

**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

**Ann Cox**



## **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

**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 *The*

*Parent's Guide to Eating Disorders* Marcia Herrin, Nancy Matsumoto, 2010-02-01 The Parent's Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time effort and love Based on exciting new research it differs from similar books in several key ways Instead of concentrating on the grim expensive hospital stays of patients with severe disorders the authors focus on the family teaching parents how to examine and understand their family's approach to food and body image issues and its effect their child's behavior Parents learn to identify an eating disorder early to establish healthy attitudes toward food at a young age and to intervene in a nonthreatening nonjudgmental way The authors concentrate on teens the age group most often affected by eating disorders as well as younger children Individual chapters cover boys at risk relapse training dealing with friends school and summer camp and much more The book includes an appendix and sections on further reading organizations and websites residential and hospital programs and references

**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

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[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

**How to Nourish Your Child Through an Eating Disorder** Casey Crosbie, Wendy Sterling, 2018-07-24 Help your child eat normally again Parents are the first to know when their child starts behaving differently Has your son stopped eating his favorite food or does he refuse to eat out with friends Has your daughter drastically increased her exercise regimen or become obsessed with health foods These are among the telltale signs that your child like millions of others may have an eating disorder ED In this essential guide registered dietitians Casey Crosbie and Wendy Sterling introduce an all new strategy you can use to help your child at home The Plate by Plate approach is rooted in family based treatment FBT the leading psychological therapy for EDs Unlike complicated exchange systems this is simple Crosbie and Sterling coach you

through every aspect of meeting your child's nutritional needs using just one tool a ten inch plate Paired with therapy this intuitive visual method is the best way to support your child on the path to recovery Plus the authors cover how to talk about diet and weight what to do while traveling what to expect from your child's doctor and much more **The Psychologist**

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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 **Comfort** ,1921 **Parliamentary Debates (Hansard)**. Great Britain. Parliament. House of Commons,2012 *Forthcoming Books* Rose Arny,1999 **The Lutheran Observer** ,1901

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