

Eating Disorder Resource Guide





EATING DISORDER WORKSHOPS/COURSES

- 1) [Nourishing Hope Workshops - New Maudsley](#)
- 2) [Caring Amidst Chaos: Eating Disorder Bootcamp](#)

PEER SUPPORT

- 1) [Caregiver Peer Support Online](#)

TYPES OF EATING DISORDERS

ARFID

- 1) [ARFID - Nourished Child](#)
- 2) [ARFID](#)
- 3) [ARFID and FBT](#)
- 4) [ARFID Assessment](#)
- 5) [ARFID Behaviours](#)
- 6) [ARFID Treatment](#)
- 7) [ARFID Treatment for Adults](#)
- 8) [ARFID vs. Anorexia](#)
- 9) [ASD and ED](#)
- 10) [Assessment and Treatment of Avoidant/Restrictive Food Intake Disorder](#)
- 11) [AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER \(ARFID\)](#)
- 12) [Avoidant/Restrictive Food Intake Disorder \(ARFID\) - YOUTUBE](#)
- 13) [Differences between picky eater and ARFID](#)
- 14) [Ottawa ARFID Intake Questionnaire](#)
- 15) [Study between ASD and ED](#)
- 16) [Youtube - AFRID](#)

ANOREXIA NERVOSA

- 1) [Abnormal caloric requirements for weight maintenance in patients with anorexia and bulimia nervosa](#)
- 2) [Academy for Eating Disorders Guidebook to Nutrition Therapy for Eating Disorders](#)
- 3) [ANEB: Help and support for people with eating disorders and for their loved ones. - Aneb](#)
- 4) [Anorexia | Modern Eating Disorder Treatment Documentary, Columbia University](#)
- 5) [Atypical Anorexia Nervosa - Youtube](#)
- 6) [Body Mass Index Calculator Halls.md](#)
- 7) [CDC BMI Calculator](#)
- 8) [Confronting fear using exposure and response prevention for anorexia nervosa:](#)
- 9) [Eight Guideposts for Recovery from Anorexia Nervosa](#)
- 10) [Eight Guideposts for Recovery from Anorexia Nervosa](#)
- 11) [Eight Guideposts for Recovery from Anorexia Nervosa](#)
- 12) [Food Obsession - 12 Secret Signs of Anorexia - CBS News](#)



- 13) [Family based treatment of children and adolescents with anorexia nervosa: Guidelines for the community physician](#)
- 15) [Growth charts & goal weight made simple: eating disorder recovery](#)
- 16) [Level of Care Considerations for Severe and Extreme Eating Disorders](#)
- 17) [Maudsley Parents - family-based treatment for eating disorders, anorexia nervosa, and bulimia nervosa](#)
- 18) [Negative energy balance: A BIOLOGICAL TRAP FOR PEOPLE PRONE TO ANOREXIA NERVOSA](#)
- 19) [Nutritional rehabilitation in anorexia nervosa - Study](#)
- 20) [Restoring Nutritional Health in Anorexia Nervosa](#)
- 21) [Restoring-nutritional-health-in-anorexia-nervosa-recovery-](#)
- 22) [Rethinking anorexia: Biology may be more important than culture, new studies reveal](#)
- 23) [The Starvation Study that Changed the World](#)
- 24) [They Starved So That Others Be Better Fed: Remembering Ancel Keys and the Minnesota Experiment](#)
- 25) [They Starved So That Others Be Better Fed: Remembering Ancel Keys and the Minnesota Experiment](#)
- 26) [Weight Gain Predicts Psychological Improvement in Anorexia Nervosa](#)
- 27) [Weight Goals in Anorexia Nervosa](#)
- 28) [Weight Goals in Anorexia Nervosa](#)
- 29) [Weight Goals in Anorexia Nervosa](#)
- 30) [What Anorexics Really Feel About Food](#)

BINGE EATING DISORDER

- 1) [Are Emotions Driving Your Binges?](#)
- 2) [Binge Eating and Premenstrual Syndrome](#)
- 3) [BINGE EATING DISORDER](#)
- 4) [Dialectical Behavioral Therapy in the Treatment of Binge Eating Disorder](#)
- 5) [How to Support Someone with Binge Eating Disorder](#)
- 6) [Support "How-To's" for Loved Ones of Those with Binge Eating Disorder](#)
- 7) [Understanding the Binge Cycle: The Role of Dieting](#)
- 8) [Understanding the Binge Eating Cycle](#)

BULIMIA

- 1) [ANEb: Help and support for people with eating disorders and for their loved ones. - Aneb](#)
- 2) [BANA – Bulimia Anorexia Nervosa Association – You are not alone on this journey!](#)
[Bulimia Nervosa - HelpGuide.org](#)
- 3) [Bulemia - AHS](#)
- 4) [Bulemia - symptoms and causes](#)
- 5) [Bulemia - Symptoms and Diagnosis](#)
- 6) [Bulemia - Youtube](#)
- 7) [BULIMIA NERVOSA](#)
- 8) [Bulimia Symptoms & Common Side-Effects](#)
- 9) [Electrolytes and Bulimia: Why Is This a Big Deal?](#)
- 10) [Supporting Your Loved One Struggling with Bulimia Nervosa - Youtube Feast](#)
- 11) [The Connections Between the Brain and Urges to Binge and Purge](#)
- 12) [The Silent Shame Of Bulimia](#)



ORTHOREXIA

- 1) [Orthorexia | National Eating Disorders Association](#)
- 2) [Orthorexia-10-signs-you-should-see-help-now](#)
- 3) [Orthorexia: Dangers of the 'Disorder Disguised as Virtue'](#)
- 4) [Orthorexia: The dangers of healthy eating](#)
- 5) [Orthorexia Nervosa](#)

OSFED

- 1) [Other specified feeding and eating disorders \(OSFED\)](#)

PICA

- 2) [Learning About Pica](#)

ANOSOGNOSIA

1. [Anosognosia and Anorexia Symptoms](#)
2. [Anosognosia denial in patients with eating disorders](#)

ED SCREENING

- 1) [EAT-26: Eating Attitudes Test & Eating Disorder Testing – Use the EAT-26 to help you determine if you need to speak to a mental health professional to get help for an eating disorder.](#)
- 2) [Eating Disorders Screening Tool | Help & Support | NEDA](#)
- 3) [Eating Disorders: Screening & Assessment | CAMH](#)
- 4) [ED About Teens](#)
- 5) [ED Types Defined](#)
- 6) [Pediatric feeding disorders](#)

ED COMPLICATIONS

1. [Bulimia and hair loss](#)
2. [Electrolyte Abnormalities and Eating Disorders](#)
3. [Electrolytes and Bulimia: Why Is This a Big Deal?](#)
4. [Hair Loss and Anorexia: A Sign of Greater Danger](#)
5. [Hunger and ED](#)
6. [Lanugo and Eating Disorders](#)
7. [Orthostatic Hypotension](#)
8. [Purging Complications](#)
9. [The Effects Of Under-Eating](#)
10. [Unhealthy Weight-control Behaviours](#)
11. [What Are Compensatory Behaviors in People with Eating Disorders?](#)



ED AND THE BRAIN

- 1) [Abnormalities found in 'insight' areas of the brain in anorexia](#)
- 2) [Alterations of brain structure and functions in anorexia nervosa](#)
- 3) [Brain Restoration in ED Recovery](#)
- 4) [Brain tissue volume changes following weight gain in adults with anorexia nervosa](#)
- 5) [Brain tissue volume changes following weight gain in adults with anorexia nervosa](#)
- 6) [DO EATING DISORDERS IMPACT THE STRUCTURE OF THE BRAIN?](#)
- 7) [Dr. Dan Siegel's Hand Model of the Brain - Youtube](#)
- 8) [Even after treatment, brains of anorexia nervosa patients not fully recovered](#)
- 9) [How Brain Biology Promotes Starvation](#)
- 10) [How Eating Disorders Affect the Neurobiology of the Brain](#)
- 11) [How Malnourishment Affects the Brain](#)
- 12) <https://www.livescience.com/8293-brain-shrinkage-anorexia...>
- 13) [It's Time to Talk About It: The Brain and Eating Disorder - YOUTUBE](#)
- 14) [Lower gray matter volumes of frontal lobes and insula in adolescents with anorexia nervosa](#)
- 15) [Neurobiology & Disordered Eating How Our Brains Guide Our Forks - YOUTUBE](#)
- 16) [Neurobiology and ED](#)
- 17) [Neuroimaging in eating disorders](#)
- 18) [Normal brain tissue volumes after long-term recovery in anorexia and bulimia nervosa](#)
- 19) [PUZZLING SYMPTOMS: EATING DISORDERS AND THE BRAIN](#)
- 20) [Rescuing the Brain: A Critical Part of Recovery](#)
- 21) [Why Full Anorexia Recovery Is Crucial for Brain Health](#)

ED AND MALES

1. [Eating Disorders in Men and Boys](#)
2. [should-you-be-concerned-about-your-son](#)
3. [Understanding Male Eating Disorders](#)

EXERCISE

- 1) [3 Tips For Finding Freedom From Compulsive Exercise](#)
- 2) [6 Signs Your Gym Habit Could Be An Eating Disorder In Disguise](#)
- 3) [Calories burned in 30 minutes for people of three different weights](#)
- 4) [Compulsive Exercise and Eating Disorders in Athletes](#)
- 5) [Compulsive exercise to control shape or weight in eating disorders: prevalence, associated features, and treatment outcome](#)
- 6) [Compulsive exercise: links, risks and challenges faced](#)
- 7) [Excessive Exercise as an Eating Disorder Symptom](#)
- 8) [Excessive Exercise as an Eating Disorder Symptom](#)
- 9) [Exercise and the Severely Anorexic Patient](#)
- 10) [Exercise Caution: Physical Activity and Eating Disorder Recovery](#)
- 11) [Exercise Caution: Physical Activity and Eating Disorder Recovery](#)
- 12) [Exercise I: As A Way To Restrict? You Bet.](#)
- 13) [Exercise II: Insidious Activity](#)
- 14) [Returning to Exercise After Eating Disorder Treatment](#)
- 15) [The lower-level movement trap](#)



BODY IMAGE/SOCIAL MEDIA

- 1) [As America's Eating Disorders Increase, What Role Does Social Media Play?](#)
- 2) [Body Image & Eating - Foundry –](#)
- 3) [Body Image | MediaSmarts](#)
- 4) [Eating Disorders and Social Media Prove Difficult to Untangle](#)
- 5) <https://www.eatingdisorderhope.com/blog/the-influence-of-social-media-on-adolescent-eating-disorders>
- 6) [Social Media and Eating Disorders](#)
- 7) [Social Media Influencers are Triggering Eating Disorders](#)
- 8) [The impact of the media on eating disorders in children and adolescents](#)

INFORMATION FOR CARERS

- 1) [10 Ways to Heal from Fat Shaming Experiences with Family](#)
- 2) [11 Reasons your 'concerns' for Fat People's Health, isn't Helping Anyone](#)
- 3) [9 Ways You're Fat Shaming your Child Without Realizing It](#)
- 4) [Approaching Someone With An Eating Disorder - Mirror-Mirror](#)
- 5) [Approaching Someone with an ED](#)
- 6) [Are you Fat Shaming your Kids? You've Got to Stop](#)
- 7) [Christmas eating disorder helps cope - Newbridge Health UK](#)
- 8) [Compassion Fatigue: Parents of Children with Eating Disorders | Eating Recovery Center | Eating Recovery Center](#)
- 9) [Creating a Game Plan for the Holidays](#)
- 10) [Dear-kids-your-body-is-not-the-problem-diet-culture-is](#)
- 11) [Eating Disorders and Holidays Mirror-Mirror](#)
- 12) [Walden Eating Disorders the holidays 5-tips to support your loved one](#)
- 13) [Navigating binge eating disorder recovery during holiday season](#)
- 14) [Eating disorder holiday survival guide - NEDIC](#)
- 15) [6 tips to handle holidays with an eating disorder](#)
- 16) [Emotion coaching for meal support and symptom interruption](#)
- 17) [Shortcuts and Sentence Starters for Emotion Coaching.](#)
- 18) [Validating Silence](#)
- 19) [Validating Anger](#)
- 20) [Behaviour Coaching](#)
- 21) [Super-feeler](#)
- 22) [Tree Roots Feelings Image](#)
- 23) [Parenting Dimensions Scale-](#)
- 24) [supporting-your-child-or-other-loved-one-with-an-eating-disorder-through-the-holidays/](#)
- 25) [How to Persuade Your Loved One to Seek Professional Help](#)
- 26) [6 things you CAN say to someone with an eating disorder | Metro News](#)
- 27) [Approaching Someone With An Eating Disorder - Mirror-Mirror](#)
- 28) [Eating Disorders: What Pediatricians and Parents Should Know](#)
- 29) [Externalization narrative therapy: Separate yourself from your problems](#)
- 30) [Family Support Guidelines When Your Loved One Has an Eating Disorder | Eating Recovery Center](#)
- 31) [FEAST of Knowledge 2020 - YouTube](#)
- 32) [GAIN - YouTube](#)



- 33) [Have you Lost Weight Is Not a Compliment](#)
- 34) [Helping Someone with an ED Guide](#)
- 35) [Holiday Dos and Donts](#)
- 36) [How to React to Comments About Your Body, According to an Anti-Diet Dietitian](#)
- 37) [How to Write a Home Rules Contract](#)
- 38) <https://www.youtube.com/playlist?list=PLVgyQbyKQSBHUb1DLIc7t3v7bN0ImLcve>
- 39) <https://www.youtube.com/watch?v=2O9nZAWCkLc&noredirect=1>
- 40) [Kelty Eating Disorders Center \(BC\), Meal Support, Helpful Approached for Families](#)
- 41) [Parental Guilt & Eating Disorders: 4 Parental Responses to Avoid \(& 2 to Adopt\) - The Renfrew Center](#)
- 42) [Preventing Caregiver Burnout - Mirror-Mirror](#)
- 43) [Recognizing and Resisting Diet Culture](#)
- 44) [Setting Boundaries - Strong Bonds - Building Family Connections](#)
- 45) [Support and Resources for Carers | Eating Disorders Victoria](#)
- 46) [Supporting Multiple Children with an Eating Disorder](#)
- 47) [Talking About Recovery](#)
- 48) [Terms to avoid or reconsider in the eating disorders field](#)
- 49) [The Best Grief Definition You Will Find](#)
- 50) [Understanding and Finding Help for Eating Disorders](#)
- 51) [What is the Health at Every Size Movement](#)
- 52) [What is your body really for?](#)
- 53) [What Not to say to someone...](#)
- 54) [What Parents and Educators Need to know about diet culture](#)
- 55) [What Parents need to know about diet culture and eating disorder recovery](#)
- 56) [When Should you Access Support for an Eating Disorder](#)
- 57) [When the Fat Girl Gets Skinny A Poem by Blythe Baird](#)
- 58) [Why are Values Important? 8 Reasons | Life Persona](#)
- 59) [Youtube - An ED From the Inside Out](#)

NUTRITIONAL INFORMATION

- 1) [A Little Fat Helps the Vegetables Go Down](#)
- 2) [Anorexia and Dietary Fat](#)
- 3) [Anorexia and Dietary Fat: Brain Function, Hunger and Satiety](#)
- 4) [Decision Making](#)
- 5) [Facts about Fat](#)
- 6) [FATS](#)
- 7) [Human Perceptions and Preferences for Fat-Rich Foods](#)
- 8) [Nutrition and MacroNutrients](#)
- 9) [Processed Foods](#)
- 10) [Three Things Nutritionists Need to Know About the Body, Brain, and Eating Disorders](#)



RELATIONSHIPS

- 1) [6 things you CAN say to someone with an eating disorder | Metro News](#)
- 2) [Contemplating Recovery](#)
- 3) [Disrupting the Habits of Anorexia](#)
- 4) [Emotions of an Eating Disorder:](#)
- 5) [Getting help for young-adults with anorexia not too old for family therapy](#)
- 6) [How Doctors Diagnose Eating Disorders](#)
- 7) [How Eating Disorders Affect Relationships | Recovery Warriors](#)
- 8) [Eating Disorders Eat Away at Loving Relationships](#)
- 9) [Supporting a Spouse with an Eating Disorder](#)
- 10) [If it were cancer...](#)
- 11) [MICROBIOME: A NEW DIRECTION IN UNDERSTANDING ANOREXIA NERVOSA](#)
- 12) [My Daughter Does Not Want to Recover From Her Eating Disorder | HealthyPlace](#)
- 13) [Negative energy balance](#)
- 14) [Parent coaching and/or therapy when your child has an eating disorder | More-Love.org](#)
- 15) [The no-nonsense guide for people who think they might have an eating disorder](#)

MEAL SUPPORT/REFEEDING/EXTREME HUNGER

- 1) [Anorexia Recovery Eating: There is never too much food](#)
- 2) [Binges Are Not Binges](#)
- 3) [Duke University Center for Eating Disorder YouTube Channel](#)
- 4) [Eating Disorders Meal Support: Helpful Approaches for Families](#)
- 5) [Supportive Meal Therapy Training for Carers:](#)
- 6) [Eating Disorders Meal Support: Helpful Approaches for Families - Youtube Kelty](#)
- 7) [Kelty Eating Disorders Center \(BC\), Meal Support, Helpful Approached for Families](#)
- 8) [Eating Disorders Meal Support: Helpful Approaches for Families \(Full Video\) - YouTube](#)
- 9) [Experiencing Extreme Hunger](#)
- 10) [Extreme Hunger](#)
- 11) [Extreme Hunger - What It Is and Why It Happens - Youtube](#)
- 12) [Extreme Hunger 1: What Is It?](#)
- 13) [Extreme Hunger and Bingeing in Recovery](#)
- 14) [Extreme Hunger in Anorexia Recovery](#)
- 15) [Extreme Hunger in Eating Disorder Recovery | Kati Morton - Youtube](#)
- 16) [Extreme Hunger Part 2: The Experience and Science](#)
- 17) [Extreme Hunger Part 2: The Experience And Science](#)
- 18) [I LITERALLY CANT STOP EATING - Youtube](#)
- 19) [Refeeding syndrome: what it is, and how to prevent and treat it - PMC](#)
- 20) [When Your Child Refuses to Eat - Youtube Kelty](#)
- 21) [WHY CAN'T I STOP EATING!?: THE TRUTH ABOUT EXTREME HUNGER](#)



NOURISHING HOPE RECIPES

- 1) [Cdn Cystic Fibrosis Nutrition Guide-EN.pdf](#)
- 2) [CFF - Healthy High-Calorie Eating](#)
- 3) [CFF - High Calorie Recipes](#)
- 4) [CFF - High Calorie Recipes](#)
- 5) [Choice of diet in patients with anorexia nervosa](#)
- 6) [Cooking with Oil and Lard](#)
- 7) [printerfriendly recipes 6:09](#)
- 8) [Recipes from JD Oulette](#)
- 9) [This Eating Stuff is Hard Work Recipe Book](#)

GENETICS/RISK FACTORS

- 1) [Anorexia May Be Linked to Metabolism](#)
- 2) [Breaking Science News: The Latest Genetic Study of Anorexia Nervosa](#)
- 3) [ED and Genetics?](#)
- 4) [ED Risk Factor](#)
- 5) [ED Risks and Genetics](#)
- 6) [Genetic and Behavioral Factors Increase Risk of Anorexia](#)
- 7) [Genetic Research Study](#)
- 8) [Genetics](#)
- 9) [Genetics and Anorexia](#)
- 10) [Hybermetabolism Wikipedia](#)
- 11) [metabo-psychiatric origins for anorexia nervosa](#)
- 12) [Risks of an ED from Childhood](#)
- 13) [three-things-nutritionists-need-know-body-brain-eating-disorders/](#)
- 14) [Yale finds neuron behind fatal anorexia, and solution in high-fat diet | YaleNews](#)
- 15) [Youtube - Genetics](#)

MYTHS/STATS

- 1) [10 Common Mistakes in Eating Disorder Treatment](#)
- 2) <https://cihr-irsc.gc.ca/e/52036.html>
- 3) <https://cihr-irsc.gc.ca/e/52053.html>
- 4) <https://covid19mentalhealthresearch.ca/wp-content/uploads/2021/01/COUTURIER-Final-Knowledge-Synthesis-Nov-23.pdf>
- 5) <https://educationnewscanada.com/article/education/level/university/1/942615/eating-disorders-rose-dramatically-among-young-canadians-during-covid-s-first-wave.html> - alberta
- 6) <https://globalnews.ca/news/8811981/eating-disorder-hospitalizations-canada-youth-covid-19/>
- 7) <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2786919>
- 8) <https://jeatdisord.biomedcentral.com/articles/10.1186/s40337-021-00394-9>
- 9) <https://martlet.ca/the-hidden-surge-of-eating-disorders/>
- 10) <https://news.gov.bc.ca/releases/2021MMHA0027-001184>
- 11) <https://onlinelibrary.wiley.com/doi/abs/10.1002/eat.23765>
- 12) <https://pubmed.ncbi.nlm.nih.gov/36202680/>
- 13) <https://socialwork.ucalgary.ca/news/eating-disorders-rose-dramatically-among-young-canadians-during-covids-first-wave>



- 14) https://tspace.library.utoronto.ca/bitstream/1807/99200/1/40337_2020_Article_277.pdf
- 15) <https://www.cbc.ca/news/canada/calgary/eating-disorders-pandemic-covid-19-teens-adults-1.5841047> - alberta
- 16) <https://www.cbc.ca/news/health/wait-times-for-eating-disorder-treatment-in-canada-grow-during-the-pandemic-1.6533635>
- 17) <https://www.cihi.ca/en/news/hospitalizations-for-eating-disorders-among-young-women-jumped-by-more-than-50-during-the#:~:text=New%20data%20from%20the%20Canadian,nearly%2060%25%20since%20March%202020.>
- 18) <https://www.clinicaladvisor.com/home/topics/pediatrics-information-center/a-perfect-storm-rise-in-eating-disorders-among-teens-during-covid-19/>
- 19) <https://www.djno.ca/post/death-by-wait-list-eating-disorder-treatment-in-canada>
- 20) [https://www.jahonline.org/article/S1054-139X\(21\)00484-5/pdf](https://www.jahonline.org/article/S1054-139X(21)00484-5/pdf)
- 21) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8315219/>
- 22) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9529357/>
- 23) <https://www.ourcommons.ca/Content/Committee/412/FEWO/Reports/RP6772133/feworp04/feworp04-e.pdf>
- 24) <https://www.psychiatryadvisor.com/home/topics/eating-disorders/new-anorexia-cases-more-than-doubled-during-first-covid-19-wave-in-canada/>
- 25) <https://www.psychologytoday.com/ca/blog/eating-disorders-the-facts/202206/how-covid-19-affected-anorexia-nervosa-treatment>
- 26) <https://www.theglobeandmail.com/canada/article-eating-disorder-hospitalization-rising/>
- 27) <https://www.theglobeandmail.com/canada/article-worst-it-has-ever-been-increase-in-eating-disorder-cases-among-teens/>
- 28) <https://www150.statcan.gc.ca/n1/pub/36-28-0001/2021003/article/00004-eng.htm>
- 29) [Introduction to Eating Disorders for Service Providers: Bust the Myths](#)
- 30) [You do not have to be thin to have Anorexia](#)

SELF-HARM/SUICIDAL IDEATION

- 1) [-Preventing suicide: Warning signs and how to help/](#)
- 2) [Eating Disorders and Suicidal Behaviors in Adolescents with Major Depression:](#)
- 3) [Eating Disorders: Stopping Negative Thoughts](#)
- 4) [ED and Self Harm](#)
- 5) [Removing the Shame from Eating Disorders and Suicide](#)
- 6) [Self-Harm and Eating Disorders](#)
- 7) [Self-injurious behaviour in patients with anorexia nervosa: a quantitative study](#)

SUBSTANCE ABUSE and ED

- 1) [CLIENTS WITH SUBSTANCE USE AND EATING DISORDERS](#)
- 2) [Eating Disorders & Substance Use: Co-Occurring Disorders](#)
- 3) [ED and Substance Abuse - NEDA](#)
- 4) [Hungry for Something More: The Link Between Eating Disorders & Substance Abuse](#)
- 5) [Substance Abuse and Eating Disorders - YouTube](#)
- 6) [The Risk of Substance Use Among Adolescents and Adults With Eating Disorders](#)
- 7) [When Eating Disorders and Substance Abuse Problems Collide](#)



TRANSITIONS

- 1) [College Drinking and Disordered Eating: Drunkorexia](#)
- 2) [Eating Disorder College Contracts](#)
- 3) [Eating Disorder Resources For College Students](#)
- 4) [Good Mental Health Away From Home Starts Before College](#)
- 5) <http://www.blog.drSarahRavin.com/.../leaving-the-nest-10.../>
- 6) [Is your child ready for College?](#)
- 7) [Leaving the Nest: 10 Tips for Parents](#)
- 8) [Sororities and Eating Disorders](#)
- 9) [Supporting Your Adolescent with the Back to School Transition](#)
- 10) [Thinking of Returning to School with an Eating Disorder?](#)
- 11) [Transitioning to College after ED](#)

RECOVERY

- 1) [22 Rights Around Food to Remember During Your Recovery | Recovery Warriors](#)
- 2) [Contemplating Recovery: Stages of Change](#)
- 3) [Defining Recovery from an Eating Disorder - Study](#)
- 4) [Eating Disorder Recovery Is Not as Simple as 'Wanting It Enough'](#)
- 5) [Eating Disorder Recovery Is Not as Simple as 'Wanting It Enough'](#)
- 6) [Eating Disorder Recovery- Building Your Recovery Team](#)
- 7) [Food Choice in Recovery](#)
- 8) [Fully Recovered vs. In Recovery](#)
- 9) [How Meal Support Helps in ED Recovery](#)
- 10) [How Science Helped Me Cope with the 'Fat Tummy' in Anorexia Recovery.](#)
- 11) [Identifying fundamental criteria for eating disorder recovery](#)
- 12) [Leave me Alone, Help Me Recover – Family Involvement in Anorexia Recovery](#)
- 13) [Parents know best: Caregiver perspectives on eating disorder recovery](#)
- 14) [Partial Eating Disorder Recovery vs. Full Recovery: What state are you in?](#)
- 15) [Phases Of Recovery From An Eating Disorder Part 1](#)
- 16) [Recovered. Not perpetually "in recovery."](#)
- 17) [Recovery Coaches](#)
- 18) [Relapse Prevention](#)
- 19) [Relapse Prevention Strengths and Difficulties](#)
- 20) [Stages of Recovery | National Eating Disorders Association](#)
- 21) [Study highlights importance of parents in defining eating disorder recovery](#)
- 22) [The Role of Food Variety in Eating Disorder Recovery](#)
- 23) [WHAT DO WE MEAN BY RECOVERY \(OR REMISSION\) FROM AN EATING DISORDER?](#)
- 24) [What does ED Recovery Look Like to Me](#)
- 25) [What to Know If You're Afraid of Eating Disorder Recovery | The Mighty](#)
- 26) [What to Know If You're Afraid of Eating Disorder Recovery | The Mighty](#)
- 27) [Youth Eating Disorder Recovery](#)



MENTAL HEALTH

- 1) [4-part video series | mhfoundations-efft](#)
- 2) [9 Things Every Parent with an Anxious Child Should Try](#)
- 3) [Anxiety and Depression in Children and Youth - Diagnosis and Treatment - Province of British Columbia](#)
- 4) [Eating Disorders and Substance Use: Eating Disorders Resources](#)
- 5) [Foundry - Where Wellness Takes Shape -](#)
- 6) [Freeing Your Child from Anxiety By Tamar Chansky](#)
- 7) [Freeing Your Child From OCD by Tamar Chansky](#)
- 8) [Get support with these mental health resources - Kids Help Phone](#)
- 9) [Home - Anxiety Canada](#)
- 10) [Mental Health Literacy](#)
- 11) [NIMH » Ask Suicide-Screening Questions \(ASQ\) Toolkit](#)
- 12) [Online Trainings | mhfoundations-efft](#)
- 13) [Somatization and the Mind-Body Connection | Kelty Mental Health](#)
- 14) [What is Addiction? \[Gabor Maté\] - YouTube](#)
- 15) [What to Do \(and Not Do\) When Children Are Anxious](#)

SETTING GOAL WEIGHTS

- 1) [Are We Setting Recovery Weights Too Low?](#)
- 2) [BMI and ED](#)
- 3) [BMI Monster](#)
- 4) [Calculation of Expected Body Weight in Adolescents With Eating Disorders - Study](#)
- 5) [Determining Ideal Body Weight](#)
- 6) [Everything you know about Obesity is Wrong](#)
- 7) [Full Recovery and Brain Health](#)
- 8) [IN PRAISE OF THE BUFFER \(THOUGHTS ON WEIGHT RANGES\)](#)
- 9) [My therapist was more scared of my weight gain than I was](#)
- 10) [Overshoot in Recovery](#)
- 11) [Overshooting in ED Recovery](#)
- 12) [Overshooting in Recovery](#)
- 13) [Past Weight Loss an Overlooked Factor in Disordered Eating](#)
- 14) [Recovering From Anorexia: How and Why Not to Stop Halfway](#)
- 15) [Scales for ED](#)
- 16) [Set Point Weight](#)
- 17) [Setting Goal Weight](#)
- 18) [Target weights being set too low - Youtube](#)
- 19) [The Eating Disorder Recovery Podcast](#)
- 20) [The Misuse of BMI in Diagnosis of Pediatric Eating Disorders](#)
- 21) [The slippery slope: prediction of successful weight maintenance in anorexia nervosa - Study](#)
- 22) [The Truth About Anxiety During Weight Restoration](#)
- 23) [**Trading Health for a Healthy Weight: The Uncharted Side of Healthy Weights Initiatives**](#)
- 24) [Weight Restoration](#)
- 25) [Weight Restoration](#)
- 26) [What's Weight Got to Do With It?](#)
- 27) [WILL I GAIN WEIGHT FOREVER?](#)



TREATMENT

- 1) [A Brain-Based Approach to Eating Disorder Treatment](#)
- 2) [A Grown Up Approach to Treating Anorexia](#)
- 3) [Adolescent-focused-therapy- AFT](#)
- 4) [Adolescent-Focused-Therapy-for-Anorexia-Nervosa/James-Lock/](#)
- 5) [CBT FOR ARFID](#)
- 6) [DBT vs. CBT in Treatment for Eating Disorders](#)
- 7) [Dialectical Behavior Therapy for Eating Disorders](#)
- 8) [ERP Treatment](#)
- 9) [Everything You Need to Know About Family-Based Treatment \(FBT\) | Eating Disorder Therapy LA](#)
- 10) [Explaining What Keeps Eating Disorders Going \(CBT Clinical Demonstration\) - YouTube](#)
- 11) [Exposure in the treatment of Eating Disorders](#)
- 12) [Exposure Therapy](#)
- 13) [Exposure Therapy For Eating Disorders](#)
- 14) [Family based treatment of children and adolescents with anorexia nervosa: Guidelines for the community physician](#)
- 15) [FBT Treatment](#)
- 16) [FBT Treatment Team Members](#)
- 17) [How Are Eating Disorders Treated?](#)
- 18) [HOW TO FACE YOUR EATING DISORDER FEARS: EXPOSURE THERAPY](#)
- 19) [Intro to EFFT for Eating Disorders - Emotion Coaching](#)
- 20) [Advanced Parenting Four part video series](#)
- 21) [Learn how to respond to 'I won't eat that', 'I don't want help', 'I Feel Fat', in ways that are loving and production](#)
- 22) [Help Your Teenager Beat an Eating Disorder by James Lock and Daniel Le Grange](#)
- 23) [Introducing the Thought-Feeling Connection \(CBT Clinical Demonstration\) - YouTube](#)
- 24) [Kelty Guide for Parents: Thrive to Survive](#)
- 25) [Navigating the Search for a True Maudsley Method Treatment](#)
- 26) [Navigating the Search for a True Maudsley Method Treatment](#)
- 27) [NEDIC | Eating Disorders & Treatment](#)
- 28) [Restoring-nutritional-health-in-anorexia-nervosa-recovery-](#)
- 29) [Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach by James Lock, Daniel le Grange, W. Stewart Agras and Christopher Dare](#)
- 30) [Types of Treatment for Eating Disorders](#)

BOOKS

- 1) [A Parent's Guide to Defeating Eating Disorders: Spotting the Stealth Bomber and Other Symbolic Approaches](#)
- 2) [A Parent's Guide to Defeating Eating Disorders by Ahmed Boachie and Karen Jasper](#)
- 3) [Adolescent-Focused-Therapy-for-Anorexia-Nervosa/James-Lock/](#)
- 4) [All Fired Up](#)
- 5) [All Fired Up podcast with Louise Adams!](#)
- 6) [Anorexia and Other Eating Disorders, how to help your child eat well and be well by Eva Musby](#)
- 7) [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.](#)
- 8) [Anorexia and other ED_ Eva Musby](#)
- 9) [Bad Fat Broads](#)
- 10) [Belly Love Podcast](#)



- 11) Body Kindness by Rebecca Scritchfield
- 12) Brave Girl Eating by Harriet Brown
- 13) Brave girl eating_ Harriet Brown
- 14) Brave Girl Eating: A Family's Struggle with Anorexia by [Harriet Brown](#)
- 15) Calming the Emotional Storm by Sheri Van Dijk
- 16) Comfort Food w/ Amy Palanjian & Virginia Sole-Smith
- 17) Decoding Anorexia- Carrie Arnold
- 18) Dietitians Unplugged
- 19) Dietitians Unplugged Podcast
- 20) Do No Harm Podcast
- 21) Don't Let Your Emotions Run Your Life for Teens by Sheri Van Dijk
- 22) Don't Salt my Game by Laura Thomas
- 23) Eating Disorder Recovery Podcast by Dr. Janean Anderson
- 24) Eating Disorders: A Parents' Guide
- 25) Eating With Your Anorexic by Laura Collins
- 26) Eating With Your Anorexic: How My Child Recovered Through Family-Based Treatments and Yours Can Too
- 27) ED Matters Podcast
- 28) Escape Diet Prison - The Podcast with Anne-Sophie Reinhardt
- 29) Every Body Podcast
- 30) Fearless Rebelle Radio with Summer Inananen
- 31) Food Psych Podcast with Christy Harrison
- 32) Get out of Your Mind & Into Your Life by Steven C. Hayes
- 33) Good Bye Ed- Hello Me by Jenni Schaefer
- 34) Goodbye ed, hello me- Jenni Schaefer
- 35) Guidance
- 36) Help for Eating Disorders: A Parent's Guide to Symptoms, Causes & Treatment
- 37) Help Your Teenager Beat an Eating Disorder by James Lock and Daniel Le Grange
- 38) Help your Teenager Beat an Eating Disorder by Lock & LeGrange
- 39) How to nourish your child through and ED- Cassey Crosbie and Went Sterling
- 40) Intuitive Bites
- 41) It's Not About the Food: Intuitive Eating, Anti-Diet, Body
- 42) Life with ED
- 43) Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too by Jenni Schaefer
- 44) Life. Unrestricted. Podcast: Boost your body image and
- 45) Love Fat- Tabitha Farrar
- 46) Mental Note: Journeys of Health and Recovery
- 47) My Kid is Back: Empowering Parents to Beat Anorexia Nervosa
- 48) My Kid is Back: Empowering Parents to Beat Anorexia Nervosa by June Alexander and Daniel Le Grange
- 49) No Body's Perfect, Stories by Teens about Body Image, Self-Acceptance, and the Search for Identity by Kimberly Kirberger
- 50) Nourishing Women Podcast
- 51) Nutrition Matters Podcast by Paige Smathers
- 52) Nutrition Redefined
- 53) Off the C.U.F.F. by Nancy Zuker Ph.D
- 54) Own it Babe
- 55) Parenting a Teen Who has Intense Emotions by Pat Harvey, Britt H. Rathbone
- 56) Positivity with Dr. Stefani Reinold
- 57) RD Real Talk



- 58) Real Health Radio
- 59) recover from food & exercise madness.
- 60) Rehabilitate, Rewire, Recover!- Tabitha Farrar
- 61) Sick enough- Jennifer Gaudiani
- 62) Skilled Based Learning for Caring for Someone with an Eating Disorder by Janet Treasure
- 63) Skills-Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method
- 64) Smart but Scattered Teens, by Richard Guare, Ph.D. et al
- 65) Surviving an Eating Disorder: Strategies for Family and Friends
- 66) The All Fired Up!
- 67) The Appetite is a podcast by the founders of Opal: Food+Body Wisdom
- 68) The Body Image Podcast
- 69) The Body Image Podcast with Corrine Dobbas
- 70) The Body Keeps the Score by Bessel Van Der Kolk, MD
- 71) The BodyLove Project with Jessi Haggerty
- 72) The Dialectical Behaviour Therapy Skills Workbook by Matthew McKay et al
- 73) The Eating Disorder Recovery Podcast by Tabitha Farrar
- 74) The Embodied & Well Mom Show
- 75) The F*ck It Diet with Caroline Dooner
- 76) The Love Food Podcast by Julie Duffy Dillon
- 77) The Love Food Podcast by Julie Duffy Dillon
- 78) The Mindful Dietitian with Fiona Sutherland
- 79) The Mindful Teen by Dzung Vo
- 80) The Mindfulness & Acceptance Workbook for Anxiety by John P. Forsythe et al
- 81) The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home
- 82) The Psychology of Eating by Jane Ogden
- 83) The Reclaiming You Podcast
- 84) Therapy Thoughts by Tiffany Roe
- 85) Throwing Starfish Across the Sea: A Pocket-Sized Care Package for the Parents of Someone with an Eating Disorder by [Laura Collins Lyster-Mensh](#) and [Charlotte Bevan](#)
- 86) Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach by James Lock, Daniel le Grange, W. Stewart Agras and Christopher Dare
- 87) Trust Your Body Project
- 88) Unpacking Weight Science by Fiona Willer
- 89) What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers by Adele Lafrance and Ashley Miller
- 90) When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism by Martin M. Antony
- 91) When Your Child is Cutting, A Parent's Guide to Helping Children Overcome Self-Injury by Merry E. McVey-Noble et al
- 92) When your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia & Binge Eating by Lauren Mulheim
- 93) Women of Size
- 94) [You Are Not Your Brain](#) by Jeffrey Schwartz and Rebecca Gladding
- 95) You Can Eat With Us



ORGANIZATIONS

- 1) [Academy for Eating Disorders](#)
- 2) [Access counselling services in the Yukon | Government of Yukon](#)
- 3) [Alberta Wellness Center for Eating Disorders](#)
- 4) [ANAD](#)
- 5) [Annapolis Valley Family Care Givers](#)
- 6) [Around the Dinner Table \(ATDT\) Feast's online discussion board](#)
- 7) [BC Health Care Kelty Eating Disorders Center](#)
- 8) [Beat Eating Disorders UK](#)
- 9) [Body Brave Canada](#)
- 10) [BodyPeace](#)
- 11) [BridgePoint Center for Eating Disorders · BridgePoint - Center For Eating Disorders](#)
- 12) [Butterfly Foundation of Australia](#)
- 13) [Danielle's Place | A Place For Every Body](#)
- 14) [Eating Disorder Clinic Montreal | Anorexia | Bulimia - BACA](#)
- 15) [Eating Disorder Foundation Of NI](#)
- 16) [Eating Disorder Support Network of Alberta \(EDSNA\)](#)
- 17) [Eating Disorder Support Network of Alberta \(EDSNA\), Edmonton, AB, T5B | Psychology Today](#)
- 18) [Eating Disorder Support Organizations](#)
- 19) [Eating Disorder Support Resources](#)
- 20) [Eating Disorders Catalogue](#)
- 21) [EATING DISORDERS CENTER FOR TREATMENT AND RESEARCH](#)
- 22) [Eating Disorders Nova Scotia](#)
- 23) [Eating Disorders Resources Catalogue](#)
- 24) [Eating Disorders: Victoria](#)
- 25) [Eva Musby, Anorexia Family: How to help your child recover from an eating disorder, anywhere in the world](#)
- 26) [F.E.A.S.T. \(Families Empowered And Supporting Treatment for Eating Disorders\)](#)
- 27) [F.E.A.S.T. Family Guide series of small booklets](#)
- 28) [F.E.A.S.T. The First 30 Days, free, online, self-paced course for parents](#)
- 29) [Feed Your Instinct \(FYI\) online tool for assessing early warning signs](#)
- 30) [Home - Looking Glass Foundation](#)
- 31) [Hopewell Eating Disorder Support Centre](#)
- 32) [Maudsley Parent Organization](#)
- 33) [Mental Health Foundations](#)
- 34) [Mental Health Services | Government of Prince Edward Island](#)
- 35) [Mirror-Mirror Eating Disorders](#)
- 36) [More-Love.org](#)
- 37) [National Eating Disorders Association \(NEDA\) parent-toolkit](#)
- 38) [National Initiative for Eating Disorders](#)
- 39) [NEDIC \(National eating disorder information center\)](#)
- 40) [Online Educational Tool for Parents/Caregivers of a Youth with an Eating Disorder](#)
- 41) [ORRI UK Treatment Center](#)
- 42) [Peer Support in Winnipeg | Home | All IN Family](#)
- 43) [Sheena's Place - Support for Eating Disorders](#)
- 44) [Tabitha Farrar, Eating Disorders Recovery Coach](#)
- 45) [The Looking Glass Foundation](#)
- 46) [World Eating Disorders Action Day \(#WeDoAct\)](#)



- 47) www.allianceforeatingdisorders.com/for-loved-ones/
- 48) [You are not alone | Eating Disorders Nova Scotia](#)
- 49) [Youth Services Bureau of Ottawa](#)

TOOLS/MANUALS/OTHER RESOURCES

- 1) [21 Days of Mindfulness](#)
- 2) [Being Trauma Aware](#)
- 3) [Body Peace Academy – Joyfully Inspired Life](#)
- 4) [CCI - Mental Health Resources for Clinicians - Overview](#)
- 5) [Clinical Tools - Mental Health Literacy](#)
- 6) [Clinical Tools and Resources - Kelty Eating Disorders](#)
- 7) [Could my Parent have an Eating Disorder? - Mental Health Literacy](#)
- 8) [Cultural and Social Factors](#)
- 9) [Differences in caloric utilization in eating disordered adolescents](#)
- 10) [Disability Tax Credit](#)
- 11) [Dr. Laura Hill, TedTalk Eating Disorders From the Inside Out](#)
- 12) [Eating Disorder Residential Treatment and What to Expect](#)
- 13) [Eating Disorders in Children and Adolescents: State of the Art Review](#)
- 14) [Eating Disorders in Mid Life](#)
- 15) [Eating Disorders in Youth- A Webinar for Parents & Caregivers: Webinar Recording - YouTube](#)
- 16) [Eating Disorders: Resources & References | CAMH](#)
- 17) [F272 Changing-the-Course-of-Eating-Disorders.pdf](#)
- 18) [Feast Conference Talk](#)
- 19) [Food Choice in WR People](#)
- 20) <https://www.youtube.com/user/EvaMusby>
- 21) [Laboratory Test Reference Ranges | Nova Scotia Health Authority - Corporate](#)
- 22) [Let Us Eat Cake Podcast](#)
- 23) [LGBTQ2S+ Kids and Eating Disorders](#)
- 24) [Living in Grace](#)
- 25) [Locate Programs & Treatment Centres - Kelty Eating Disorders](#)
- 26) [More on hypermetabolism](#)
- 27) [NIED-Safety-Crisis-Readiness-Caregivers-Tool_FINAL.pdf](#)
- 28) [Parent and Caregiver's Guide to Eating Disorders Treatment and Recovery \(Full Video\) - YouTube](#)
- 29) [Pediatric Hospital Admissions Pathway \(2\).pdf](#)
- 30) [Program Types - Kelty Eating Disorders](#)
- 31) [RACE - Shared Care Telephone Advice Line - Vancouver, British Columbia](#)
- 32) [Relapse Prevention Plan](#)
- 33) [Relationship of clinical factors to caloric requirements in subtypes of eating disorders](#)
- 34) [Ten Things I Wish Physicians Would Know About Eating Disorders - Eating Disorders Catalogue](#)
- 35) [The New Maudsley Carers Website](#)
- 36) [Thrive to Survive](#)
- 37) [Weight Bias & Stigma | UConn Rudd Center for Food Policy & Health](#)