



**CONNECTICUT
Clearinghouse**

a program of the Connecticut Center
for Prevention, Wellness and Recovery

Resources on Eating Disorders

This document identifies online and print resources on eating disorders available at Connecticut Clearinghouse. These resources may be helpful for health care providers, parents, students, therapists, and trainers.

Visit Connecticut Clearinghouse at:
334 Farmington Avenue (Route 10)
Plainville, CT 06062

For those who are unable to visit, materials can be mailed.

Resources may be found using the Library Catalog: <https://conn.ent.sirsi.net/>

A complete list of pamphlets, as well as an online order form, may be found here:
www.ctclearinghouse.org/pamphlet-poster-directory/

For access to eBooks & streaming media, contact Connecticut Clearinghouse for a free account: info@ctclearinghouse.org

Membership is free! Join today:
www.ctclearinghouse.org/membership-form/

Contact Connecticut Clearinghouse with any questions on how to access the resources listed:

Call 860.793.9791 or 800.232.4424
Visit us online at www.ctclearinghouse.org

Books, eBooks & Curricula

8 Keys to Recovery from An Eating Disorder: Effective Strategies from Therapeutic Practice And Personal Experience / Carolyn Costin

The Binge Eating Prevention Workbook: An Eight-Week Individualized Program to Overcome Compulsive Eating and Make Peace with Food/ Gia Marson

The Binge Eating & Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating / Carolyn Coker Ross

Caring for a Loved One with an Eating Disorder: The New Maudsley Skills-Based Training Manual / Jenny Langley (ebook)

Casebook of Evidence-Based Therapy for Eating Disorders / Heather Thompson-Brenner

A Cognitive-Interpersonal Approach for Treating Anorexia Nervosa: The Maudsley Model / Ulrike Schmidt (ebook)

Eating Disorders and the Brain / Bryan Lask

Eating Disorders and Obesity: A Counselor's Guide to Prevention and Treatment / Laura H. Choate (ebook)

Eating Disorders in Children and Adolescents: A Clinical Handbook / Daniel Le Grange

Eating Disorders: What Everyone Needs to Know / B. Timothy Walsh (ebook)

The Food Addiction Recovery Workbook: How to Manage Cravings, Reduce Stress, And Stop Hating Your Body / Carolyn Coker Ross

Help Your Teenager Beat an Eating Disorder / James Lock

Helping People with Eating Disorders: A Clinical Guide to Assessment and Treatment / Bob Palmer

If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents / Tim Walsh (ebook)

The Invisible Man: A Self-Help Guide for Men with Eating Disorders, Compulsive Exercising and Bigorexia / John F Morgan

Midlife Eating Disorders: Your Journey to Recovery / Cynthia M. Bulik

Living with Your Body & Other Things You Hate: How to Let Go of Your Struggle with Body Image Using Acceptance & Commitment Therapy / Emily K. Sandoz

Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder: Therapist Guide / W. Stewart Agras

The Radically Open DBT Workbook for Eating Disorders: From Overcontrol and Loneliness to Recovery and Connection / Karyn D. Hall

The Renfrew Unified Treatment for Eating Disorders and Comorbidity: An Adaptation of the Unified Protocol, Therapist Guide & Workbook / Heather Thompson-Brenner (print & ebook)

Treating Bulimia in Adolescents: A Family-Based Approach / Daniel Le Grange

The Treatment of Eating Disorders: A Clinical Handbook / Carlos Grilo

Treatment Manual for Anorexia Nervosa: A Family-Based Approach / James Lock

Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder / Rene D. Zweig

The Void Inside: Bringing Purging Disorder to Light / Pamela Keel (ebook)

DVDs & Streaming

Cognitive Behavioral Therapy for Problems with Binge Eating (APA PsycTherapy videos through Ebsco)

Therapist Arthur M. Nezu works with a woman in her 20s who is dealing with issues surrounding her binge eating, weight gain, anxiety, and low self-esteem.

Narrative Therapy for Bulimia (APA PsycTherapy videos through Ebsco)

In this six session series, therapist Stephen Madigan works with a married woman in her thirties who has been suffering from bulimia for the past 19 years and wants help in overcoming the behavior.

Recovering: Anorexia Nervosa and Bulimia Nervosa (DVD)

Eating disorders such as anorexia nervosa and bulimia nervosa are serious medical conditions that can be deadly if left untreated, and they afflict people of all ages and races, especially young women. This video follows Peabody- and Emmy-winning documentary filmmaker Larkin McPhee (Dying to Be Thin) as she uncovers facts about eating disorders and the many challenges of coping with them

Someday Melissa (DVD)

In 2009, 19-year-old Melissa Avrin lost her life to an eating disorder after a long struggle with

bulimia. It was a five year battle that wreaked havoc on her self-esteem, academic success, her friendships and family. Melissa, an aspiring filmmaker and gifted writer, kept a journal to help express her feelings and one entry stood out from the rest. "Someday.... I'll eat breakfast, I'll keep a job for more than 3 weeks, I'll have a boyfriend for more than 10 days, I'll love someone, I'll travel wherever I want, I'll make my family proud, I'll make a movie that will change lives." This poem became the inspiration for the documentary, Someday Melissa, the story of an eating disorder, loss and hope that her mother, Judy Avrin, made to create a tool that would help families, health care workers, educators and coaches better understand the devastation of eating disorders and provide a call to action.

Understanding and Treating Binge Eating (DVD)

Binge eating can lead to serious health consequences including obesity, diabetes, heart disease, high blood pressure and stroke. This program profiles real young people who have suffered from binge eating and have learned to control it. Experts on binge eating present the latest science on the underlying causes of this disorder and describe the best treatments currently available. Program is hosted by Jenni Schaefer, author of Life Without Ed and a frequent guest on Oprah, who relates her own experiences as she helps teens and young adults understand how to recognize the symptoms of binge eating and where to get help.

Pamphlets and Fact Sheets

50 Things You Should Know About Eating Disorders

[Binge Eating Disorder](#) (Fact sheet)

[Body Image](#) (Fact sheet)

[Eating Disorders](#) (Fact sheet)

Eating Disorders: About More Than Food

Eating Disorders: What? Why?

Los Trastornos De La Alimentación: Un Problema Que Va Más Allá De La Comida