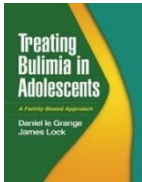


## Library and Knowledge Services

# Eating Disorders

### A selection of books from the four Trust libraries

*Books and E-Books\* can be accessed via the Library online catalogue at:  
<http://cwpt.wordpress.ptfs-europe.co.uk/> \*E-Books require an OpenAthens account.  
Contact your local library for more information or to request an Athens Account.*



#### **Treating Bulimia in Adolescents**

Daniel Le Grange; James Lock

This groundbreaking book is the first treatment manual to focus specifically on

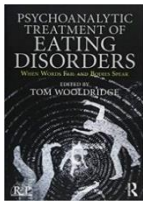
adolescent bulimia nervosa. Evidence-based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors under control, while also addressing co-occurring psychological problems and parent-child relationship conflicts.



#### **Getting Better Bite by Bite Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders**

Ulrike Schmidt

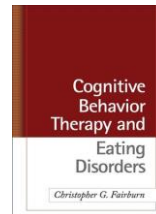
Getting Better Bite by Bite is an essential, authoritative and evidence-based self-help program that has been used by bulimia sufferers for over 20 years. This new edition maintains the essence of the original book, while updating its content for today's readers, drawing on the latest knowledge of the biology and psychology of bulimia and its treatment.



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

Tom Wooldridge

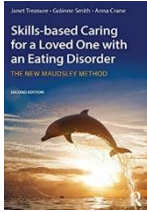
The book offers a compilation of some of the most innovative thinking on psychoanalytic approaches to the treatment of eating disorders available today. In its recognition of the multiple meanings of food, weight, and body shape, psychoanalytic thinking is uniquely positioned to illuminate the complexities 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.

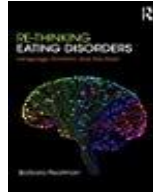


## Skills-based Learning for Caring for a Loved One with an Eating Disorder

### The New Maudsley Method

Janet Treasure; Grainne Smith; Anna Crane

Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas in caring for someone with an eating disorder. This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder.



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

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.

## 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.

## Eating Disorders and Obesity

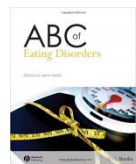
Kay Brownell

All aspects of eating disorders and obesity are addressed by foremost clinical researchers:

classification, causes, consequences, risk factors, and pathophysiology, as well as prevention, treatment, assessment, and diagnosis.

## 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.



## New to Eating Disorders

Jane Morris

Currently, there are many clinicians working in general adult or child and adolescent specialties that will have

patients with eating disorders, without an awareness of how to work with them.

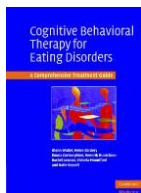
Designed as a workbook for trainees and professionals, *New to Eating Disorders* features clinical vignettes, Q&A's and key learning objectives

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## Cognitive Behavioral Therapy for Eating Disorders

### A Comprehensive Treatment Guide

Glenn Waller; Emma Corstorphine; et al



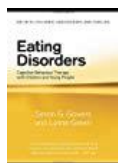
This book describes the application of cognitive behavioural principles to patients with eating disorders. Case studies are used to show the principles in action and concludes with a set of handouts for patients. This is for all those working with eating-disordered patients.



## 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.



## 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.

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

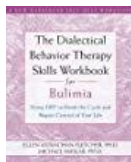
Touyz, S.



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.

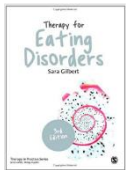
## The dialectical behavior therapy skills workbook for bulimia: using DBT to break the cycle and regain control of your life

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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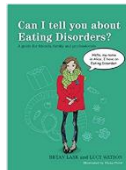


## Therapy for Eating Disorders: Theory, Research & Practice

Gilbert Sara

Drawing on over 20 years'

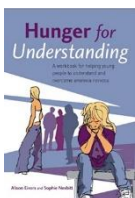
experience as a practitioner, Sara Gilbert takes the reader through the complexities of working with eating disorders, drawing on practical, cognitive behavioural and educational approaches to theory, assessment, treatment and practice



## Can I Tell You About Eating Disorders?: A Guide For Friends, Family & Professionals

Lask Bryan

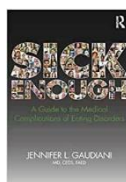
This thoughtful and practical book focuses on what matters from the perspective of children with eating disorders; what helps, what doesn't, and most importantly, how to see the child not the disorder. It will be a great support for siblings and friends and an invaluable resource for care providers in the field



## Hunger For Understanding: A Workbook For Helping Young People To Understand And Overcome Anorexia Nervosa

Eivors Alison

*Hunger for Understanding* is an innovative workbook designed specifically for use with young people with anorexia nervosa in a therapeutic setting. Fully illustrated, it provides many practical tasks that will help the young person to reflect on their own personal experience of anorexia nervosa, to understand more about their experience, and to then engage with the recovery process,.



## Sick Enough: A Guide To The Medical Complications Of Eating Disorders

Gaudiani Jennifer

*Sick Enough* offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic.

## 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)

### Health Sciences Library

Caludon Centre, Clifford Bridge Road,

Coventry

Tel. 024 7693 2450

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

### Manor Court Library

Manor Court Avenue,

Nuneaton

Tel. 02476 321561

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

Why not join our library and discover the full range of services we offer?

Please complete a library registration form [here](#) or visit your local CWPT library.