

Chapter 12

Eating disorders

ADDITIONAL RESOURCES

YouTube, as usual, has range of relevant thoughtful videos. Just type in anorexia or bulimia and the list is endless. Here are some interesting highlights...

Here is an ex-patient talking about her experiences of hospital care, the feeding phase, in a specialist unit. A nice insight into the experience:

<https://www.youtube.com/watch?v=3Dan6-8YhV8>

Ted Talks: the danger here is that these talks are given by bright, beautiful, and confident presenters, who may not always represent the totality of the experiences of people with eating disorders. That said, they are both highly rated by viewers and seen as articulate presenters of their problems:

<https://www.youtube.com/watch?v=gZpcTVqpaPw>
https://www.youtube.com/watch?v=2E4_m5dUE9s

It's a lecture, but there is nice detail on the neurological processes in eating disorders:

<https://www.youtube.com/watch?v=KhjPHJjmCHw>

Bulimia effects men too...

<https://www.youtube.com/watch?v=GEHoZq3H9l4>

Even more dangerous than other eating disorders... diabulimia

<https://www.youtube.com/watch?v=tSLjM6cZaTo>

Try also reading...

Three books by leading UK experts on treating eating disorders:

Fairburn, C.G. (2013). Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop. Guilford.

Schmidt, U., Startup, H. & Treasure, J. (2018) A Cognitive-Interpersonal Therapy Workbook for Treating Anorexia Nervosa: The Maudsley Model. Routledge.

Treasure, J., Smith, G. & Crane, A. (2016). Skills-based Caring for a Loved One with an Eating Disorder: The New Maudsley Method. Routledge.