

## Recommended Eating Disorder Resources

***Engaging in Complexity: Compassion and Competence in Eating Disorder Treatment***  
by Danielle Klotzkin, MFT, and Elizabeth Dear, MFT

**Costin, Carolyn, (2007),** *Eating Disorder Sourcebook*, 3<sup>rd</sup> ed. An excellent overview of eating disorder treatment by one of the early clinicians who advocated being open about her own recovery from an eating disorder and who has created and runs several residential eating disorder treatment centers.

**Johnston, Anita, (2000),** *Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling*. Delightfully told metaphorical stories of how to integrate the parts of self represented by the eating disorder written by a woman in recovery now dedicated to helping others as a Psychologist.

**Mehler, Philip, and Andersen, Arnold, eds., (1999),** *Eating Disorders: A Guide to Medical Care and Complications*. Unfortunately not cohesive but one of only a few books on the medical care of eating disorders.

**Miller, William R. and Stephen Rollnick, (2002),** *Motivational Interviewing, Second Edition: Preparing People for Change*.

**Oliver-Pyatt, Wendy, (2003),** *Fed Up! The Breakthrough Ten-Step, No-Diet Fitness Plan*. A life-affirming, size acceptance book written by a local psychiatrist with extensive experience in eating disorder treatment. Not written for clinicians or specifically for people with eating disorders, but I've had patients become really excited about escaping the diet trap after reading this book.

**Schaeffer, Jenni, and Routledge, Thom, (2004),** *Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too*. Good reading for clients needing to differentiate themselves from the eating disorder. The ED is compared to an abusive partner who needs to be divorced. Author is a singer/songwriter now consulting with ED treatment centers. I like to couple this reading with Johnston's book above so as not to alienate the part expressing itself through the ED.

**Schwartz, Richard, (1997),** *Internal Family Systems*. A good theoretical model for understanding parts of self although not written for eating disorders specifically is main model used at some residential treatment centers.

**Tribole, Evelyn & Elyse Resch, (1995, 2003),** *Intuitive Eating: A Revolutionary Program that Works*. A non-diet approach, rediscovering natural body signals, good for patients and clinicians to read; disadvantage is most examples are of compulsive overeating.

**Zerbe, Kathryn, (1993),** *The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment*. Written by a psychiatrist who thinks broadly and deeply, an excellent book, despite some of the research becoming outdated, originally intended for patients and families, but extremely useful to clinicians.

**Zerbe, Kathryn, (2008),** *Integrated Treatment of Eating Disorders: Beyond the Body Betrayed*, 2008. See above about the author, a terrific overview from different angles--stage of treatment and stage of development, countertransference.

On-line

**American Psychiatric Treatment Guidelines for Eating Disorders**

[http://www.psychiatryonline.com/pracGuide/pracGuideChapToc\\_12.aspx](http://www.psychiatryonline.com/pracGuide/pracGuideChapToc_12.aspx)

**edreferral.com:** a network for professionals working in the treatment of eating disorders; has conferences, research opportunities, job postings, research results, and articles of interest, and a search for treatment.

Gurze Books: publishers of eating disorder books and a good website with articles of interest and links.  
<http://www.gurze.com>