**RESOURCES**

TYPES OF EATING DISORDERS

**ARFID**

1. [AFRID - Nourished Child](https://l.facebook.com/l.php?u=https%3A%2F%2Fjillcastle.com%2Fchildhood-nutrition%2Fdoes-my-child-have-arfid-food-intake-disorder%2F%3Ffbclid%3DIwAR17U5qkRajMbUcYGpdsAHw905CZH5l1yvUWabyejcL3Nuj89qaDFKjwL-c&h=AT18z-wXTVjM9ln7EyUpXYhZdfbWkh6uw4FmRUYpBLcVUpaTSzdBSFXlrBLNfxqXQ_C19GiJY-gTV3vw0gbn-l3D7u0x7Z4I8Tcd4Iv8PD2fuMT2G_Mkroq7761DV_gX4k4u7ahu5sPdvhWe_r4aZ1g&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
2. [ARFID](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.cambridge.org%2Fcore%2Fjournals%2Fbjpsych-advances%2Farticle%2Favoidantrestrictive-food-intake-disorder-what-do-we-know-so-far%2F6FD093EE6A5665822066A87F2CEDB7D8%2Fcore-reader%3Ffbclid%3DIwAR3WpD1TQuD6-P-H1_0-CwUlaw0qNcHDjSmSjamrwTIYUICXpjiowhlcK4s&h=AT2-hrBKhSoTj1TuumTPLJlB0Yy1BZ_AOjlwGMp-gE3PiRGEoGKUyOakOIwGnevzTumZbmjh3pORiLtCkTfasXppma_lO5EAeb8bwDCWlK2mwUfZkRwA8jh-1mI0GKtZ9XLQnzTJlHhdRVZg8f1eD-Q&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
3. [ARFID and FBT](https://l.facebook.com/l.php?u=https%3A%2F%2Fjeatdisord.biomedcentral.com%2Farticles%2F10.1186%2Fs40337-019-0267-x%3Ffbclid%3DIwAR1Cx689x9F-XsTB0cQKrOFbNEB8kGTxiZeOY_hTuIBlFrSJZUsDtXM1zmY&h=AT3gq0uH9OxgZsgdM38aP6MJq4uzoWnjv472jtpDfNKTFtLfnt0qCRB3nAqE9sJsAyGkcohDWhgQK17axCFcDm2dORv89wRxuie7A8ezF2hftX_c6p0XDmgry5tnFZddXiYuO_lI19ZQp6lhnSQdg18&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
4. [ARFID Assessment](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.edcatalogue.com%2Fassessment-treatment-avoidantrestrictive-food-intake-disorder%2F%3Ffbclid%3DIwAR0kTBt--65r913Tt_cyCI0mTlKdqI8AIbK0E2yyklUPxlBKQ0t_58Cs8hw&h=AT3V-ENKOVqqa-Tsxhd36oRH9MxjkiNTQGn2TjdosRb8PFQDXvZ8WeUBy0484GwBb3C-YCVFAy1L5v3y_ZlN-mEtYSOxSUh2jawO6dZVzlLfakwL4LqqlmSs6KoNjsUvz9uI6NVoo6TO2L9co_gF6tY&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
5. [ARFID Behaviours](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ncbi.nlm.nih.gov%2Fpmc%2Farticles%2FPMC6739995%2F%3Ffbclid%3DIwAR1VN6X5BRXVF19yPasQDOqDHjku2EQMWf76fK2WDjH8C4boODivspyVmEU&h=AT2nIOt2tZGW-zV8SVulNRBdbf749S6UMSYpHTDQUa82xtaZCAbbcFjOaGk-c247tixIMmcQrtd93lmprRGH_oHUsIYIjFG5yuLuRAnchnFQ6Fq-gsBFkrmRXMS7QSva-MS36VEo-ZNj6-vEJqI-wtQ&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
6. [ARFID Treatment](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.eatingdisorderhope.com%2Fblog%2Ftreatment-options-avoidant-restrictive-food-intake-disorder-arfid%3Ffbclid%3DIwAR0GH7iJZVjHvT2kGSZY6YUvcsIMDFUg2GOVXt2wmv49OJxQNjSDiMl6Z1Y&h=AT3CB6lSDXhUXDJcPw2wigzv-7TwFEcTxhWUY_cRAUXoOanGg2RlRlStWEOhiJGmITwMbikHL5kyPpi1LqimWL1fzzo_ghkHYx-B8bYoAG0ghfdh6qjrjvkvVyNtq299K-ygbGSKcDxOy2skweUzGvk&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
7. [ARFID Treatment for Adults](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.eatingdisorderhope.com%2Fblog%2Feffective-treatments-adults-arfid%3Ffbclid%3DIwAR1VN6X5BRXVF19yPasQDOqDHjku2EQMWf76fK2WDjH8C4boODivspyVmEU&h=AT218gtDOQnRCjttyQSJ6KNJIeONLLHxTqoDOhd1dYsy-zFh3as2WPLjaSJ8bejkz68NzAUZmcCukHj0oumILJZwwX4pVTTN40MCROAFA17KA3uNAh9yPZeqesUNN_0m0dl85Ca3nPJ29ulJWYAgdJI&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
8. [**ARFID vs. Anorexia**](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.oliverpyattcenters.com%2Farfid-different-anorexia-nervosa%2F%3Ffbclid%3DIwAR15_Lxac_2KoMgF6Ro2KxH3OVOIFgQL402OrQp16hRvIUnfJ1kEViO_YtQ&h=AT2qT1DS6yJySKaETC_VMDLggtxah-XOmQtNQdElRiZX8KveXTK02ggYmMfJshG755N_3CddLgiSZm13KcrkVUlWKy6vGV1hmmZXbtTS0DHJi7nDh79NFw6s-ZzcPJgNx4MpXi8KZN0TjcAxDq9yVqQ&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
9. [**ASD and ED**](https://l.facebook.com/l.php?u=https%3A%2F%2Fpeds.arizona.edu%2Fsites%2Fdefault%2Ffiles%2Fintake_forms-child_v12.2018.pdf%3Ffbclid%3DIwAR1zUrC0wlGsYHvDQNVL_LsAR0-sXLOTdwrKlzESmQqVz0XsoUDCLTTa-3U&h=AT1Z0dRosrvwZtg33dF-kDZrUzBhLPCEEGEqOdylgODfIvUul8n_9iKVfYiMVuCjwO349OzLzazoNfJdiFgjNdr2ffKqBzCpSn48HcEuE7Bc3g2ZM-i2-LoGjsVqx4XPsYFQth7TSU6jgiI7UlRm7h8&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
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11. [AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.nationaleatingdisorders.org%2Flearn%2Fby-eating-disorder%2Farfid%3Ffbclid%3DIwAR1uBnef7Vi-_QG47yprXz1WNq1xylxMaosk4iXtyU4ga-EhlERsF1cDbNA&h=AT2s1DJ5zWRHnpKA05Q80y6zHPSSLiFyUtQE0gK_JdstIHCzJCtevvzyqZ2eU5QHn8eg_FxelIEdlDVlgilpummSnseizrIrzk_KPm5b6l2H2d4_2QOD7lW2lzAnkab4iVbOiCpkE47EdHbdKv4Vu6k&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
12. [Avoidant/Restrictive Food Intake Disorder (ARFID) - YOUTUBE](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DE7oym81awNs%26fbclid%3DIwAR2D2Kum4x9AI0Z0W4aRTqTrYlzrwFCugKCYjATobbadUgrsQ-7MbGQ8dXA&h=AT06iESqw9QZuR4EdaTbreK0Ono7EIyr9TYxlpf39S307OkHkao12AzOERmLc5gutrBCD9sjvuuOOGEP5Cw2Vas6u2LQrfYEfUg7ZdZ-4yvvJ7c8KPJqGDgDoUFyHq20lW40baS4n96fvyVwFEMDLbo&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
13. [Differences between picky eater and ARFID](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.waldeneatingdisorders.com%2Fblog%2F6-differences-between-picky-eating-and-avoidant-restrictive-food-intake-disorder-arfid%2F%3Ffbclid%3DIwAR3xCBgKPIKSTV7IcQldUw7164IEGHbosBZlKNZZwFZxqeYePNwX7vqysO8&h=AT2peH7R5I-HiOIvJ8RpKC37I3X5hM4jYCBaXvcZR-2yKGcuvQtwcS5dPrhRfM353In8ZlEKX9BaCzDmqUE0hfhaIzXcZUb_k0l7IBlKECifxZzKuRPx9IWinJcj-rOXQkby6pWdTEkYkBkqhaYqWJ4&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
14. [Ottawa ARFID Intake Questionnaire](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.cpsp.cps.ca%2Fuploads%2Fstudies%2Favoidant-restrictive-food-intake-disorder-questionnaire.pdf%3Ffbclid%3DIwAR1WveKLwN-aKbYxcd_OCS9lywpzou_KXuDibMg2aPdFc4ppzDgQBT8dvcs&h=AT1q_XRknG6jDqTEesOGFwhmoYXWrapuQDOvgOFiup7SasgZgpG3XG4I7GbcdoUFMP8g2rEcwRsUgo_MDaZ0-LkUjhZHDjuwtD1UjMcU9srBq8AidlkcsNHGXlC8VmheX0-78kft1cvSF_ujcjyfB6Y&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
15. [Study between ASD and ED](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ncbi.nlm.nih.gov%2Fpmc%2Farticles%2FPMC4469918%2F%3Ffbclid%3DIwAR0y6AOXcKbfFHpRZsEOLG674Gq_L-7zgL5zJEqwuqpeJuWXTcS2LxiVbV0%23jsv006-B15&h=AT0qDRXT3e0p9j9tCKeDfb_KHSwPhwUp4rfJ2Azf9jAorGynlaxsbyh919QAuj2X71EgCTGZn7hZu-OsZvOvE715fpboSSufUT2TSrEeE9lO29-Z6JkVOjsq-Pek-FPaMI7d-XiUCgFm3t2cQjl05H4&__tn__=-UK-R&c%5B0%5D=AT0l5ypQvxwULF91whitlsMiYTCfAAYCbpUC7xVJmuvRoPl6MtUjacwDrwed3GQ-WVhYrmzQrrYR62UX6ImInH79fb3rDhb2Hr3FoTcn_Gtj5fqFEJ1WIoP4vJhLzBHK1b8Z9qB43fMMJSSz6XbPB0jHpdWNPhuYZ9k)
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**ANOREXIA NERVOSA**

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3. [ANEB: Help and support for people with eating disorders and for their loved ones. - Aneb](https://anebquebec.com/en)
4. [Anorexia|Modern Eating Disorder Treatment Documentary, Columbia University](https://www.youtube.com/watch?v=WykMa4A-U5Y&feature=youtu.be&ab_channel=ColumbiaUniversity%27sZuckermanInstitute)
5. [Atypical Anorexia Nervosa - Youtube](https://youtu.be/eKiWRK3u-VU?fbclid=IwAR0AYKXKAObC531-GOfP7ONP-t6r04RDpJ4hqOLhochqd0BuRi35l8QRuKU)
6. [Body Mass Index Calculator](https://halls.md/body-mass-index-calculator/) [Halls.md](http://halls.md/)
7. [CDC BMI Calculator](https://www.cdc.gov/healthyweight/bmi/calculator.html)
8. [Confronting fear using exposure and response prevention for anorexia nervosa:](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ncbi.nlm.nih.gov%2Fpubmed%2F24488838%2F%3Ffbclid%3DIwAR1VUT2vGPnFdTxTwhHfdrxRxVNv35tV9-_WKepi03xFBwb1NoScSroxE8c&h=AT19X1PGowkwO-LehHNDSYYqmbtkgzKYqSlXsOPVMCLkM-z2R58Vkk25up9fZKyfunjY-Pxi6pPEvTeLDi20IMRQKppMnxfCundBNdeSWk8hZlTR-FM5hWKWzyqaG7jJgC4UwgzMqU0AZRKEdEj28Vo&__tn__=-UK-R&c%5B0%5D=AT16-xzeV31Kmfgrh0J1gjLF9uPLaHEANlY-rGa-4cE75X3vZZzOJwPhEV5eO_RG73MvDBenLig1q3DpIT_dPOrXQIl5OZEDeHw6U_q2tdq2X4hz--rT2CgFpfgdBLArlpjyGIeBeiVMexUGJYrQfAaB2eLJfCwTZc0)
9. [Eight Guideposts for Recovery from Anorexia Nervosa](https://static1.squarespace.com/static/513ba828e4b060b33d4c22b1/t/51ba86cde4b02581f559e916/1371178701700/Guideposts.pdf)
10. [Eight Guideposts for Recovery from Anorexia Nervosa](https://static1.squarespace.com/static/513ba828e4b060b33d4c22b1/t/51ba86cde4b02581f559e916/1371178701700/Guideposts.pdf)
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12. [Food Obsession - 12 Secret Signs of Anorexia - CBS News](https://www.cbsnews.com/pictures/12-secret-signs-of-anorexia/13/)

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EXERCISE

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TREATMENT

None of this is intended to be medical, legal, or financial advice. I am just some guy on the Internet. If you are dangerously ill with an eating disorder, please seek medical treatment.

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| 1. [FBT Treatment](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.verywellmind.com%2Fwhat-is-family-based-treatment-fbt-for-eating-disorders-4052371%3Ffbclid%3DIwAR3qbjQV68FO7iWsNLKpcZIOiftOKXVQ0rJ2r9nO8bfUFLGwxRapbrqyckw&h=AT23PUGneukUtOlI4vTMANv0gG1niirLG25EP6g_FuAdJX-GWOW1cZTzJ4rAVI4oCXk1NSdmkvGjOGUvdt0FLDK8wQha_wrhAVQs3XXiozy1Tor8B9iQAUQIEkDcpDSeanoZZtboaz7CIKAsezzvLi8&__tn__=-UK-R&c%5B0%5D=AT07RXM0-QaezRKmP9p-IUln4-iTiiYZqHzt2GSMuPjDuUyu5NcR-tHDcl_3ZjSoxVPuihxpwDdjfIGdQAu6I2ZlA1YaIJ8EFbae9GxM_gvcb6KbLOrWSEp-_FC-x_ypODPjLYdpC2xLpY3yXDNFHxEJh9Xl_fO77oU)
2. [FBT Treatment Team Members](https://www.eatingdisordertherapyla.com/participating-on-an-fbt-team/?fbclid=IwAR0mOsmDEo_Q6R65FATjjkK6I7wMYAJ-6ktWW5pAgcOQefFe9fHdLB7F9tA)
3. [How Are Eating Disorders Treated?](https://www.psychologytoday.com/us/basics/eating-disorders/how-are-eating-disorders-treated)
4. [HOW TO FACE YOUR EATING DISORDER FEARS: EXPOSURE THERAPY](https://uncexchanges.org/2015/08/24/how-to-face-your-eating-disorder-fears-exposure-therapy/?fbclid=IwAR0I1i3LdAl-3N_58WhizNEBq9xm3ALwFoiTPOa5co7q1ICWluj7JORSopc)
5. [Intro to EFFT for Eating Disorders - Emotion Coaching](https://www.youtube.com/watch?v=-q3V_gkJoXE&feature=emb_logo&ab_channel=MentalHealthFoundations-EFFT)
 |  |  |  |  |  |  |  |
| 1. [Advanced Parenting Four part video series](https://www.mentalhealthfoundations.ca/parent-coaching)
 |  |
| 1. [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](https://www.youtube.com/watch?v=68bjtcEa3H4&feature=emb_logo)
 |  |  |  |  |  |  |  |
| 1. Help Your Teenager Beat an Eating Disorder by James Lock and Daniel Le Grange
2. [Introducing the Thought-Feeling Connection (CBT Clinical Demonstration) - YouTube](https://www.youtube.com/watch?v=XeeFp63L05k)
3. [Kelty Guide for Parents: Thrive to Survive](https://keltyeatingdisorders.ca/wp-content/uploads/2016/09/BCMH026_EatingDisorder_FullGuide_v6-Web.pdf)
4. [Navigating the Search for a True Maudsley Method Treatment](https://static1.squarespace.com/static/513ba828e4b060b33d4c22b1/t/51ba82e0e4b086f6858af955/1371177696829/Finding%2BTreatment.pdf)
5. [Navigating the Search for a True Maudsley Method Treatment](https://static1.squarespace.com/static/513ba828e4b060b33d4c22b1/t/51ba82e0e4b086f6858af955/1371177696829/Finding%2BTreatment.pdf)
 |

1. [NEDIC | Eating Disorders & Treatment](https://nedic.ca/eating-disorders-treatment/)
2. [Restoring-nutritional-health-in-anorexia-nervosa-recovery-](https://www.verywellmind.com/restoring-nutritional-health-in-anorexia-nervosa-recovery-4115081)
3. Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach by James Lock, Daniel le Grange, W. Stewart Agras and Christopher Dare
4. [Types of Treatment for Eating Disorders](https://www.eatingdisorderhope.com/treatment-for-eating-disorders/types-of-treatments)

BOOKS

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| --- |
| 1. A Parent’s Guide to Defeating Eating Disorders by Ahmed Boachie and Karen Jasper
2. Anorexia and Other Eating Disorders, how to help your child eat well and be well by Eva Musby
3. Anorexia and other ED\_ Eva Musby
4. Brave girl eating\_ Harriet Brown
5. Brave Girl Eating: A Family's Struggle with Anorexia by [Harriet Brown](https://s/ref%3Ddp_byline_sr_book_1?ie=UTF8&field-author=Harriet+Brown&search-alias=books-ca)
6. Calming the Emotional Storm by Sheri Van Dijk
7. Decoding Anorexia- Carrie Arnold
8. Don't Let Your Emotions Run Your Life for Teens by Sheri Van Dijk
9. Eating Disorder Recovery Podcast by Dr. Janean Anderson
10. Get out of Your Mind & Into Your Life by Steven C. Hayes
11. Good Bye Ed- Hello Me by Jenni Schaefer
12. Goodbye ed, hello me- Jenni Schaefer
13. Guidance
14. Help Your Teenager Beat an Eating Disorder by James Lock and Daniel Le Grange
 |
| 1. Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach by James Lock, Daniel le Grange, W. Stewart Agras and Christopher Dare
 |
| 1. Brave Girl Eating by Harriet Brown
 |
| 1. Eating With Your Anorexic by Laura Collins
 |
| 1. Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too by Jenni Schaefer
 |
| 1. [You Are Not Your Brain by Jeffrey Schwartz and Rebecca Gladding](https://www.discovery.org/b/you-are-not-your-brain/)
 |
| 1. [Adolescent-Focused-Therapy-for-Anorexia-Nervosa/James-Lock/](https://www.guilford.com/books/Adolescent-Focused-Therapy-for-Anorexia-Nervosa/James-Lock/9781462542840)
 |
| 1. 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.
 |
| 1. A Parent's Guide to Defeating Eating Disorders: Spotting the Stealth Bomber and Other Symbolic Approaches
 |
| 1. Eating Disorders: A Parents' Guide
 |
| 1. My Kid is Back: Empowering Parents to Beat Anorexia Nervosa
 |
| 1. Eating With Your Anorexic: How My Child Recovered Through Family-Based Treatments and Yours Can Too
 |
| 1. Skills-Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method
 |
| 1. Help for Eating Disorders: A Parent's Guide to Symptoms, Causes & Treatment
 |
| 1. Surviving an Eating Disorder: Strategies for Family and Friends
 |
| 1. The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home
 |
| 1. Help your Teenager Beat an Eating Disorder by Lock & LeGrange
2. How to nourish your child through and ED- Cassey Crosbie and Went Sterling
3. Love Fat- Tabitha Farrar
4. My Kid is Back: Empowering Parents to Beat Anorexia Nervosa by June Alexander and Daniel Le Grange
5. No Body’s Perfect, Stories by Teens about Body Image, Self-Acceptance, and the Search for Identity by Kimberly Kirberger
6. Off the C.U.F.F. by Nancy Zuker Ph.D
7. Parenting a Teen Who has Intense Emotions by Pat Harvey, Britt H. Rathbone
8. Rehabilitate, Rewire, Recover!- Tabitha Farrar
9. Sick enough- Jennifer Gaudiani
10. Skilled Based Learning for Caring for Someone with an Eating Disorder by Janet Treasure
11. Smart but Scattered Teens, by Richard Guare, Ph.D. et al
12. The Body Keeps the Score by Bessel Van Der Kolk, MD
13. The BodyLove Project with Jessi Haggerty
 |
| 1. Own it Babe
 |
| 1. Dietitians Unplugged Podcast
 |
| 1. Life. Unrestricted. Podcast: Boost your body image and
 |
| 1. recover from food &amp; exercise madness.
 |
| 1. It’s Not About the Food: Intuitive Eating, Anti-Diet, Body
 |
| 1. Positivity with Dr. Stefani Reinold
 |
| 1. Food Psych Podcast with Christy Harrison
 |
| 1. The F\*ck It Diet with Caroline Dooner
 |
| 1. Fearless Rebelle Radio with Summer Innanen
 |
| 1. The Mindful Dietitian with Fiona Sutherland
 |
| 1. Body Kindness by Rebecca Scritchfield
 |
| 1. Therapy Thoughts by Tiffany Roe
 |
| 1. Mental Note: Journeys of Health and Recovery
 |
| 1. Don’t Salt my Game by Laura Thomas
 |
| 1. The Eating Disorder Recovery Podcast by Tabitha Farrar
 |
| 1. The Love Food Podcast by Julie Duffy Dillon
 |
| 1. Nutrition Matters Podcast by Paige Smathers
 |
| 1. Real Health Radio
 |
| 1. Nourishing Women Podcast
 |
| 1. The Love Food Podcast by Julie Duffy Dillon
 |
| 1. Intuitive Bites
 |
| 1. Nutrition Redefined
 |
| 1. Trust Your Body Project
 |
| 1. You Can Eat With Us
 |
| 1. Unpacking Weight Science by Fiona Willer
 |
| 1. Dietitians Unplugged
 |
| 1. Belly Love Podcast
 |
| 1. ED Matters Podcast
 |
| 1. Do No Harm Podcast
 |
| 1. The All Fired Up!
 |
| 1. Life with ED
 |
| 1. RD Real Talk
 |
| 1. Escape Diet Prison - The Podcast with Anne-Sophie Reinhardt
 |
| 1. The Appetite is a podcast by the founders of Opal: Food+Body Wisdom
 |
| 1. The Body Image Podcast
 |
| 1. All Fired Up
 |
| 1. The Body Image Podcast with Corrine Dobbas
 |
| 1. Bad Fat Broads
 |
| 1. The Reclaiming You Podcast
 |
| 1. Women of Size
 |
| 1. Every Body Podcast
 |
| 1. The Embodied &amp; Well Mom Show
 |
| 1. Comfort Food w/ Amy Palanjian &amp; Virginia Sole-Smith
 |
| 1. All Fired Up podcast with Louise Adams!
 |

1. The Dialectical Behaviour Therapy Skills Workbook by Matthew McKay et al
2. The Mindful Teen by Dzung Vo
3. The Mindfulness & Acceptance Workbook for Anxiety by John P. Forsythe et al
4. The Psychology of Eating by Jane Ogden
5. Throwing Starfish Across the Sea: A Pocket-Sized Care Package for the Parents of Someone with an Eating Disorder by [Laura Collins Lyster-Mensh](https://s/ref%3Ddp_byline_sr_book_1?ie=UTF8&field-author=Laura+Collins+Lyster-Mensh&search-alias=books-ca) and [Charlotte Bevan](https://s/ref%3Ddp_byline_sr_book_2?ie=UTF8&field-author=Charlotte+Bevan&search-alias=books-ca)
6. What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers by Adele Lafrance and Ashley Miller
7. When Perfect Isn’t Good Enough: Strategies for Coping with Perfectionism by Martin M. Antony
8. When Your Child is Cutting, A Parent’s Guide to Helping Children Overcome Self-Injury by Merry E. McVey-Noble et al
9. When your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia & Binge Eating by Lauren Mulheim

ORGANIZATIONS

1. [Academy for Eating Disorders](http://www.aedweb.org/)
2. [Access counselling services in the Yukon | Government of Yukon](https://yukon.ca/en/health-and-wellness/mental-wellness/access-counselling-services-yukon)
3. [Alberta Wellness Center for Eating Disorders](https://albertawellnessed.com/?gclid=EAIaIQobChMIz5fx7Nbn-gIVBBmtBh2KLAmgEAAYASAAEgL_bPD_BwE)
4. [ANAD](https://anad.org/)
5. [Annapolis Valley Family Care Givers](https://avedcaregiver.ca/)
6. [Around the Dinner Table (ATDT) Feast's online discussion board](https://www.aroundthedinnertable.org/)
7. [BC Health Care Kelty Eating Disorders Center](https://keltyeatingdisorders.ca/)
8. [Beat Eating Disorders UK](https://www.beateatingdisorders.org.uk/)
9. [Body Brave Canada](https://livingbodybrave.com/)
10. [BodyPeace](https://bodypeace.learnworlds.com/path-player?courseid=khpcrisis-responder-ed-support-training&unit=khpcrisis-responder-ed-support-training_1622822992724_0Unit)
11. [BridgePoint Center for Eating Disorders · BridgePoint - Center For Eating Disorders](http://www.bridgepointcenter.ca/)
12. [Butterfly Foundation of Australia](https://butterfly.org.au/)
13. [Danielle's Place | A Place For Every Body](http://www.daniellesplace.org/)
14. [Eating Disorder Clinic Montreal | Anorexia | Bulimia - BACA](https://cliniquebaca.com/en/)
15. [Eating Disorder Foundation Of Nl](https://edfnl.ca/)
16. [Eating Disorder Support Network of Alberta (EDSNA](http://www.edsna.ca/)
17. [Eating Disorder Support Network of Alberta (EDSNA), Edmonton, AB, T5B | Psychology Today](https://www.psychologytoday.com/ca/therapists/eating-disorder-support-network-of-alberta-edsna-edmonton-ab/417333)
18. [Eating Disorder Support Organizations](https://bodypeace.learnworlds.com/path-player?courseid=family-peer-support-training&unit=family-peer-support-training_62f5493f8090fUnit)
19. [Eating Disorder Support Resources](https://bodypeace.learnworlds.com/path-player?courseid=family-peer-support-training&unit=family-peer-support-training_631e2a3cac945Unit)
20. [Eating Disorders Catalogue](http://www.edcatalogue.com/books-parents-loved-ones/)
21. [EATING DISORDERS CENTER FOR TREATMENT AND RESEARCH](http://eatingdisorders.ucsd.edu/index.html)
22. [Eating Disorders Nova Scotia](https://eatingdisordersns.ca/)
23. [Eating Disorders Resources Catalogue](http://www.edcatalogue.com/books-parents-loved-ones/)
24. [Eating Disorders: Victoria](https://www.eatingdisorders.org.au/for-family-and-friends/for-parents-victoria/)
25. [Eva Musby, Anorexia Family: How to help your child recover from an eating disorder, anywhere in the world](https://anorexiafamily.com/?v=6cc98ba2045f)
26. [F.E.A.S.T. (Families Empowered And Supporting Treatment for Eating Disorders)](https://www.feast-ed.org/)
27. [F.E.A.S.T. Family Guide series of small booklets](https://www.feast-ed.org/family-guide-series/)
28. [F.E.A.S.T. The First 30 Days, free, online, self-paced course for parents](https://www.feast-ed.org/register-now-for-our-30-day-educational-service/)
29. [Feed Your Instinct (FYI) online tool for assessing early warning signs](https://feedyourinstinct.com.au/)
30. [Home - Looking Glass Foundation](https://www.lookingglassbc.com/)
31. [Hopewell Eating Disorder Support Centre](https://www.hopewell.ca/)
32. [Maudsley Parent Organization](http://www.maudsleyparents.org/)
33. [Mental Health Foundations](http://www.mentalhealthfoundations.ca/ed-parent-webinar)
34. [Mental Health Services | Government of Prince Edward Island](https://www.princeedwardisland.ca/en/information/health-pei/mental-health-services)
35. [Mirror-Mirror Eating Disorders](https://mirror-mirror.org/eating-disorders-2-2)
36. [More-Love.org](https://more-love.org/)
37. [National Eating Disorders Association (NEDA) parent-toolkit](http://www.nationaleatingdisorders.org/parent-toolkit)
38. [National Initiative for Eating Disorders](http://nied.ca/)
39. [NEDIC (National eating disorder information center)](https://nedic.ca/about/)
40. [Online Educational Tool for Parents/Caregivers of a Youth with an Eating Disorder](http://canped.ca/overview)
41. [ORRI UK Treatment Center](https://www.orri-uk.com/advice-for-parents-and-carers/)
42. [Peer Support in Winnipeg | Home | All IN Family](https://www.allinfamily.ca/)
43. [Sheena's Place - Support for Eating Disorders](https://sheenasplace.org/)
44. [Tabitha Farrar, Eating Disorders Recovery Coach](https://tabithafarrar.com/)
45. [The Looking Glass Foundation](https://www.lookingglassbc.com/)
46. [World Eating Disorders Action Day (#WeDoAct)](http://www.worldeatingdisordersday.org/)
47. [www.allianceforeatingdisorders.com/for-loved-ones/](http://www.allianceforeatingdisorders.com/for-loved-ones/)
48. [You are not alone | Eating Disorders Nova Scotia](https://eatingdisordersns.ca/)
49. [Youth Services Bureau of Ottawa](http://www.ysb.on.ca/)

TOOLS/MANUALS/OTHER RESOURCES

1. [21 Days of Mindfulness](https://bodypeace.learnworlds.com/course/21-days-of-mindfulness)
2. [Being Trauma Aware](https://trauma.respectgroupinc.com/trauma_aware/course/program.bta.jsp)
3. [Body Peace Academy – Joyfully Inspired Life](https://joyfullyinspiredlife.com/membership/body-peace-academy/)
4. [CCI - Mental Health Resources for Clinicians - Overview](https://www.cci.health.wa.gov.au/Resources/For-Clinicians)
5. [Clinical Tools - Mental Health Literacy](https://mentalhealthliteracy.org/health-professionals/clinical-tools/)
6. [Clinical Tools and Resources - Kelty Eating Disorders](https://keltyeatingdisorders.ca/health-professionals/clinical-tools-and-resources/)
7. [Could my Parent have an Eating Disorder? - Mental Health Literacy](https://mentalhealthliteracy.org/product/parent-eating-disorder/)
8. [Cultural and Social Factors](https://healthy.kaiserpermanente.org/washington/health-wellness/health-encyclopedia/he.Eating-Disorders-Cultural-and-Social-Factors.hw47995)
9. [Differences in caloric utilization in eating disordered adolescents](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ncbi.nlm.nih.gov%2Fpubmed%2F9628058%3Fordinalpos%3D1%26itool%3DEntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA%26linkpos%3D3%26log%2524%3Drelatedarticles%26logdbfrom%3Dpubmed%26fbclid%3DIwAR2nJMdN918WKftu3N6OXKWPIL9pSlWeZwTME41NFVvnAWuPedLlzLie1lY&h=AT2h1BoYNSbLFZ2KjNVKXQKWSHaXz3WTKaDYDmUY2TzJNE179PJcYLIPyIPBnTzD2LAhyNbxqTS_x2t867e2MRriKWRIbW1byo7zTAKC9D7l28sNndrPX9OX1oehgnYOhm9nRfhrH6WMrFTq6iDoHW0&__tn__=-UK-R&c%5B0%5D=AT2Xlk-4jxtYwrvLvnxMZG2dRc3FpcuP91NTgh8rk7jZkvNut7_UMYSl3gxNKmSS1IX6vFSF-jIZeul2iN6OyYcZQiyvuGsb5nmvz8NJ3UpkOM-iJeDT7MnRcnCl3Ll3XCZm-R3KENmS88h7ay0zx8srBxrtnY9Hkc0)
10. [Dr. Laura Hill, TedTalk Eating Disorders From the Inside Out](https://www.youtube.com/watch?v=UEysOExcwrE&ab_channel=TEDxTalks)
11. [Eating Disorder Residential Treatment and What to Expect](https://centerfordiscovery.com/blog/expect-eating-disorder-residential-treatment/)
12. [Eating Disorders in Children and Adolescents: State of the Art Review](https://l.facebook.com/l.php?u=https%3A%2F%2Fpdfs.semanticscholar.org%2Fe2ae%2Fa365267a353abc8495f1a7515867d22778fb.pdf%3F_ga%3D2.167081398.949746141.1581454515-1849017766.1581454515%26fbclid%3DIwAR1VUT2vGPnFdTxTwhHfdrxRxVNv35tV9-_WKepi03xFBwb1NoScSroxE8c&h=AT0IsWfuVIY-j1woXcTLSNs7LYcqC7hdeToVmmSzh9TOJOyB4p0DEM33vvF5Ep9TmQCyRgODxIKt0lj0g0TFAcnNdzQA1sjsxJxsGAcP8XdPFXUuczKAFRIaXkih1UdjSpHPX8PhX2_YCp4P_vHOJ7Y&__tn__=-UK-R&c%5B0%5D=AT3H-_6hX1-4g1Q06yXR_xbCgTlH38taPRoiRFKDRU2rsv2pQGfIf_SpFExtd7pr4FazpNn54BVdVr-_btl4mqHg1Wm44AZoDJa36KZYU5SfQgzzZV1zze3un1-7BNpO59f3GaGLC47y_w7XkUeVhCSpJ9YwHGsH2lo)
13. [Eating Disorders in Mid Life](https://bodypeace.learnworlds.com/course/eating-disorders-in-mid-life)
14. [Eating Disorders in Youth- A Webinar for Parents & Caregivers: Webinar Recording - YouTube](https://www.youtube.com/watch?v=9OV6wQG4iNc)
15. [Eating Disorders: Resources & References | CAMH](https://www.camh.ca/en/professionals/treating-conditions-and-disorders/eating-disorders/eating-disorders---resources-and-references)
16. [F272\_Changing-the-Course-of-Eating-Disorders.pdf](https://fmf.cfpc.ca/wp-content/uploads/2017/10/F272_Changing-the-Course-of-Eating-Disorders.pdf)
17. [Feast Conference Talk](https://l.facebook.com/l.php?u=https%3A%2F%2Fyoutu.be%2FKduYI304iro%3Ft%3D1031%26fbclid%3DIwAR30FlqwsTtP0MrUIKHbjYhR0cR6QnsApCYg_WZEmLUNWVOdgN_YWmm1ucM&h=AT2RJSt8uQ0FKdtUca9In_FFJq2bUSduvPmnN6VeqTGekRvjYhRAmkMB_SsvQAn1QTwl9lPXUqxDXxvC2fobiUOR1DRH2Nlv0nSMsp8iJ-CIahjK4-CYWCq8XvjApeDFmISqs13yQfAHHikZyMqBvxI&__tn__=-UK-R&c%5B0%5D=AT1GKhbPPe-nOwwwaX5-4jh2L5AB4WYZUg50j7SDofDro65eek00Zy55gSEOTU5C1WgNF0RE5mf2njesP8DI_Oczbe_ByfKNB2r80n8d18lUi8Qfqdtmo3lMIaad7tht42-uM5GJerrZe-SNe-gttrAYrgwvAY0rISQCMrrhcPrEQ8A)
18. [Food Choice in WR People](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ncbi.nlm.nih.gov%2Fpubmed%2F21515121%2F%3Ffbclid%3DIwAR0JlvesMRFavPiiY2vKAwn5AKP2qcK5pPJR9SxfSPd4sTnCm-Vzhte597E&h=AT3LNd-y2eITQsCAaAPc7mFEXO-auzh7qyAh8TQdh6n3aaoHyksDY8EA9lyVHkyQeNUxSAyPhjfT4ks_EWQlNtjgpNJNPNPGl6qpw2OM_qH5jE4RDM94kCLmLBkbwlZBFz2wBUbS0aOeMF__DW1krEg&__tn__=-UK-R&c%5B0%5D=AT14QVDvQJ62CzfuDFbRM4wxOi9159HA93UYgZYwVjsbKGDcfhwHMJxaFiGPbh7VZKBXMfPdre4PgJ4c9jcTsAUgbG8wG8g9nef_v7-7Ss4N1j3DurIlVZ98WPc3cMnIbKI54KVAjtSrjmG7E1UHK20k7dyeTyZqy4c)
19. <https://www.youtube.com/user/EvaMusby>
20. [Laboratory Test Reference Ranges | Nova Scotia Health Authority - Corporate](https://www.cdha.nshealth.ca/pathology-laboratory-medicine/laboratory-test-reference-ranges)
21. [Let Us Eat Cake Podcast](https://www.letuseatcakepodcast.com/)
22. [LGBTQ2S+ Kids and Eating Disorders](https://bodypeace.learnworlds.com/path-player?courseid=family-peer-support-training&unit=family-peer-support-training_1662911504652_0Unit)
23. [Locate Programs & Treatment Centres - Kelty Eating Disorders](https://keltyeatingdisorders.ca/finding-help/programs/)
24. [More on hypermetabolism](https://ed-bites.blogspot.com/2009/01/more-on-hypermetabolism.html?fbclid=IwAR1U8V7UJRp3ncfNqlYWF4_IpFOwTB6YQ3tRzwc8hQWH71Fh5w8UsTNTlCo)
25. [NIED-Safety-Crisis-Readiness-Caregivers-Tool\_FINAL.pdf](https://nied.ca/wp-content/uploads/2022/12/NIED-Safety-Crisis-Readiness-Caregivers-Tool_FINAL.pdf)
26. [Parent and Caregiver's Guide to Eating Disorders Treatment and Recovery (Full Video) - YouTube](https://www.youtube.com/watch?v=-812wMW_WPw&list=PL21D7E85D804263B2)
27. [Pediatric Hospital Admissions Pathway (2).pdf](https://keltyeatingdisorders.ca/wp-content/uploads/2021/10/Pediatric-Hospital-Admissions-Pathway.pdf)
28. [Program Types - Kelty Eating Disorders](https://keltyeatingdisorders.ca/treatment-options/program-types/)
29. [RACE - Shared Care Telephone Advice Line - Vancouver, British Columbia](http://www.raceconnect.ca/)
30. [Relapse Prevention Plan](http://www.mirror-mirror.org/relplan.htm)
31. [Relationship of clinical factors to caloric requirements in subtypes of eating disorders](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ncbi.nlm.nih.gov%2Fpubmed%2F3478097%3Fordinalpos%3D1%26itool%3DEntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA%26linkpos%3D2%26log%2524%3Drelatedarticles%26logdbfrom%3Dpubmed%26fbclid%3DIwAR0JlvesMRFavPiiY2vKAwn5AKP2qcK5pPJR9SxfSPd4sTnCm-Vzhte597E&h=AT2ZlLwqaALNIQxK7Q09BcvZN3Xm8MLukSZl3KOEr6KVb94KaYsF0pkm0ZXemtyDj9Ub0WCbC856WePtXaec6mA6O57TLKAWwWLVkgdlMe77VAQDqXxZyRxtEek0FdFIpF6c14guMdONJCd0istfGlk&__tn__=-UK-R&c%5B0%5D=AT2Xlk-4jxtYwrvLvnxMZG2dRc3FpcuP91NTgh8rk7jZkvNut7_UMYSl3gxNKmSS1IX6vFSF-jIZeul2iN6OyYcZQiyvuGsb5nmvz8NJ3UpkOM-iJeDT7MnRcnCl3Ll3XCZm-R3KENmS88h7ay0zx8srBxrtnY9Hkc0)
32. [Ten Things I Wish Physicians Would Know About Eating Disorders - Eating Disorders Catalogue](http://www.edcatalogue.com/ten-things-wish-physicians-know-eating-disorders/)
33. [The New Maudsley Carers Website](https://bodypeace.learnworlds.com/path-player?courseid=family-peer-support-training&unit=633f10e75c6ad523605dfec8Unit)
34. [Thrive to Survive](https://keltyeatingdisorders.ca/wp-content/uploads/2016/09/BCMH026_EatingDisorder_FullGuide_v6-Web.pdf)
35. [Weight Bias & Stigma | UConn Rudd Center for Food Policy & Health](https://uconnruddcenter.org/research/weight-bias-stigma/)