

THE RENFREW CENTER FOUNDATION

## Booklist & Resources

# HOPE, HELP & HEALING



**1-800-RENFREW (736-3739)**  
[www.renfrewwcenter.com](http://www.renfrewwcenter.com)



## 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](http://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](http://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

# Professional Resources

## Continued

### *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*

Charylln 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 Causes, 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 Rubenfeld

*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 Lelwica, 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 Purguing*

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*

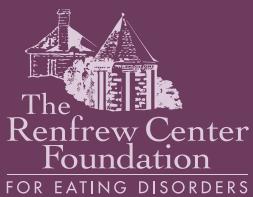
Gia Marson, EdD & Danielle Keenan-Miller, PhD

*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](http://www.renfrewcenter.com)**

To make a donation to support The Renfrew Center, visit:  
**[www.renfrewcenter.com/foundation](http://www.renfrewcenter.com/foundation)**

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