy ways to overcome the distressing feelings and negative body-image beliefs that keep you trapped in this cycle.

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## CWPT Library and Knowledge Services

### Education Centre Library

St Michael's Hospital,  
Warwick  
Tel. 01926 406749

[stmichaels.library@covwarkpt.nhs.uk](mailto:stmichaels.library@covwarkpt.nhs.uk)

### Brian Oliver Library

Brian Oliver Centre, Brooklands,  
Marston Green  
Tel. 0121 329 4923

[brooklands.library@covwarkpt.nhs.uk](mailto:brooklands.library@covwarkpt.nhs.uk)

### Health Sciences Library

Caludon Centre, Clifford Bridge Road,  
Coventry  
Tel. 024 7693 2450

[caludon.library@covwarkpt.nhs.uk](mailto:caludon.library@covwarkpt.nhs.uk)

### Manor Court Library

Manor Court Avenue,  
Nuneaton  
Tel. 02476 321561

[manorcourt.library@covwarkpt.nhs.uk](mailto:manorcourt.library@covwarkpt.nhs.uk)

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