

THE RENFREW CENTER FOUNDATION

Booklist & Resources

HOPE, HELP & HEALING



1-800-RENFREW (736-3739)
www.renfrewcenter.com


**The
Renfrew Center
Foundation**
FOR EATING DISORDERS

MISSION STATEMENT

The Renfrew Center and The Renfrew Center Foundation are dedicated to treatment, training, research, prevention and advocacy in the field of eating disorders.

In a warm and nurturing environment, we provide cisgender adolescent girls and adult women, transgender, and gender non-binary patients with the skills and support needed to recover from the full spectrum of eating disorders, and to create meaningful, satisfying lives.

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This guide offers a sampling of available resources on eating disorders and recovery. It is not an exhaustive list. This booklet does not constitute endorsement by Renfrew of a particular publication, clinician, modality, or outlet.

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About Renfrew

The Renfrew Center was established in 1985 in Philadelphia as the first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of adolescent girls and women with eating disorders. Today, Renfrew provides a comprehensive range of in-person services in California, Connecticut, Florida, Georgia, Illinois, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, and Tennessee and virtual services in more than 30 states. Renfrew offers the full continuum of care: Day Treatment; Intensive Outpatient; Outpatient; and Virtual Programming.

The Renfrew Center has treated more than **100,000** individuals with eating disorders. The Renfrew Center Unified Treatment Model for Eating Disorders® integrates an emphasis on the healing potential of empathic relational connection with evidence-based, emotion-focused treatment interventions. The Renfrew Center Foundation, founded in 1990, is a non-profit, charitable organization dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.

Through its programs, The Renfrew Center Foundation aims to:

- Increase awareness of eating disorders as a public health issue by mobilizing individuals and families in recovery and by spreading its body of knowledge across the nation.
- Educate decision makers, including governmental agencies and the media, about the dangers of eating disorders.
- Train professionals in the assessment, treatment and prevention of eating disorders and body image disturbance.
- Research the pathology, recovery patterns and effective treatment options for eating disorders and body image disturbance.
- Raise scholarship funds for those who might otherwise not be able to afford treatment.

Individuals can become more involved with The Foundation's efforts through education and advocacy campaigns and by donating funds to support our programs and scholarships for treatment. Together, with your help, we can build a future where all individuals have the hope for a strong life free from eating disorders. For information about The Renfrew Center's services and supporting The Renfrew Center Foundation, please visit www.renfrewcenter.com.

Renfrew's Educational Materials

The Renfrew Center Foundation offers a full array of educational materials for schools, community groups, government and professional practices.

A few examples of the educational resources we offer are:

- Renfrew's Treatment Program Brochure
- Renfrew's Learning the Basics: An Introduction To Eating Disorders & Body Image Issues Brochure
- *Connections*: Renfrew's alumni community newsletter, published twice a year, for people in recovery from an eating disorder
- *Perspectives*: Renfrew's professional journal, published twice a year, includes articles from professionals around the world on special topics related to eating disorders
- Eating Disorders: Signs & Symptoms Flyer
- Do I Respect My Body Quiz
- Do You Have A Healthy Relationship With Food Quiz
- The Athlete Quiz
- Orthorexia Nervosa Quiz
- Reaching Out to Someone Who May Have an Eating Disorder Flyer
- Do I Contribute to Another's Eating Disorder Flyer
- Helping Someone Readjust After Treatment Flyer
- Tips for Kids Flyer
- Prevention Tips for Parents Flyer
- Steps to Help Professionals Make a Difference in Schools Flyer
- Ten Things Coaches & Trainers Can Do to Help Prevent Eating Disorders in Their Athletes Flyer
- Eating Disorder Assessment For Doctors & Nurses

Please visit www.renfrewcenter.com to download these free resources.

Professional Resources

A Collaborative Approach to Eating Disorders

June Alexander & Janet Treasure, PhD, FRCPsych

Expressing Disorder - Journey to Recovery (DVD)

David Alvarado, Documentary Film Maker

Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships

Amy Banks, MD & Leigh Ann Hirschman

Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships

Amy Banks, MD & Leigh Ann Hirschman

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide

David H. Barlow, PhD, & Todd Farchione, PhD

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook

David H. Barlow, PhD, Kristen K. Ellard, & Colleagues

Exposure Therapy for Eating Disorders

Carolyn Black Becker, PhD; Nicholas R. Farrell, PhD & Glenn Waller, PhD

Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight - and What We Can Do About It

Harriet Brown, MFA

Eating Disorders, Addictions and Substance Use Disorders: Research, Clinical and Treatment Perspectives

Timothy D. Brewerton, MD, LLC & Amy Baker Dennis, PhD

A Clinician's Guide to Gender-Affirming Care: Working with Transgender and Gender Nonconforming Clients

Sand C. Chang, PhD; et al.

A Clinician's Guide to Gender Identity and Body Image

Heidi Dalzell, PsyD & Kayti Protos, DSW, LCSW

Dance/Movement Therapy (DMT) for Trauma Survivors: Theoretical, Clinical, and Cultural Perspectives

Rebekka Dieterich-Hartwell, PhD, BC-DMT, LPC & Anne Margrethe Melsom

Cognitive Behavior Therapy and Eating Disorders

Christopher G. Fairburn, DM, FRCPsych, FMedSci

Overcoming Binge Eating

Christopher G. Fairburn, DM, FRCPsych, FMedSci

Veganism and Eating Disorder Recovery

Jenn Friedman, MA, MHC-LP

Sick Enough: A Guide to the Medical Complications of Eating Disorders

Jennifer L. Gaudiani, MD, CEDS, FAED

In a Different Voice: Psychological Theory and Women's Development

Carol Gilligan, PhD

Psychotherapy with African American Women: Innovations in Psychodynamic Perspectives & Practice

Leslie C. Jackson, PhD & Beverly Greene, PhD

Nutrition Counseling in the Treatment of Eating Disorders

Marcia Herrin, EdD, MPH, RD, LD & Maria Larkin, MEd, RD, LD

Counseling Tips for Nutrition Therapists

Molly Kellogg, RD, LCSW

Comprehensive Learning Teaching Handout Series for Eating Disorders

Sondra Kronberg, MS, RD, CDN, CEDRD

Emotion-Focused Family Therapy: A Transdiagnostic Model for Caregiver-Focused Interventions

Adele LaFrance, PhD; Katherine A. Henderson, PhD & Shari Mayman, PhD

Treating Bulimia in Adolescents: A Family-Based Approach

Daniel Le Grange, PhD & James Lock, MD, PhD

Treatment Manual for Anorexia Nervosa - A Family-Based Approach (2nd Edition)

James Lock, MD, PhD, & Daniel Le Grange, PhD

Treatment of Eating Disorders: Bridging the Research-Practice Gap

Margo Maine, PhD; Beth Hartman McGilley, PhD & Douglas Bunnell, PhD

Eating Disorders: A Guide to Medical Care and Complications (4th Edition)

Philip S. Mehler, MD & Arnold E. Anderson, MD

What Happened to You? Conversations on Trauma, Resilience, and Healing

Bruce Perry, MD, PhD & Oprah Winfrey

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment

Babette Rothschild, MSW, LCSW

Dialectical Behavior Therapy for Binge Eating and Bulimia

Debra L. Safer, MD; Christy F. Telch, PhD & Eunice Y. Chen, PhD

ADA Pocket Guide to Eating Disorders

Jessica Setnick, MS, RD/LD, CSSD

EMDR: The Breakthrough "Eye Movement" Therapy for Overcoming Anxiety, Stress, and Trauma

Francine Shapiro, PhD & Margot Silk Forrest

Mindsight

Daniel J. Siegel, MD

The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration

Daniel J. Siegel, MD

The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT (1st Edition)

Timothy Sisemore, PhD

Treating Black Women with Eating Disorders: A Clinician's Guide

Charynn Small, PhD, CEDS-S & Mazella Fuller, PhD, MSW, LCSW, CEDS-S

Supporting Autistic People with Eating Disorders

Kate Tchanturia, PhD

Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder

Jennifer J. Thomas, PhD & Kamryn Eddy, PhD

Casebook of Evidence-Based Therapy for Eating Disorders

Heather Thompson-Brenner, PhD, FAED

The Renfrew Unified Treatment for Eating Disorders and Comorbidity: Therapist Guide

Heather Thompson-Brenner, PhD, FAED; Melanie Smith, PhD, LMHC, CEDS-S & Gayle Brooks, PhD, CEDS-S; et al.

The Clinician's Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method

Janet Treasure, PhD, FRCPsych; Ulrike Schmidt, MRCPsych & Pam Macdonald, PhD

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Bessel Van Der Kolk, MD

How Connections Heal: Stories from Relational-Cultural Therapy

Maureen Walker, PhD & Wendy B. Rosen, PhD

Integrated Treatment of Eating Disorders: Beyond the Body Betrayed

Kathryn Zerbe, MD

Sociological & Historical Resources

Body, Self and Society: The View from Fiji

Anne E. Becker, MD, PhD

Unbearable Weight: Feminism, Western Culture, and the Body

Susan Bordo, PhD

The Obsession: Reflections on the Tyranny of Slenderness

Kim Chernin

Feminist Perspectives on Eating Disorders

Patricia Fallon, PhD; Melanie A. Katzman, PhD & Susan C. Wooley, PhD

Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating

Christy Harrison, MPH, RD, CDN

Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness

Da'Shaun Harrison

The Body Project: An Intimate History of American Girls

Joan Jacobs Brumberg, PhD

Fasting Girls: The History of Anorexia Nervosa

Joan Jacobs Brumberg, PhD

Can't Buy Me Love: How Advertising Changes the Way We Think and Feel

Jean Kilbourne, EdD

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness

Margo Maine, PhD, FAED, CEDS

Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body

Courtney E. Martin, MA

Fat Is a Feminist Issue: The Anti-Diet Guide For Women

Susie Orbach, PhD, MA

Fearing the Black Body: The Racial Origins of Fat Phobia

Sabrina Strings, PhD

A Hunger So Wide And So Deep: A Multiracial View of Women's Eating Problems

Becky Thompson, PhD, MFA

It's Always Been Ours: Rewriting the Story of Black Women's Bodies

Jessica Wilson, MS, RD

The Beauty Myth

Naomi Wolf, D.Phil

Individuals in Recovery and Self-Help

The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life

Ellen Astrachan-Fletcher, PhD & Michael Maslar, PsyD

The Overcoming Bulimia Workbook

Randi E. McCabe, PhD; Traci McFarlane, PhD & Marion P. Olmsted, PhD

Crave: Why You Binge Eat and How to Stop

Cynthia M. Bulik, PhD

Eating Disorder Sourcebook: A Comprehensive Guide to the Cases, Treatments, and Prevention of Eating Disorders

Carolyn Costin, MA, MEd, MFCC

Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life

Jane R. Hirschmann, MSW & Carol H. Munter

Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating

Mindy Jacobson-Levy, MCAT, ATR-BC, LPC & Maureen Foy-Tornay, MA, ATR-BC, LPC

Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recover for Good

Johanna Kandel, BA

Moving Away from Diets: New Ways to Heal Eating Problems & Exercise Resistance

Karin Kratina, MA, RD, LD; Nancy L. King, MS, RD, CDE & Dayle Hayes, MS, RD, LD

The Courageous Path to Healing: When Commitment to Yourself & Your Recovery Becomes Your Greatest Teacher

Jennifer KREATSOULAS, PhD

On Eating: Change Your Eating Change Your Life

Susie Orbach, PhD, MA

The Mindfulness & Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia Using Acceptance & Commitment Therapy

Emily K. Sandoz, PhD; Kelly G. Wilson, PhD & Troy Dufrene

Breaking Free from Emotional Eating

Geneen Roth

The Listening Hand: Self-Healing Through The Rebenfeld Synergy Method of Talk and Touch

Ilana Rubinfeld

Goodbye Ed, Hello Me

Jenni Schaefer

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too

Jenni Schaefer & Thom Rutledge, LCSW

Revolution from Within: A Book of Self-Esteem

Gloria Steinem

Your Body Is Not an Apology Workbook: Tools for Living Radical Self-Love

Sonya Renee Taylor, MS

Intuitive Eating: A Revolutionary Program That Works (4th Edition)

Evelyn Tribole, MS, RD & Elyse Resch, MS, RD, FADA

Body Image

The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are

Cynthia M. Bulik, PhD

Encyclopedia of Body Image and Human Appearance (Available Online)

Thomas F. Cash, PhD

Body Positive Power: Because Life Is Already Happening and You Don't Need Flat Abs to Live It

Megan Jayne Crabbe

What We Don't Talk About When We Talk About Fat

Aubrey Gordon

"You Just Need to Lose Weight": And 19 Other Myths about Fat People

Aubrey Gordon

More Than A Body: Your Body Is an Instrument, Not an Ornament

Lindsay Kite, PhD & Lexie Kite, PhD

Acceptance & Commitment Therapy for Body Image Dissatisfaction

Adria Pearson, PhD; Michelle Heffner, PhD & Victoria Follette, PhD

The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder

Katharine A. Phillips, MD

The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World

Julia V. Taylor, MA

You Have the Right to Remain Fat

Virgie Tovar, MA

Cognitive-Behavioral Therapy for Body Dysmorphic Disorder: A Treatment Manual

Sabine Wilhelm, PhD; Katharine A. Phillips, MD & Gail Steketee, PhD

Spirituality

Yoga and Eating Disorders: Ancient Healing for Modern Illness

Carolyn Costin, MA, MEd, MFT & Joe Kelly

Body Mindful Yoga: Create a Powerful and Affirming Relationship with Your Body

Jennifer Kreatsoulas, PhD

Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors and Storytelling

Anita Johnston, PhD

Starving for Salvation: The Spiritual Dimensions of Eating Problems Among American Girls and Women

Michelle Mary Lehwica, PhD

Wisdom of Your Body: Finding Healing, Wholeness, and Connection Through Embodied Living

Hillary McBride, PhD

Give Food a Chance

Julie O'Toole, MD, MPH, CEDS

Healing Your Hungry Heart: Recovering from Your Eating Disorder

Joanna Poppink, MFT

Women Food and God: An Unexpected Path to Almost Everything

Geneen Roth

Yoga from the Inside Out - Making Peace with Your Body Through Yoga

Christina Sell

Families and Friends

Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World

Frances M. Berg, MS, LN

ARFID Avoidant Restrictive Food Intake Disorder: A Guide for Parents and Carers

Rachel Bryant-Waugh, PhD, FAED

Brave Girl Eating: A Family's Struggle with Anorexia

Harriet Brown

Eating with Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too

Laura Collins

Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting, and Disordered Eating

Carolyn Costin, MA, MEd, MFCC

Loving Someone with an Eating Disorder: Understanding, Supporting, and Connecting with Your Partner

Dana Harron, PsyD

The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home

Marcia Herrin, EdD, MPH, RD

Dads & Daughters: How to Inspire, Understand and Support Your Daughter

Joe Kelly, BS

Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help

Johanna Marie Mcshane, PhD & Tony Paulson, PhD

Help Your Teenager Beat an Eating Disorder (2nd Edition)

James Lock, MD, PhD & Daniel Le Grange, PhD

When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating

Lauren Mulheim, PsyD., FAED, CEDS-S

What's Eating You? A Workbook for Teens with Anorexia, Bulimia and Other Eating Disorders

Tammy Nelson, PhD

"I'm, Like, SO Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World

Dianne Neumark-Sztainer, PhD

The Intuitive Eating Workbook for Teens: A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food

Elyse Resch, MS, RDN, CEDS-S, Fiaedp, FADA, FAND

The Good Enough Teen: Raising Adolescents with Love and Acceptance (Despite How Impossible They Can Be)

Brad E. Sachs, PhD

The Bulimia Workbook for Teens: Activities to Help You Stop Bingeing and Purging

Lisa M. Schab, LCSW

Surviving an Eating Disorder: Strategies for Families and Friends (4th Edition)

Michele Siegel, PhD; Judith Brisman, PhD & Margot Weinshel, MSW

Fat Talk - Parenting in the Age of Diet Culture

Virginia Sole Smith

The Big Disconnect: Protecting Childhood & Family Relationships in the Digital Age

Catherine Steiner-Adair, EdD & Teresa H. Barker

Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method

Janet Treasure, PhD, FRCPsych; Gráinne Smith & Anna Crane, PhD, FRCPsych

EveryBODY Color! A Coloring Book for Healing Body Issues

Dina Zeckhausen, PhD

Full Moon, Empty Mouse: A Tale of Food and Feelings

Dina Zeckhausen, PhD

Personal Stories

This Mean Disease: Growing Up in the Shadow of My Mother's Anorexia Nervosa

Daniel Becker, MA

The Longest Match: Rallying to Defeat an Eating Disorder in Midlife

Betsy Brenner, JD

Not All Black Girls Know How to Eat: A Story of Bulimia

Stephanie Covington Armstrong

Hunger

Roxane Gay

Bulimia: A Guide to Recovery

Lindsey Hall, CEDS & Leigh Cohn, MAT, CEDS

Gaining: The Truth About Life After Eating Disorders

Aimee Liu

A Starving Madness: Tales of Hunger, Hope & Healing in Psychotherapy

Judith Ruskay Rabinor, PhD

The Girl in The Red Boots

Judith Ruskay Rabinor, PhD

Goodbye Ed, Hello Me: Recover From Your Eating Disorder and Fall in Love with Life

Jenni Schaefer

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too

Jenni Schaefer & Thom Rutledge, LCSW

Unashamed: Musings of a Fat Black Muslim

Leah Vernon

Prevention & Curriculum

How to Raise an Intuitive Eater: Raising the Next Generation with Food and Body Confidence

Sumner Brooks, MPH, RDN, LDN, CEDS & Amee Severson, MPP-D, RDN

The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders

Carolyn Costin, MA, MEd, MFT

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!

Kathy Kater, LCSW

The Prevention of Eating Problems and Eating Disorders: Theory, Research and Practice

Michael P. Levine, PhD & Linda Smolak, PhD

Body Wars: Making Peace with Women's Bodies, an Activist's Guide

Margo Maine, PhD

The Body Image Book for Girls: Love Yourself and Grow Up Fearless

Charlotte Markey, PhD

Being You: The Body Image Book for Boys

Charlotte Markey, PhD; Daniel Hart, PhD & Douglas Zacher, MA

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

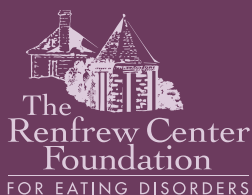
Gia Marson, EdD & Danielle Keenan-Miller, PhD

Preventing Eating Disorders: A Handbook of Interventions and Special Challenges

Niva Piran, PhD; Michael P. Levine, PhD & Catherine Steiner-Adair, EdD

Full of Ourselves: A Wellness Program to Advance Girl Power, Health, and Leadership

Catherine Steiner-Adair, EdD & Lisa Sjostrom



Additional Books & Resources can be found on our website:
www.renfrewcenter.com

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www.renfrewcenter.com/foundation

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