



# The BIG LIST of Eating Disorder Resources

Provided by Mentally Fit (<https://joinmentallyfit.com>)

“In the United States, 20 million women and 10 million men will suffer from an eating disorder at some point in their lives. Eating disorders are serious but treatable mental and physical illnesses that can affect people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights. In fact, eating disorders have the second highest mortality rate of all mental health disorders, surpassed only by opioid addiction.

Eating disorders are widely misunderstood illnesses and support options are often inaccessible. As a result, too many people are left feeling helpless, hopeless, and frightened. Through our programs and services, NEDA raises awareness, builds communities of support and recovery, funds research, and puts life-saving resources into the hands of those in need.” - *Source: National Eating Disorder Association*

## Resources Recommended:

### Resources

#1 [Enhanced Cognitive Behavior Therapy \(CBT-E\)](#) - described as one of the most effective treatments for eating disorders. It is a “transdiagnostic” treatment for all forms of eating disorder including anorexia nervosa, bulimia nervosa, binge eating disorder and other similar states.

#2 [The REAL Food Guide](#) - The REAL Food Guide (Recovery from Eating disorders for Life) is a framework that uses core principles of nutrition, with consideration of the beliefs and misinformation that are frequently endorsed by individuals with eating disorders. It is a pictorial tool based on the best evidence to date bringing practical information together in one place.

- [THE REAL Food Guide for CBT-T Clinicians](#)

### Books

#1 [Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too](#) by Jenni Schaefer



#2 [8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience \(8 Keys to Mental Health\)](#) by Carolyn Costin

#3 [Beautiful You: A Daily Guide to Radical Self-Acceptance](#) by Rosie Molinary

### Articles

#1 [The BMI Is Racist And Useless. Here's How To Measure Health Instead.](#) (HuffPo)

#2 [The Best Eating Disorder Recovery Blogs of 2019](#) (Healthline)

#3 [10 Principles of Intuitive Eating](#)

### Videos

#1 [Introduction to Mindful Eating by Michelle DuVal](#) - In this 9-minute video, you will be introduced to an entirely new approach to weight loss, healthy eating, and stress reduction. Viewers will learn the clinically proven techniques of mindfulness meditation and how to hone and direct these skills of mindfulness toward eating and weight issues.

#2 [Poodle Science](#) - An animated video exposing the limitations of current research on weight and health.

#3 [CBT-E for Adolescents](#) - This webinar, which is sponsored by the AED Educational Programming Committee, will provide guidance on how Enhanced Cognitive Behaviour Therapy (CBT-E) has demonstrated efficacy in adults with bulimia nervosa (BN), anorexia nervosa (AN), and other eating disorders, and has recently been adapted for use with adolescents with eating disorders. CBT-E for younger patients has been evaluated in three cohort studies of patients aged between 13 and 19 years.

#4 [Reclaiming the Body: Treating Trauma and Eating Disorders](#) - "Exposure to trauma during childhood is a risk factor for eating disorders in teenage years and adulthood. The prevalence and relationship between eating disorders and trauma are significant and needs to be understood and treated concurrently.

This workshop will focus on the role of childhood adversity, especially sexual, emotional, and physical abuse as a risk factor for anorexia, bulimia and binge eating disorder. Understanding the mind, body, and soul connection in working with trauma and eating disorders will be discussed an overview of effective treatments will be reviewed such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), as



well as other experiential movement treatments. Tools will be offered in this engaging workshop."

#5 [What is an eating disorder?](#) - An interview with Robyn Goldberg RD. Robyn began her career at Cedars-Sinai Medical Center as the in-patient dietitian in the Department of Cardiology. Over the last twenty- three years she has developed her own private practice in Beverly Hills where she specializes in medical conditions, disordered eating, eating disorders, Health at Every Size, and people in recovery.

### Organizations

#1 [The Renfrew Center](#) - The Renfrew Center has been the pioneer in the treatment of eating disorders since 1985. As the nation's first residential eating disorder facility, now with 19 locations throughout the country, Renfrew has helped more than 85,000 adolescent girls and women with eating disorders and other behavioral health issues move towards recovery.

Renfrew provides women suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, and related mental health problems with the tools they need to succeed in recovery and in life. Offering a warm, nurturing environment, Renfrew emphasizes a respect for the unique psychology of women, the importance of a collaborative therapeutic relationship and the belief that every woman needs to actively participate in her own growth and recovery.

- [Free Educational Resources](#)
- [Eating Disorder Book List](#)
- [Contact Renfrew](#) (Admissions, Questions, Etc)

#2 The National Eating Disorder Association - The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

- [Help Hotline for Eating Disorders](#)
- [Eating Disorder Screening Tool](#)

#3 [Centre for Research on Eating Disorders at Oxford \(CREDO\)](#) - The Centre for Research on Eating Disorders at Oxford has been in existence since 1981. For its first three years it was funded by the Medical Research Council, but since 1984 it has been funded by the Wellcome Trust.

#4 Rogers Behavioral Health - a private, not-for-profit provider of behavioral health services and is nationally recognized for its specialized psychiatry and addiction services. Anchored by the main campus in Oconomowoc, WI, Rogers offers



evidence-based treatment for adults, children, and adolescents with depression and other mood disorders, eating disorders, addiction, obsessive-compulsive and anxiety disorders, and posttraumatic stress disorder.

- [Free Educational Resources](#)
- [Contact Rogers Behavioral Health](#) (Admissions, Questions, Etc)

#5 [ASDAH](#) - As a non-profit organization with an international membership committed to the practice of the Health At Every Size® (HAES®) Principles, ASDAH envisions a world that celebrates bodies of all shapes and sizes, in which body weight is no longer a source of discrimination and where oppressed communities have equal access to the resources and practices that support health and well being.

- [Free Educational Resources](#)

#6 [National Center of Excellence for Eating Disorders](#) - NCEED is the nation's first center of excellence dedicated to eating disorders. Founded in 2018 by the Substance Abuse and Mental Health Services Administration, our mission is to advance education and training of healthcare providers and to promote public awareness of eating disorders and eating disorder treatment.

- Free Educational Resources for [Friends](#), [Family](#) & [Professionals](#)
- [Training for Professionals](#)

#7 [Academy for Eating Disorders](#) - AED helps physicians, psychiatrists, psychologists, nutritionists, academic researchers, students and experts through lived experience connect and collaborate with each other and keep abreast of recent developments in eating disorders research.

- [Free Educational Resources](#)

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