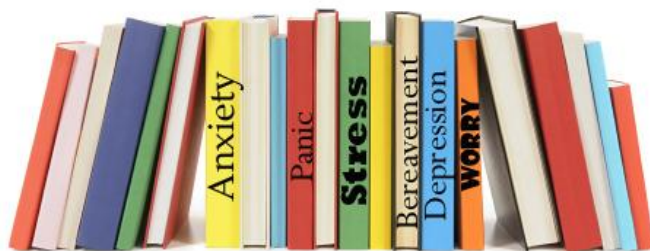


HSE National Clinical Programme for Eating Disorders – Self Help Books and websites

A Guide to Bibliotherapy for Eating Disorders – help for Patients, Families, Friends and Carers



National Clinical Programme – Eating Disorders



READER INFORMATION

Office: National Clinical Advisor and Group Lead (NCAGL) Mental Health

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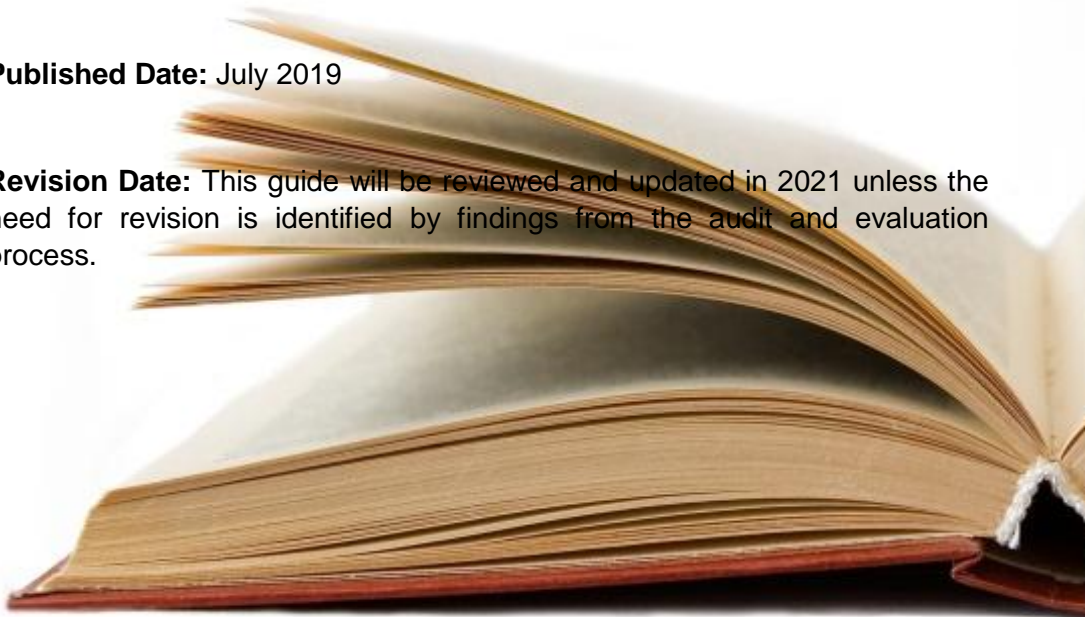
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What is Bibliotherapy?

Bibliotherapy is the use of books for therapeutic purposes and can be used to help you and your family through a tough time.

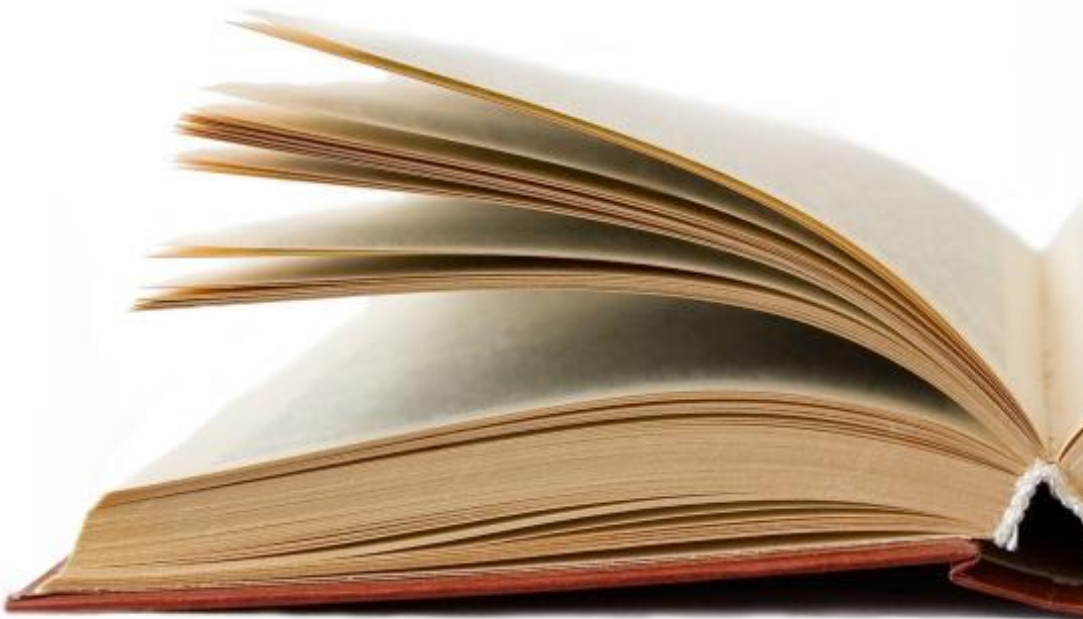
The types of literature used can include: self-help books, poetry, fiction and personal stories.

It can be done on your own, with a therapist or in a group and can be a useful start in working your way through worries or concerns about different topics, including eating behaviours or Eating Disorders.

Self Help Books

Self-help books can help you through a difficult time, change behaviour and build coping skills and resilience.

They can help you understand what you're going through, feel less alone and give you direction and activities to improve your wellbeing. Sometimes this can be a first step towards recovery.



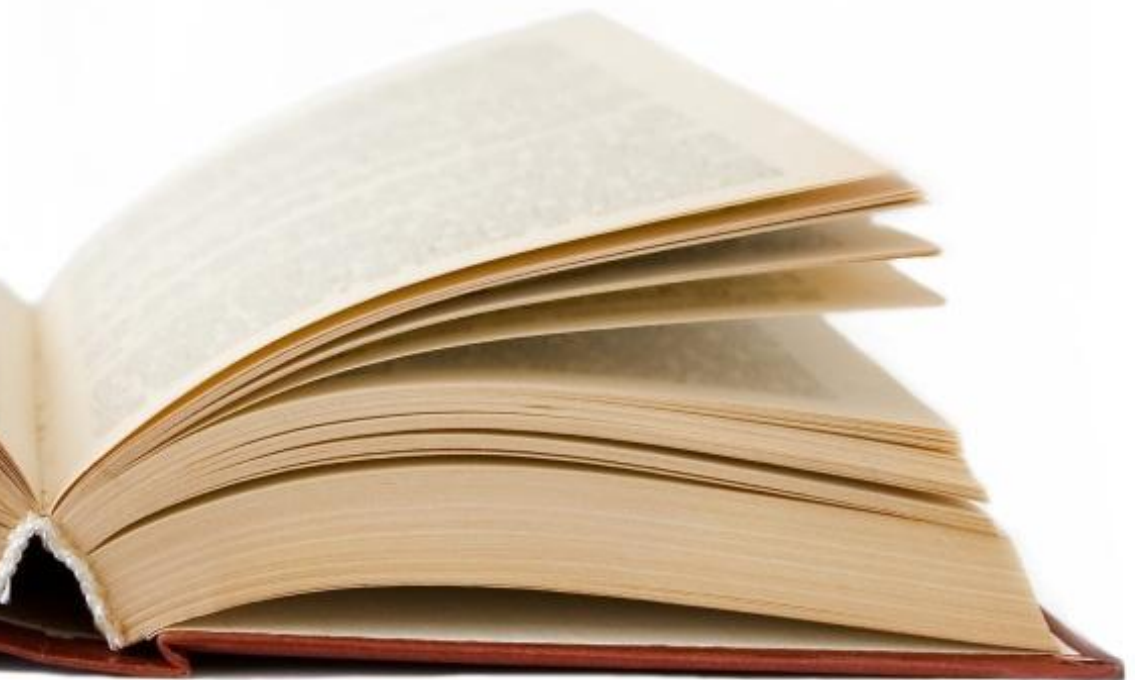
How does Bibliotherapy work?

It adopts a problem-solving approach to getting through tough times and it helps you to learn more about what you're going through. In this way, you are actively involved in getting through your tough time.

When does Bibliotherapy work?

Whether bibliotherapy works or not depends not only on the quality of the book but also on your motivation. If you actively read the self-help material you are more likely to benefit. In Binge Eating Disorder (B.E.D), Self Help is a proven effective intervention in itself.

If we're going through a tough time it's important we talk to friends and family. As well as talking to family and friends, everyone needs a little extra support from time-to-time and it may be the case that you may find it helpful to talk to a health professional like a GP, or counsellor.



Note

ED=Eating Disorder; AN = Anorexia Nervosa; BN = Bulimia Nervosa; BED = Binge Eating Disorder

It is recommended that parents familiarise themselves with books for children and adolescents.

BOOK TITLES	MAIN AUTHOR(S)	ED Focus
EATING DISORDERS		
Anorexia Nervosa: A Survival Guide – 2nd edition 2013 <i><u>A clearly written, practical guide for people with Eating Disorders and their families offering insight and guidance into the recovery process. It is divided into four sections – an outline of anorexia; coping strategie; advice for families and carers; guidelines for professionals</u></i>	Janet Treasure	AN; Relevant All
Skills Based Learning for a loved one with an Eating Disorder <i><u>Gives carers knowledge and skills needed to support and encourage those with an eating disorder to help them break free from the traps that prevent recovery</u></i>	Janet Treasure	All ED's, Relevant Parents/Carers
Overcoming Binge Eating – 2nd edition – the proven programme to learn why you binge and how you can stop <i><u>Provides information needed to understand binge eating disorder and bring it under control. Evidence based self-help book, based on CBT-e principles with step by step guidelines.</u></i>	Chris Fairbourne	BN/BED, Relevant 16+
Getting Better Bite by Bite: a survival guide 2nd edition <i><u>An evidence based self-help book for sufferers of Bulimia or Binge Eating Disorder with step by step guidance for change based on CBT-e principles, also suitable for their families/carers and professionals treating them</u></i>	U.Schmidt; Janet Treasure	BN/BED; Relevant 16+ and Parents/Carers
Eating Disorders: A Resource for parents <i><u>An Irish written, broad overview of the issues around Eating Disorders, answering some of the more Frequently asked questions that parents may have.</u></i>	Bodywhys	All ED's: Relevant Parents/Carers
Please Eat – A Mothers Struggle to free her teenage son from Anorexia	Bev Mattocks	AN; Relevant

<i>Describes how, with the help of his parents and therapist, and through his own determination, Ben slowly began to recover and re-build his life</i>		Parents/Carers
Brave Girl Eating: A family's struggle with anorexia <i>A courageous and honest account of a families struggle with anorexia offering hope and direction to families who take on the crucial role of being a young person's main support in the fight for recovery. Uses F.B.T. techniques</i>	Harriet Browne	AN; Relevant Parents/Carers
Anorexia and other Eating Disorders <i>A very Comprehensive book, written for parents by a parent/scientist, a detailed companion to the F.B.T. approach. It has a hopeful, empowering but realistic approach which will resonate with parents. It has an accompanying website and videos www.anorexiafamily.com</i>	Eva Musby	All ED's; Relevant Parents/Carers
Help your Teenager Beat an Eating Disorder – 2nd Edition <i>Practical Advice and steps to supporting mealtimes and recovery for parents of teens. This book shows that parents can and must play a key role in recovery. It is also the companion book to F.B.T. for Anorexia</i>	J.Locke; D LeGrange	AN/BN; Parents/Carers of<18
The Eating Disorder Recovery Handbook <i>An empathetic handbook offering practical self-help tools and worksheets for people affected by any form of disordered eating</i>	Dr N.Davis and E.Bacon	All ED's and Disordered Eating; Relevant All
Crave: why you binge and how to stop <i>General advice helping readers understand why they crave specific foods and how to recognize what triggers their strong urges.</i>	Cynthia Bulik	BED; Relevant 16+
My Kid is Back: Empowering parents to beat Anorexia Nervosa <i>How Family Based treatment can help in Anorexia, allowing the patient to return to normal eating patterns and their families to return to a normal life. Single stories can be read in 15 minutes and provide an anchor for parents when adrift in difficult periods.</i>	D.LeGrange and J.Alexander	AN; Relevant Parents/Carers

<p>The Parents Guide to Eating Disorders <i>A book on eating disorders written for parents by a parent – offers parents understanding, practical suggestions, guidance and real hope. A compassionate introduction to Eating Disorders which helps parents know they are not alone</i></p>	<p>J.Smith</p>	<p>AN; Relevant Parents/Carers</p>
<p>ED Says U Said <i>Helps overcome the attempts of an Eating Disorder to isolate the sufferer from sources of support by helping the carer learn the Eating Disorder language so the young person can feel understood.</i></p>	<p>J.Alexander and C.Sangster</p>	<p>All ED's ; Relevant All</p>
<p>Give Food a Chance <i>Offers a fresh perspective on childhood eating disorders. Valuable insights for parents and professionals based on the Kartini Clinic in Portland, Oregon</i></p>	<p>J.O'Toole</p>	<p>AN; Relevant Parents/Carers</p>
<p>The Year I Didn't Eat <i>An uplifting story of one boy's battle with anorexia</i></p>	<p>Samuel Pollen</p>	<p>AN:Male perspective, Relevant All</p>
<p>RELATED</p> <p>Feeling Good about the Way You Look <i>If dissatisfaction about your looks is a distressing preoccupation, this book offers a CBT based programme for overcoming Body Image problems.</i></p>	<p>S.Willheim</p>	<p>Body Dysmorphic Disorder; Relevant All</p>

Blogs

Eating Disorder Hope - <https://www.eatingdisorderhope.com/blog> - well written and comprehensive posts that explore all aspects of ED's and Recovery.

National Eating Disorders Assoc (NEDA) Blog - <https://www.nationaleatingdisorders.org/blog> – compelling, first person accounts of disordered eating and navigating recovery.

Nalgona Positive Pride - <https://www.nalgonapositivitypride.com/> - body positive organisation providing education about ED to people of colour.

I haven't shaved in 6 weeks - <https://ihaventshavedinsixweeks.com/> - a witty, intimate and raw blog about her personal experience with disordered eating.

T-FFED - <https://www.transfolxfightingeds.org/home> - offers resources and support for members of Trans and Gender-Diverse communities dealing with ED.

Angie Viets – Inspired Recovery - <https://www.angieviets.com/> - a beautiful and inspired place for those feeling stuck in their recovery from disordered eating.

BEAT Eating Disorders - <https://www.beateatingdisorders.org.uk/your-stories> - real life experiences on ED and Recovery

Let's Queer Things Up - <https://letsqueerthingsup.com/> - a personal blog exploring queer/trans identity, mental health and his journey with an ED

Blogs

Healthy Place (ED Section) - <https://www.healthyplace.com/blogs/survivinged> - personal contributions from survivors of ED, useful tips for maintaining recovery

The Butterfly Foundation - <https://www.thebutterflyfoundation.org.au/understand-eating-disorders/share-your-story/> - an Australian organisation supporting ED

Project Heal - <https://www.theprojectheal.org/healblog> - personal stories offer insightful guidance about trusting the healing process and the real meaning of body acceptance.

Recovery Warriors - <https://www.recoverywarriors.com/> - bolstering the resilience of those struggling with depression, anxiety and eating disorders.

Eating Recovery Centre - <https://www.eatingrecoverycenter.com/blog/?cat=Patients> - frequent updates on the centre, treatment, programs and information for all

Jenni Schaefer - <https://jennischaefer.com/> - Jenni struggled with AN for almost 20 years and her blog is a resource for inspiring personal stories and frank discussions

More Love - <https://more-love.org/> - a resource designed to empower parents to raise kids who are free from body hate and disordered eating

ONLINE RESOURCES

www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/resources/ - HSE website

www.yourmentalhealth.ie - HSE Website

www.bodywhys.ie - The eating Disorder Association of Ireland

www.anorexiafamily.com - Help for parents of children and teens (Eva Musby)

www.beateatingdisorders.co.uk - UK's Eating Disorder Charity

www.feast-ed.org - Global support and education of and for parents

www.healthline.com/health/best-eating-disorder-blogs#1 - Best Eating Disorder Blogs

www.na-ireland.org - Narcotics anonymous Ireland

www.drugs.ie - Drug and Alcohol information and support

www.patient.co.uk - <https://patient.info/mental-health> - information on mental health including eating disorders from the NHS

www.aedweb.org/learn/resources - professional website providing information and research

www.rcpsych.ac.uk/mental-health - <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/eating-disorders-in-young-people-for-parents-and-carers>

