

## Highly Recommended Eating Disorders Psycho-education & Family-based Treatment Support Resources for Parents

Topic	Resource
<b>About Eating Disorders</b>	<p><b>Kelty Mental Health BC</b> Understanding Eating Disorders (Part 1 of 5) <a href="http://www.youtube.com/watch?v=KellmifQFQ4&amp;feature=relmfu">http://www.youtube.com/watch?v=KellmifQFQ4&amp;feature=relmfu</a> (2.09)</p>
<b>Why nutrition recovery is a priority</b>	<p><b>Kelty Mental Health BC - Medical Complications of Eating Disorders in Children and Adolescents:</b></p> <p>Medical complications of ED <a href="http://www.youtube.com/watch?v=oHJLQTAa7nl&amp;feature=relmfu">http://www.youtube.com/watch?v=oHJLQTAa7nl&amp;feature=relmfu</a> (10.39)</p> <p>Hospital Admission for an Eating Disorder (Part 1 of 6) <a href="http://www.youtube.com/watch?v=LdHmBmxc0Vo&amp;feature=relmfu">http://www.youtube.com/watch?v=LdHmBmxc0Vo&amp;feature=relmfu</a> (1.01)</p> <p>Effects of Starvation (part 2 of 6) <a href="http://www.youtube.com/watch?v=0VfkFzjECAM&amp;feature=relmfu">http://www.youtube.com/watch?v=0VfkFzjECAM&amp;feature=relmfu</a> (4.05)</p>
<b>About Family-based Treatment &amp; the importance of parents in recovery</b>	<p><b>Kelty Mental Health BC - Parents and Eating Disorders Treatment (Part 2 of 5)</b> (notes physical recovery needed first, parents role in this, and FBT as EBT for this) <a href="http://www.youtube.com/watch?v=axSo3aQdfvo&amp;feature=relmfu">http://www.youtube.com/watch?v=axSo3aQdfvo&amp;feature=relmfu</a> (3.54)</p>
	<p><b>Maudsley Parent – A site for parents of eating disordered children</b> <a href="http://www.maudsleyparents.org/">http://www.maudsleyparents.org/</a></p>
	<p><b>Families Empowered and Supporting Treatment of Eating Disorders:</b> <a href="http://www.feast-ed.org">www.feast-ed.org</a></p>
	<p><b>Survive FBT by RCH Clinician Maria Ganci:</b> <a href="http://www.fbtcentral.com.au/about-the-book/">http://www.fbtcentral.com.au/about-the-book/</a></p>
<b>Meal support</b>	<p><b>Kelty Mental Health BC - Eating Disorders Meal Support</b></p> <p>Eating disorders meal support: Helpful approaches for families <a href="http://www.youtube.com/playlist?list=PLB7441F7233D8489F&amp;feature=plcp">http://www.youtube.com/playlist?list=PLB7441F7233D8489F&amp;feature=plcp</a></p>
<b>More support for parents: Parent to parent resources</b>	<p><b>Families Empowered and Supporting Treatment of Eating Disorders:</b> <a href="http://www.feast-ed.org">www.feast-ed.org</a></p> <p>FEAST live online Forum - <b>Around the Dinner Table:</b> <a href="http://www.feast-ed.org/Forum.aspx">http://www.feast-ed.org/Forum.aspx</a></p> <p>Around the dinner table (ATDT)<b>Hall of Fame</b> <a href="https://sites.google.com/site/aroundthedinnertablehof/">https://sites.google.com/site/aroundthedinnertablehof/</a></p>
	<p><b>Anorexia and other eating disorders: How to help your child eat well and be well</b> Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers. Eva Musby. UK. <a href="http://evamusby.co.uk/">http://evamusby.co.uk/</a></p>
	<p><b>How to Help your Anorexic Daughter Eat. One More Mum’s Blog post: Sept 16, 2013:</b> <a href="http://onemoremum.wordpress.com/2013/09/16/how-to-help-your-anorexic-daughter-eat/">http://onemoremum.wordpress.com/2013/09/16/how-to-help-your-anorexic-daughter-eat/</a></p>