

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

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