

UCSF Eating Disorders Program Resources

Book recommendations

Help Your Teenager Beat an Eating Disorder by Lock & Le Grange

Anorexia and Other Eating Disorders: How to Help Your Child Eat Well and Be Well by Eva Musby

Book chapters also available on Eva Musby's website:

<https://anorexiafamily.com/contents-anorexia-book/?v=7516fd43adaa>

Skills-Based Learning for Caring for a Loved One with an Eating Disorder–The New Maudsley Method by Janet Treasure, Grainne Smith, & Anna Crane

When Your Teen Has an Eating Disorder: Practical Strategies to Help your Teen Recovery from Anorexia, Bulimia, and Binge Eating by Lauren Muhlheim

Sick Enough: A Guide to the Medical Management of Eating Disorders by Jennifer Gaudiani

Podcasts

The Eating Disorder Recovery Podcast with Tabitha Farrar

Websites

National Eating Disorders Association: nationaleatingdisorders.org

National Association for Males with Eating Disorders: named.org

Families Empowered and Supporting Treatment for Eating Disorders: feast-ed.org

Videos

Eating Disorders Meal Support: Helpful Approaches for Families by the Provincial Specialized ED Program

<https://youtu.be/pPSLdUUITWE>

Modeling Support by Janet Treasure

<https://youtu.be/5jHXcUeOgTk>

Coaching Videos for Parents by Eva Musby

<https://youtu.be/2O9nZAWCkLc>

