

THE RENFREW CENTER FOUNDATION

Booklist & Resources

Hope, Help & Healing



www.renfrewcenter.com

MISSION STATEMENT

The Renfrew Center and The Renfrew Center Foundation are dedicated to treatment, training, research, prevention and advocacy in the field of eating disorders. In a warm and nurturing environment, we provide adolescent girls and women with the skills and support needed to recover from anorexia, bulimia and binge eating disorders, and to create meaningful, satisfying lives.

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About Renfrew

The Renfrew Center, celebrating its 30th Anniversary, was established in 1985 in Philadelphia as the first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of adolescent girls and women with eating disorders. Today, Renfrew provides a comprehensive range of services in California, Connecticut, Florida, Georgia, Illinois, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, Tennessee, and Texas. Programs and services vary by site and include: Residential; Day Treatment; Intensive Outpatient; Group Therapy; Individual, Family and Couples Therapy; and Nutrition Therapy.

The Renfrew Center has treated more than 75,000 individuals with eating disorders. The treatment philosophy emphasizes a respect for the unique psychology of women, the importance of a collaborative therapeutic relationship, and the belief that every woman needs to actively participate in her own recovery.

The Renfrew Center Foundation, founded in 1990, is a non-profit, charitable organization dedicated to advancing the education, prevention, research, advocacy and treatment of eating disorders.

Through its programs, The Renfrew Center Foundation aims to:

- Increase awareness of eating disorders as a public health issue by mobilizing individuals and families in recovery and by spreading its body of knowledge across the nation.
- Educate decision makers, including governmental agencies and the media, about the dangers of eating disorders.
- Train professionals in the assessment, treatment and prevention of eating disorders and body image disturbance.
- Research the pathology, recovery patterns and effective treatment options for eating disorders and body image disturbance.
- Raise scholarship funds for those who might otherwise not be able to afford treatment.

Individuals can become more involved with The Foundation's efforts through education and advocacy campaigns and by donating funds to support our programs and scholarships for treatment. Together, with your help, we can build a future where women, men and children have the hope for a healthy life free from eating disorders. For information about The Renfrew Center's services and supporting The Renfrew Center Foundation, please visit www.renfrewcenter.com.

Renfrew's Educational Materials

The Renfrew Center Foundation offers a full array of educational materials for schools, community groups, government and professional practices. A few examples of the educational resources we offer are:

- Renfrew's Treatment Program Brochure
- Renfrew's Learning the Basics: An Introduction To Eating Disorders & Body Image Issues Brochure
- *Connections*: Renfrew's alumni community newsletter, published twice a year, for people in recovery from an eating disorder
- *Perspectives*: Renfrew's professional journal, published twice a year, includes articles from professionals around the world on special topics related to eating disorders
- Eating Disorders: Signs & Symptoms Flyer
- Do I Respect My Body Quiz
- Do You Have A Healthy Relationship With Food Quiz
- Reaching Out to Someone Who May Have an Eating Disorder Flyer
- Do I Contribute to Another's Eating Disorder Flyer
- Helping Someone Readjust After Treatment Flyer
- Tips for Kids Flyer
- Prevention Tips for Parents Flyer
- Steps to Help Professionals Make a Difference in Schools Flyer
- Ten Things Coaches & Trainers Can Do to Help Prevent Eating Disorders in Their Athletes Flyer
- Renfrew's Treatment Program DVD
- Eating Disorder Assessment For Doctors & Nurses

Please visit www.renfrewcenter.com to download these free resources.

Professional Resources

A Collaborative Approach to Eating Disorders

JUNE ALEXANDER & JANET TREASURE, PhD, FRCPsych

Health at Every Size: The Surprising Truth About Your Weight

LINDA BACON, PhD

Four Ways to Click: Rewire Your Brain for Stronger,
More Rewarding Relationships

AMY BANKS, MD & LEIGH ANN HIRSCHMAN

Wired to Connect: The Surprising Link Between Brain Science
and Strong, Healthy Relationships

AMY BANKS, MD & LEIGH ANN HIRSCHMAN

Unified Protocol for Transdiagnostic Treatment of
Emotional Disorders: Therapist Guide

DAVID H. BARLOW, PhD, & TODD FARCHIONE, PhD

Unified Protocol for Transdiagnostic Treatment of
Emotional Disorders: Workbook

DAVID H. BARLOW, PhD, KRISTEN K. ELLARD, & COLLEAGUES

Eating Disorders, Addictions and Substance Use Disorders:
Research, Clinical and Treatment Perspectives

TIMOTHY D. BREWERTON, MD, LLC & AMY BAKER DENNIS, PhD

Cognitive Behavior Therapy and Eating Disorders

CHRISTOPHER G. FAIRBURN, DM, FRCPsych, FMedSci

Overcoming Binge Eating

CHRISTOPHER G. FAIRBURN, DM, FRCPsych, FMedSci

Binge Eating: Nature, Assessment, and Treatment

CHRISTOPHER G. FAIRBURN, DM, FRCPsych, FMedSci
& G. TERENCE WILSON, PhD

In a Different Voice: Psychological Theory and Women's Development

CAROL GILLIGAN, PhD

Psychotherapy with African American Women:
Innovations in Psychodynamic Perspectives & Practice
LESLIE C. JACKSON, PhD & BEVERLY GREENE, PhD

The Treatment of Eating Disorders: A Clinical Handbook
CARLOS M. GRILO, PhD & JAMES E. MITCHELL, MD

Nutrition Counseling in the Treatment of Eating Disorders
MARCIA HERRIN EdD, MPH, RD, LD & MARIA LARKIN, MED, RD, LD

Doing What Works: An Integrative System for the Treatment
of Eating Disorders From Diagnosis to Recovery
ABIGAIL HORVITZ NATENSHON, MA, LCSW, GCFP

Counseling Tips for Nutrition Therapists
MOLLY KELLOGG, RD, LCSW

Comprehensive Learning Teaching Handout Series
for Eating Disorders
SONDRA KRONBERG, MS, RD, CDN, CEDRD

Eating Disorders and the Brain
BRYAN LASK, MD, FAED, & IAN FRAMPTON

Treating Bulimia in Adolescents: A Family-Based Approach
DANIEL LE GRANGE, PhD & JAMES LOCK, MD, PhD

Self-Harm Behavior and Eating Disorders:
Dynamics, Assessment, and Treatment
JOHN L. LEVITT, PhD, RANDY A. SANSONE, MD & LEIGH COHN, MAT, CEDS

Treatment Manual for Anorexia Nervosa –
A Family-Based Approach, Second Edition
JAMES LOCK, MD, PhD, & DANIEL LE GRANGE, PhD,

Effective Clinical Practice in the Treatment of Eating Disorders:
The Heart of the Matter
MARGO MAINE, PhD, WILLIAM N. DAVIS, PhD & JANE SHURE, PhD, LCSW

Professional Resources

(continued)

Treatment of Eating Disorders: Bridging the Research-Practice Gap

MARGO MAINE, PhD, BETH HARTMAN McGILLEY, PhD
& DOUGLAS BUNNELL, PhD

Beyond a Shadow of a Diet: The Therapist's Guide to
Treating Compulsive Eating Disorders

JUDITH MATZ, LCSW & ELLEN FRANKEL, LCSW

Eating Disorders: A Guide to Medical Care and Complications

PHILIP S. MEHLER, MD & ARNOLD E. ANDERSON, MD

Binge Eating Disorder: Clinical Foundations and Treatment

JAMES E. MITCHELL, MD, MICHAEL J. DEVLIN, MD, MARTINA de ZWAAN, MD,
SCOTT J. CROW, MD & CAROL B. PETERSON, PhD

The Body Remembers: The Psychophysiology of Trauma
and Trauma Treatment

BABETTE ROTHSCHILD, MSW, LCSW

Dialectical Behavior Therapy for Binge Eating and Bulimia

DEBRA L. SAFER, MD, CHRISTY F. TELCH, PhD & EUNICE Y. CHEN, PhD

ADA Pocket Guide to Eating Disorders

JESSICA SETNICK, MS, RD/LD, GSSD

EMDR: The Breakthrough "Eye Movement" Therapy for
Overcoming Anxiety, Stress, and Trauma

FRANCINE SHAPIRO, PhD & MARGOT SILK FORREST

Mindsight

DANIEL J. SIEGEL, MD

The Mindful Therapist: A Clinician's Guide to Mindsight
and Neural Integration

DANIEL J. SIEGEL, MD

The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT, First Edition

TIMOTHY SISEMORE, PhD

Casebook of Evidence-Based Therapy for Eating Disorders

HEATHER THOMPSON-BRENNER, PhD, FAED

The Clinician's Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method

JANET TREASURE, PhD, FRCPsych, ULRIKE SCHMIDT, MRCPsych & PAM MACDONALD, PhD

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

BESSEL VAN DER KOLK, MD

How Connections Heal: Stories from Relational-Cultural Therapy

MAUREEN WALKER, PhD & WENDY B. ROSEN, PhD

The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment

KATHRYN ZERBE, MD

Integrated Treatment of Eating Disorders: Beyond the Body Betrayed

KATHRYN ZERBE, MD

Sociological & Historical Resources

Body, Self and Society: The View from Fiji

ANNE E. BECKER, MD, PhD

Unbearable Weight: Feminism, Western Culture, and the Body

SUSAN BORDO, PhD

The Obsession: Reflections on the Tyranny of Slenderness

KIM CHERNIN

Feminist Perspectives on Eating Disorders

PATRICIA FALLON, PhD, MELANIE A. KATZMAN, PhD & SUSAN C. WOOLEY, PhD

The Body Project: An Intimate History of American Girls

JOAN JACOBS BRUMBERG, PhD

Fasting Girls: The History of Anorexia Nervosa

JOAN JACOBS BRUMBERG, PhD

Can't Buy Me Love: How Advertising Changes the Way
We Think and Feel

JEAN KILBOURNE, EdD

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness

MARGO MAINE, PhD

Perfect Girls, Starving Daughters: The Frightening New
Normalcy of Hating Your Body

COURTNEY E. MARTIN, MA

Fat Is a Feminist Issue: The Anti-Diet Guide For Women

SUSIE ORBACH, PhD, MA

Individuals in Recovery and Self-Help

The Dialectical Behavior Therapy Skills Workbook for Bulimia:
Using DBT to Break the Cycle and Regain Control of Your Life

ELLEN ASTRACHAN-FLETCHER, PhD & MICHAEL MASLAR, PsyD

Body Image Workbook: An Eight-Step Program for
Learning to Like Your Looks

THOMAS F. CASH, PhD

The Overcoming Bulimia Workbook

RANDI E. McCABE, PhD, TRACI McFARLANE, PhD & MARION P. OLMSTED, PhD

Crave: Why You Binge Eat and How to Stop

CYNTHIA M. BULIK, PhD

Eating Disorder Sourcebook: A Comprehensive Guide to the Cases,
Treatments, and Prevention of Eating Disorders

CAROLYN COSTIN, MA, MEd, MFCC

Overcoming Overeating: How to Break the Diet/Binge Cycle and
Live a Healthier, More Satisfying Life

JANE R. HIRSCHMANN, MSW & CAROL H. MUNTER

Finding Your Voice Through Creativity:
The Art and Journaling Workbook for Disordered Eating

MINDY JACOBSON-LEVY, MCAT, ATR-BC, LPC
& MAUREEN FOY-TORNAY, MA, ATR-BC, LPC

Life Beyond Your Eating Disorder: Reclaim Yourself,
Regain Your Health, Recover for Good

JOHANNA KANDEL, BA

Moving Away from Diets: New Ways to Heal Eating Problems
& Exercise Resistance

KARIN KRATINA, MA, RD, LD, NANCY L. KING, MS, RD, CDE
& DAYLE HAYES, MS, RD, LD

Individuals in Recovery and Self-Help

(continued)

On Eating: Change Your Eating Change Your Life

SUSIE ORBACH, PhD, MA

The Mindfulness & Acceptance Workbook for Bulimia:
A Guide to Breaking Free from Bulimia Using Acceptance
& Commitment Therapy

EMILY K. SANDOZ, PhD, KELLY G. WILSON, PhD & TROY DUFRENE

Breaking Free from Emotional Eating

GENEEN ROTH

The Listening Hand: Self-Healing Through
The Rebenfeld Synergy Method of Talk and Touch

ILANA RUBENFELD

Life Without Ed: How One Woman Declared Independence from
Her Eating Disorder and How You Can Too

JENNI SCHAEFER & THOM RUTLEDGE, LCSW

Revolution from Within: A Book of Self-Esteem

GLORIA STEINEM

Intuitive Eating: A Revolutionary Program That Works

EVELYN TRIBOLE, MS, RD & ELYSE RESCH, MS, RD, FADA

Body Image

The Woman in the Mirror: How to Stop Confusing
What You Look Like with Who You Are

CYNTHIA M. BULIK, PhD

Encyclopedia of Body Image and Human Appearance (Available Online)

THOMAS F. CASH, PhD

Body Image, Second Edition:
A Handbook of Science, Practice, and Prevention

THOMAS F. CASH, PhD & LINDA SMOLAK, PhD

Experiential Therapies for Eating Disorders

LYNNE M. HORNYAK, PhD & ELLEN K. BAKER, PhD

Acceptance & Commitment Therapy for Body Image Dissatisfaction

ADRIA PEARSON, PhD, MICHELLE HEFFNER, PhD & VICTORIA FOLLETTE, PhD

The Broken Mirror: Understanding and Treating
Body Dysmorphic Disorder

KATHARINE A. PHILLIPS, MD

Yoga from the Inside Out – Making Peace with
Your Body Through Yoga

CHRISTINA SELL

The Body Image Workbook for Teens: Activities to Help Girls
Develop a Healthy Body Image in an Image-Obsessed World

JULIA V. TAYLOR, MA

Cognitive-Behavioral Therapy for Body Dysmorphic Disorder:
A Treatment Manual

SABINE WILHELM, PhD, KATHARINE A. PHILLIPS, MD & GAIL STEKETEE, PhD

Spirituality

Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors and Storytelling

ANITA JOHNSTON, PhD

Starving for Salvation: The Spiritual Dimensions of Eating Problems among American Girls and Women

MICHELLE MARY LELWICA, PhD

Give Food a Chance

JULIE O'TOOLE, MD, MPH, CEDS

Healing Your Hungry Heart: Recovering from Your Eating Disorder

JOANNA POPPINK, MFT

Women Food and God: An Unexpected Path to Almost Everything

GENEEN ROTH

Personal Stories

This Mean Disease: Growing Up in the Shadow of
My Mother's Anorexia Nervosa

DANIEL BECKER, MA

Bulimia: A Guide to Recovery

LINDSEY HALL, CEDS & LEIGH COHN, MAT, CEDS

Gaining: The Truth About Life After Eating Disorders

AIMEE LIU

A Starving Madness: Tales of Hunger,
Hope & Healing in Psychotherapy

JUDITH RUSKAY RABINOR, PhD

Goodbye Ed, Hello Me: Recover From Your Eating Disorder
and Fall in Love with Life

JENNI SCHAEFER

Life Without Ed: How One Woman Declared Independence
from Her Eating Disorder and How You Can Too

JENNI SCHAEFER & THOM RUTLEDGE, LCSW

Families and Friends

Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World

FRANCES M. BERG, MS, LN

Brave Girl Eating: A Family's Struggle with Anorexia

HARRIET BROWN

Eating with Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too

LAURA COLLINS

Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting, and Disordered Eating

CAROLYN COSTIN MA, MEd, MFCC

The Parent's Guide to Childhood Eating Disorders

MARCIA HERRIN, EdD, MPH, RD & NANCY MATSUMOTO

Dads & Daughters: How to Inspire, Understand and Support Your Daughter

JOE KELLY, BS

Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help

JOHANNA MARIE MCGSHANE, PhD & TONY PAULSON, PhD

When Your Child Has an Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers

ABIGAIL H. NATENSHON, MA, LCSW

"I'm, Like, SO Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World

DIANNE NEUMARK-SZTAINER, PhD

The Good Enough Teen: Raising Adolescents with Love and Acceptance (Despite How Impossible They Can Be)

BRAD E. SACHS, PhD

Surviving an Eating Disorder: Strategies for Families and Friends

MICHELE SIEGEL, PhD, JUDITH BRISMAN, PhD & MARGOT WEINSHEL, MSW

The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age

CATHERINE STEINER-ADAIR, EdD & TERESA H. BARKER

Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder

MICHAEL STROBER, PhD & MEG SCHNEIDER, MA, LMSW

Nurturing Good Children Now: 10 Basic Skills to Protect and Strengthen Your Child's Core Self

RON TAFFEL, PhD & MELINDA BLAU

Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method

JANET TREASURE, PhD, FRCPsych, GRÁINNE SMITH
& ANNA CRANE, PhD, FRCPsych

Children & Teens

Real Gorgeous: The Truth About Body & Beauty

KAZ COOKE

Help Your Teenager Beat an Eating Disorder, Second Edition

JAMES LOCK, MD, PhD & DANIEL LE GRANGE, PhD

Shapesville

ANDY MILLS & BECKY OSBORN

What's Eating You? A Workbook for Teens with Anorexia, Bulimia and Other Eating Disorders

TAMMY NELSON, PhD

The Bulimia Workbook for Teens: Activities to Help You Stop Bingeing and Purging

LISA M. SCHAB, LCSW

EveryBODY Color! A Coloring Book for Healing Body Issues

DINA ZECKHAUSEN, PhD

Full Moon, Empty Mouse: A Tale of Food and Feelings

DINA ZECKHAUSEN, PhD

Special Populations

Making Weight: Healing Men's Conflicts With Food, Weight, Shape & Appearance

ARNOLD E. ANDERSEN, MD, LEIGH COHN, MAT, CEDS
& THOMAS HOLBROOK, MD

Males With Eating Disorders

ARNOLD E. ANDERSEN, MD

Lesbians, Levis & Lipstick: The Meaning of Beauty in Our Lives

JEANINE C. COGAN, PhD & JOANIE M. ERICKSON

The Invisible Woman: Confronting Weight Prejudice in America

W. CHARISSE GOODMAN

The Body Myth: Adult Women and the Pressure to be Perfect

MARGO MAINE, PhD & JOE KELLY, BS

Bishvili, For Me: An Orthodox Jewish Guide to Full of Ourselves –
A Wellness Program to Advance Girl Power, Health and Leadership

CATHERINE STEINER-ADAIR, EdD & LISA SJOSTROM

Helping Athletes With Eating Disorders

RON A. THOMPSON, PhD & ROBERTA TRATTNER SHERMAN, PhD

NCAA Coaches Handbook: Managing the Female Athlete Triad

RON A. THOMPSON, PhD & ROBERTA TRATTNER SHERMAN, PhD

Prevention & Curriculum

Preventing Disordered Eating: A Manual to Promote Best Practices for Working with Children, Youth, Families and Communities (all ages)
EATING DISORDER RESOURCE CENTRE OF BRITISH COLUMBIA

Just for Girls: A Program to Help Girls Safely Navigate Adolescence & Avoid Pitfalls Such as Eating Disorders (middle school & up)
SANDRA FRIEDMAN, MA

Just for Girls / Just for Boys
SANDRA FRIEDMAN, MA

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!
KATHY KATER, LCSW

The Prevention of Eating Problems and Eating Disorders: Theory, Research and Practice
MICHAEL P. LEVINE, PhD & LINDA SMOLAK, PhD

Body Wars: Making Peace with Women's Bodies, an Activist's Guide
MARGO MAINE, PhD

GO GIRLS!
NATIONAL EATING DISORDERS ASSOCIATION

Preventing Eating Disorders: A Handbook of Interventions and Special Challenges
NIVA PIRAN, PhD, MICHAEL P. LEVINE, PhD & CATHERINE STEINER-ADAIR, EdD

Full Of Ourselves: A Wellness Program to Advance Girl Power, Health, and Leadership
CATHERINE STEINER-ADAIR, EdD & LISA SJOSTROM

The Body Project: Promoting Body Acceptance and Preventing Eating Disorders: Facilitator Guide
ERIC STICE, PhD, MA, BS & KATHERINE PRESNELL, PhD

Additional Books & Resources can be found
on our website: www.renfrewcenter.com

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To make a donation to support The Renfrew Center,
please visit: www.renfrewcenter.com



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