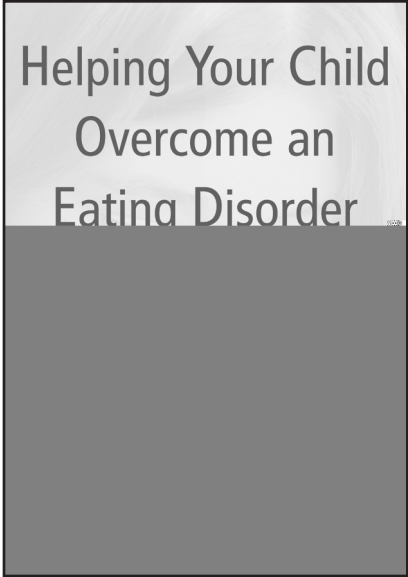


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We are pleased to announce the publication of



Helping Your Child

Overcome an Eating Disorder

Bethany A. Teachman, Ph.D., Marlene B. Schwartz, Ph.D.
Bonnie S. Gordic, B.A., Brenda S. Coyle, Ph.D.

Even though eating disorders are among the most publicized illnesses, parents of those children suffering from them often feel baffled about their role in their children's recovery. Ordinary activities like food shopping, meal planning, and family meals can take on a gravity that was unimaginable in pre-diagnosis days. Although their confusion may be equaled only by the terror that this diagnosis can elicit, parents should know that the home is one of the most effective fronts in the fight against an eating disorder. There are specific activities and exercises that they can engage in to help their children heal.

In *Helping Your Child Overcome an Eating Disorder* four experts from the Yale University Center for Eating and Weight Disorders offer parents the most effective skills for helping their children at home. With clear suggestions and step-by-step exercises they show them how to:

- **Communicate with their children about eating behaviors;**
- **Create a recovery-friendly home environment;**
- **Handle mealtimes, food shopping, and cooking;**
- **Avoid powers struggles over food;**
- **Communicate with the larger family about their child's eating disorder; and**
- **Respond effectively to their child's emotional needs.**

The authors also provide invaluable tips for finding the right therapist, insights into the causes of eating disorders, and strategies for coping with co-occurring illnesses, such as diabetes, obesity, anxiety disorders, and depression. *Helping Your Child Overcome an Eating Disorder* is a parent's passport out of helplessness.

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Suggested Interview Questions for

Helping Your Child Overcome an Eating Disorder

1. What are some behaviors that typically indicate an eating disorder in children?
2. How can parents play an active role in their children's recovery?
3. What are some common myths about eating disorders?
4. What are some crucial things to consider when trying to find a therapist for a child with an eating disorder?
5. In *Helping Your Child Overcome an Eating Disorder* you talk about making the home "recovery-friendly." What does this mean and what are few things you suggest for parents trying to do this?
6. There are many theories about the causes of eating disorders. What are some of them and what are some of the myths about the causes?
7. What are a few tips for communicating effectively with you child about his/her eating disorder?
8. What are some problems that arise around food-related activities such as grocery shopping, mealtimes, and cooking and what can parents do to minimize them?
9. You talk about the need to have reasonable expectations when a child begins treatment for an eating disorder. What should parents expect?
10. You touch on some of the conditions that can co-occur with eating disorders, such as depression and anxiety disorders. How can parents be sensitive to these?

About the Authors of

Helping Your Child Overcome an Eating Disorder

Bethany Teachman, Ph.D., is assistant professor at the University of Virginia in the Department of Psychology. She received her Ph.D. from Yale University. Her research focuses on cognitive processing that contributes to psychopathology, and her clinical background includes serving as assistant director of the Yale Psychological Services Clinic, and working as a therapist at the Yale Center for Eating and Weight Disorders and at Massachusetts General Hospital. She is currently a therapist at the Ainsworth Psychological Clinic in Charlottesville, Virginia. Teachman is also an author of *Treatment Planning in Psychotherapy: Taking the Guesswork Out of Clinical Care*.

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Marlene B. Schwartz, Ph.D., is codirector of the Yale Center for Eating and Weight Disorders. She is also associate research scientist and lecturer in the Psychology Department at Yale University, where she teaches graduate courses and supervises student research and clinical training. She received her Ph.D. from Yale University. Her current research focuses on the role of society and family in the prevention and treatment of eating disorders and obesity.

Bonnie Gordic is a research assistant at the Yale Center for Eating and Weight Disorders and the Yale Center for Child Development and Social Policy. She received her B.A. in Psychology from Yale University. Her research interests focus on the families of children with eating disorders and on early childhood intervention and social policy.

Brenda Coyle, Ph.D., is clinical director of the Yale Center for Eating and Weight Disorders. She received her Ph.D. from Boston College and completed postdoctoral fellowships at Harvard Medical School and Yale University. Her primary clinical interests involve the prevention and treatment of eating disorders and obesity. In addition to teaching graduate students and directing the clinical services at Yale, Coyle is also a licensed psychologist in private practice specializing in women's health.

Foreword author **Kelly D. Brownell, Ph.D.**, is a professor of Psychology, Epidemiology, and Public Health, director of Graduate Studies, and director of the Yale Center for Eating Disorders at Yale University. He has served as president of the Society of Behavioral Medicine, the Association for the Advancement of Behavior Therapy, and the Division of Health Psychology of the American Psychological Association.

“If your child has an eating disorder, this book is for you. In an easy-to-read style, it answers all the right questions, dispelling myths and educating at the same time. Parents will find it a valuable and reassuring resource.”

—Christopher G. Fairburn, FRCPsych, FmedSci, Professor of Psychiatry, University of Oxford, UK

“A welcome and much need addition to the self-help literature for eating disorders, in which resources for parents of children with eating disorders have been virtually ignored. The authors of this superbly written text provide them with invaluable information. I highly recommend this excellent resource guide.”

—Denise Wilfley, Ph.D., Associate Professor in Departments of Psychiatry, Medicine, Pediatrics, and Psychology, Washington University School of Medicine, and author, *Interpersonal Psychotherapy for Group*

“This is a remarkable resource for patients and their families as they struggle with the complexities of these disorders. Distilling clear-cut and direct recommendations from the current treatment literature, this book provides comprehensive information on how parents can facilitate their child's recovery.”

—Douglas W. Bunnell, Ph.D., The Renfrew Center, Advancing the Education, Prevention, Research and Treatment of Eating Disorders

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