

**S E C O N D   E D I T I O N**

# Help Your Teenager Beat an Eating Disorder

- Learn why you need to act now
- Find out what the research says about which treatments work
- Take charge of changes in eating habits and exercise
- Put up a united family front to prevent relapse

**James Lock, MD, PhD | Daniel Le Grange, PhD**

# Help Your Teenager Beat An Eating Disorder Second Edition

**Brendan G. Carr**



## **Help Your Teenager Beat An Eating Disorder Second Edition:**

**Help Your Teenager Beat an Eating Disorder, Second Edition** James Lock, Daniel Le Grange, 2015-01-20 Presents evidence that parents who have often been told to take a back seat in eating disorder treatment can and must play a key role in recovery Whether pursuing family based treatment or other options parents learn specific doable steps for monitoring their teen s eating and exercise habits managing mealtimes ending weight related power struggles and collaborating successfully with health care providers [Help Your Teenager Beat an Eating Disorder](#) James Lock, Daniel Le Grange, 2025-05-28 Description Eating disorders are among the most dangerous and misunderstood adolescent mental health problems This trusted groundbreaking resource has helped many tens of thousands of parents play an active role in recovery when their teenager s dieting working out or body image concerns cross the line Treatment experts James Lock and Daniel Le Grange separate fact from myth about anorexia nervosa bulimia nervosa binge eating disorder and avoidant restrictive food intake disorder ARFID Vivid stories show that when families work together to get the most out of treatment and prevent relapse eating disorders can be beat Parents learn specific doable steps for finding the right care monitoring their teen s eating and exercise habits managing family meals ending weight related power struggles and teaming successfully with professionals The revised third edition incorporates key research advances updated treatment recommendations new vignettes and expanded coverage of ARFID Keywords parents guides parenting self help anorexia bulimia nervosa binge eating avoidant restrictive food intake ARFID body image problems adolescents does my child have tweens teens recovery family based treatments therapy families Maudsley method refeeding bingeing and purging boys girls kids orthorexia Provided by publisher **Help Your Teenager Beat an Eating Disorder** James Lock, Daniel Le Grange, 2025-05-19 Eating disorders are among the most dangerous and misunderstood adolescent mental health problems When your teenager shows signs of an eating disorder where can you turn Now in a revised and updated third edition this trusted resource helps you separate fact from myth and play an active role in your child s recovery Treatment experts James Lock and Daniel Le Grange spell out what parents need to know about anorexia nervosa bulimia nervosa binge eating disorder and avoidant restrictive food intake disorder ARFID They guide you step by step to find the right care monitor your teen s eating and exercise habits manage family meals end weight related power struggles and team successfully with professionals The revised third edition incorporates key research and treatment advances new vignettes and expanded coverage of ARFID When families work together to get the most out of treatment and prevent relapse eating disorders can be beat this book is your essential roadmap [Help Your Teenager Beat an Eating Disorder, First Edition](#) James Lock, Daniel Le Grange, 2004-10-26 If your teenager shows signs of having an eating disorder you may hope that with the right mix of love encouragement and parental authority he or she will just snap out of it If only it were that simple To make matters worse certain treatments assume you ve somehow contributed to the problem and prohibit you from taking an active role But as you watch your own teen struggle

with a life threatening illness every fiber of your being tells you there must be some part you can play in restoring your child's health In *Help Your Teenager Beat an Eating Disorder* James Lock and Daniel Le Grange two of the nation's top experts on the treatment of eating disorders present compelling evidence that your involvement as a parent is critical In fact it may be the key to conquering your child's illness *Help Your Teenager Beat an Eating Disorder* provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life sustaining attitudes day by day meal by meal Full recovery takes time and relapse is common But whether your child has already entered treatment or you're beginning to suspect there is a problem the time to act is now This book shows how

**Helping Your Child with Worry and Anxiety** Ann Cox, 2021-07-22 Are you worried about your child's mental health Is your child or teenager showing worrying signs or symptoms Are you waiting for a CAMHS referral or professional treatment for your child *Helping Your Child with Worry and Anxiety* is written by a team of mental health care professionals who have decades of experience working with children and young people If your child is showing signs of anxiety or any related mental health condition if you're thinking about consulting a professional or even on the waiting list to see one this book will have plenty of practical strategies to support both them and you It covers everything from spotting symptoms to managing things at home and how when to seek further help if you think it might be necessary It offers advice and insight into almost every possible anxiety related condition your child might experience including Worry Fears and phobias Worries about eating and eating disorders Anxiety and self harm Separation and social anxiety Obsessive compulsive behaviours There are plenty of suggestions for how to help manage your own physical and mental health during challenging times too Most importantly you can feel confident and safe as you support your child as the advice in this book comes directly from experts with a speciality in each area who have first hand experience of working with children and young people in the healthcare system

**Family Therapy for Adolescent Eating and Weight Disorders** Katharine L. Loeb, Daniel Le Grange, James Lock, 2015-03-27 Family based treatment FBT for eating disorders is an outpatient therapy in which parents are utilized as the primary resource in treatment The therapist supports the parents to do the work nurses would have done if the patient were hospitalized to an inpatient refeeding unit and are eventually tasked with encouraging the patient to resume normal adolescent development In recent years many new adaptations of the FBT intervention have been developed for addressing the needs of special populations This informative new volume chronicles these novel applications of FBT in a series of chapters authored by the leading clinicians and investigators who are pioneering each adaptation

*Treating Bulimia in Adolescents* Daniel Le Grange, James Lock, 2009-06-19 An indispensable clinical resource this groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa The authors draw on their proven approach to treating anorexia nervosa in the family context and adapt it to the unique needs of this related yet distinct clinical population Evidence based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors

under control while also addressing co occurring psychological problems and parent child relationship conflicts Highly practical the book shows exactly how to carry out this time limited therapy and what to do when problems arise Special features include annotated session transcripts and answers to frequently asked questions Help Your Teenager Beat an Eating Disorder James Lock,Daniel Le Grange,2004-10-29 If your teenager shows signs of having an eating disorder you may hope that with the right mix of love encouragement and parental authority he or she will just snap out of it If only it were that simple To make matters worse certain treatments assume you ve somehow contributed to the problem and prohibit you from taking an active role But as you watch your own teen struggle with a life threatening illness every fiber of your being tells you there must be some part you can play in restoring your child s health In Help Your Teenager Beat an Eating Disorder James Lock and Daniel Le Grange two of the nation s top experts on the treatment of eating disorders present compelling evidence that your involvement as a parent is critical In fact it may be the key to conquering your child s illness Help Your Teenager Beat an Eating Disorder provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life sustaining attitudes day by day meal by meal Full recovery takes time and relapse is common But whether your child has already entered treatment or you re beginning to suspect there is a problem the time to act is now This book shows how **Adolescent-Focused Therapy for Anorexia Nervosa** James Lock,2020-04-01 From pioneering family based treatment developer James Lock this is the first comprehensive guide to adolescent focused therapy AFT for anorexia nervosa AN an evidence based individual approach AFT is an effective alternative to family based treatment that may be a better fit for some patients Lock explains how AN serves as a maladaptive response to developmental challenges of adolescence He presents a manualized framework for helping adolescents find more adaptive coping strategies manage difficult emotions and develop greater autonomy and a stronger sense of self while reducing risky behaviors and restoring weight AFT emphasizes the therapist patient alliance and involves parents in a supportive role Rich case material and sample dialogues illustrate how to implement each phase of the approach AFT is recognized as a best practice for the treatment of anorexia nervosa in adolescents by the U K National Institute for Health and Care Excellence NICE **What Works with Children, Adolescents, and Adults?** Alan Carr,2008 What Works with Children Adolescents and Adults provides an up to date review of research on the effectiveness of psychotherapy and psychological interventions with children adolescents adults people in later life and people with intellectual and pervasive developmental disabilities Drawing on recent meta analyses systematic reviews and key research studies in psychotherapy this volume presents evidence for the overall effectiveness and cost effectiveness of psychotherapythe contribution of common factors to the outcome of successful psy The Encyclopedia of Obesity and Eating Disorders, Third Edition Dana K. Cassell,David H. Gleaves,2009 The Encyclopedia of Obesity and Eating Disorders Third Edition is more relevant now than ever before *Global Emergency of Mental Disorders* Jahangir Moini,Justin Koenitzer,Anthony LoGalbo,2021-05-18 *Global*

Emergency of Mental Disorders is a comprehensive yet easy to read overview of the neurodevelopmental basis of multiple mental disorders and their accompanying consequences including addiction suicide and homelessness Compared to other references that examine the treatment of psychiatric disorders this book uniquely focuses on their neurodevelopment It is designed for neuroscience psychiatry psychology students and various other clinical professions With chapters on anxiety depression schizophrenia and others this volume provides information about incidence prevalence and mortality rates in addition to developmental origins With millions worldwide affected this book will be an invaluable resource Explores psychiatric disorders from a neurodevelopmental perspective Covers multiple disorders including anxiety depression and obsessive compulsive disorder Examines the brain mechanisms that underly disorders Addresses the opioid epidemic and suicide Reviews special patient populations by gender and age *The Psychologist* ,2005 *The British National Bibliography* Arthur James Wells,2006 *American Book Publishing Record* ,2006 Book Review Index Cumulation Dana Ferguson,2005-09 Book Review Index provides quick access to reviews of books periodicals books on tape and electronic media representing a wide range of popular academic and professional interests The up to date coverage wide scope and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool More than 600 publications are indexed including journals and national general interest publications and newspapers Book Review Index is available in a three issue subscription covering the current year or as an annual cumulation covering the past year Parliamentary Debates (Hansard). Great Britain. Parliament. House of Commons,2012 Comfort ,1921

**When Your Teen Has an Eating Disorder** Lauren Muhlheim,2018-09-01 If your teen has an eating disorder such as anorexia bulimia or binge eating you may feel helpless worried or uncertain about how you can best support them That s why you need real proven effective strategies you can use right away Whether used in conjunction with treatment or on its own this book offers an evidence based approach you can use now to help your teen make healthy choices and stay well in body and mind When Your Teen Has an Eating Disorder will empower you to help your teen using a unique family based treatment FBT approach With this guide you ll learn to respectfully and lovingly oversee your teen s nutritional rehabilitation which includes helping to normalize eating behaviors managing meals expanding food flexibility teaching independent and intuitive eating habits and using coping strategies and recovery skills to prevent relapse In addition to helping parents and caregivers this book is a wonderful resource for mental health professionals teachers counselors and coaches who work with parents of and teens with eating disorders It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment As a parent feeding your child is a fundamental act of love it has been from the start However when a child is affected by an eating disorder parents often lose confidence in performing this basic task This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal **The Lutheran Observer** ,1901

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