

Resources for Professionals

Educating yourself about the illness can help you support a person with an eating disorder, take care of yourself and learn about other people's experiences.

Here are some resources that you may find useful:

Websites:

National Eating Disorders Collaboration

www.nedc.com.au

The Butterfly Foundation

www.thebutterflyfoundation.org.au

Australia & New Zealand Academy for Eating Disorders (ANZAED)

<http://www.anzaed.org.au/>

Health at Every Size

<https://haescommunity.com>

BEDA: Binge Eating Disorder Association

www.bedaonline.com

Academy for Eating Disorders

www.aedweb.org

If Not Dieting, Then What?

www.ifnotdieting.com.au

Dieticians Association of Australia – DAA

www.daa.asn.au

Mental Health First Aid – MHFA

<https://mhfa.com.au/>

How Far is Too Far?

www.howfaristooofar.org.au

Head Space

www.headspace.org.au

The Centre for Mindful Eating

www.tcme.org

Centre for Clinical Interventions

www.cci.health.wa.gov.au

Something Fishy

www.something-fishy.org

Treating Eating Disorders

www.treatingeatingdisorders.com

Bodywhys – The Eating Disorders Association of Ireland

www.bodywhys.ie

Eating Disorder Hope

www.eatingdisorderhope.com

Eating Disorders Victoria

<https://www.eatingdisorders.org.au/>

Best Drug Rehabilitation – Eating Disorders

<http://www.bestdrugrehabilitation.com/anorexia-nervosa-bulimia-and-eating-addictions/>

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/>



Mental Health First Aid

<https://mhfa.com.au/>

**Eating Disorders Association
(Queensland)**

<http://eda.org.au/>

**BRIDGES. Eating Disorders Association
of Western Australia**

<http://www.bridges.net.au/>

**Child and Adolescent Health Service
(Western Australia)**

<http://pmh.health.wa.gov.au/services/eating-disorders/>

Beating Eating Disorders (UK)

<https://www.beateatingdisorders.org.uk/>

Reaching Out (Australia)

<https://au.reachout.com/>

**Bodywhys – The Eating Disorders
Association of Ireland**

<https://www.bodywhys.ie/>

Recovery resources

<https://recoveryresources.com.au/>

Beyond Blue

<https://www.beyondblue.org.au/>

Health not diets

<http://www.healthnotdiets.com/>

**Marci Evans Nutrition for Eating
Disorders**

<https://marcird.com/>

**Tara Macgregor – Free Newsletter for
Professionals and other resources**

<http://taramacgregor.com.au/>

The mindful dietitian

<http://www.themindfuldietitian.com.au/>

Podcasts:

Dietitians unplugged

<http://dietitiansunplugged.libsyn.com/>

Books:

Eating Disorders: The Facts, 7th edition

Author: Suzanne Abraham

**Everybody's Different: A positive
approach to teaching about health,
puberty, body image, nutrition, self-
esteem and obesity prevention**

Author: Jenny O'Dea

**Eating Disorders: Advances in
Psychotherapy**

Authors: Stephen Touyz, Janet Polivy and
Phillipa Hay

**Interventions for Body Image and
Eating Disorders: Evidence and
Practice**

Authors: Susan Paxton and Phillipa Hay

**Bulimia Nervosa and Binge Eating: A
Guide to Recovery**

Author: Peter J. Cooper

**Gaining: The Truth About Life After
Eating Disorders**

Author: Aimee Liu

**Cognitive Behavioural Therapy and
Eating Disorders**

Author: Christopher Fairburn

**Cognitive Behavioural Therapy for
Eating Disorders: A Comprehensive
Treatment Guide**

Author: Glenn Waller

**Eating Disorders: Cognitive
Behaviour Therapy with Children and**

Young People

Author: Simon Gowers & Lynne Green

Treating Bulimia in Adolescents: A Family-Based Approach

Author: Daniel le Grande & James Lock

Treatment Manual for Anorexia Nervosa; a Family-Based Approach

Author: James Lock, Daniel le Grande, Stewart Agras, Christopher Dare

The Clinicians Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method

Author: Janet Treasure, Ulrike Schmidt, Pam MacDonald

Handbook of Eating Disorders – Treatment, Theory and Research, 2nd edition

Author: Janet Treasure, Ulrike Schmidt and Eric van Furth

Motivational Interviewing – Preparing people for Change, 3rd edition

Author: William Miller and Stephen Rollnick

Biting the Hand that Starves You: Inspiring Resistance to Anorexia/Bulimia

Author: Richard Maisel, David Epston & Ali Borden

Medical Management of Eating Disorders, 2nd edition

Author: C. Laird Birmingham & Janet Treasure

Eating Disorders: A guide to Medical Care and Complications, 2nd edition

Author: Philip Mehler & Arnold Andersen

The Non-Diet Approach Guidebook for Dietitians: A How-To Guide for Applying the Non-Diet Approach in Individualised Dietetic Counselling

Author: Fiona Willer

8 Keys to Recovery from an Eating Disorder

Author: Carolyn Costin, Gwen Schubert Grabb

Nervosa: a survival guide for families, friends and sufferers, 2nd edition

Author: Janet Treasure

Eating Disorders and The Brain

Author: Brian Lask & Ian Frampton

Eating Disorders in Childhood and Adolescence, 4th edition

Author: Bryan Lask & Rachel Bryant-Waugh

Overcoming Binge Eating, 2nd edition

Author: Christopher Fairburn

Overcoming Bulimia Nervosa and Binge-Eating: a Self Help Guide Using Cognitive-Behavioral Techniques

Author: Peter Cooper

