Bibliotherapy

Reading Therapy, guiding you on your journey to recovery

Eating Disorders

Lancashire Care NHS Foundation Trust
Library & Information Service
http://lancashirecare.wordpress.com
Bibliotherapy for Eating Disorders

**NICE** recommends Bibliotherapy for Eating Disorders as part of a Stepped Care Programme

Recent NICE guidelines on depression, anxiety & eating disorder concluded that there is A-grade evidence for the effectiveness of self-help books. ‘Bibliotherapy’ can be used:

- as a stand-alone treatment
- as complementary to a pharmacological approach
- as supplementary to a psychological approach
- as a key element in a supported programme


**CG9 Eating disorders: information for the public** - the information in this booklet has been written chiefly for people with eating disorders, it may also be useful for family members, those who care for people with eating disorders, advocates for people with eating disorders, and anyone with an interest in eating disorders or in healthcare in general.

[http://guidance.nice.org.uk/CG9/PublicInfo/pdf/English](http://guidance.nice.org.uk/CG9/PublicInfo/pdf/English)

**What is Bibliotherapy?**

*Simply stated, Bibliotherapy can be defined as the use of books to help people solve problems, it utilizes books as a therapeutic tool. Can be incorporated into a treatment program and can even become an integral part of treatment.*

**Books**

Barter, Constance (2010) *Mealtimes and Milestones: a teenager's diary of moving on from anorexia*, Robinson Publishing - **Review**: This inspirational diary will help and inspire other sufferers to seek help and overcome their illness as well as providing an invaluable insight into the nature of the illness to families and friends.


Fairburn, Christopher (1995) *Overcoming binge eating*, Guildford Press - **Review**: I bought this book in desperation when I was completely unable to control my eating. A month later I am (usually!) eating 3 regular meals and 3 small snacks a day.

Feigenbaum, Naomi (2009), *One Life: Hope, healing and inspiration on the path to recovery from eating disorders*, Jessica Kingsley Publishers - **Review**: In sharing her personal recovery path, Naomi offers personal insights about eating disorders while sharing tools for treatment and recovery.

Freeman, Christopher (2002) *Overcoming anorexia nervosa: A self-help guide using cognitive behavioural techniques*, Robinson Publishing - **Review**: It complemented the work my therapist did with me and helped me to gain real insight into the thinking patterns I needed to change in order to recover - and actually helped me to do this!
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Gower, Simon & Green, Lynne (2009) *Eating Disorders: cognitive behavioural therapy with children and young adults*, Routledge - **Review:** ‘This practical text will be essential reading for mental health professionals, paediatric teams and those in primary care working with children and adolescents with eating disorders. It will benefit those working with sufferers themselves and families who have difficulty understanding the disorder’.

Middleton, Kate (2010) *First steps out of eating disorders*, Lion Hudson - **Review:** Describes common issues those with eating disorders face, and what to do about getting better, the book is written primarily for sufferers.

Middleton, Kate (2007) *Eating disorders the path to recovery*, Lion Hudson - **Review:** I was still in a lot of denial about the way that anorexia was starting to take control of my life. This book really helped me in the beginning to recognise and understand what was happening to me and most importantly how much I needed to ask for help if I was going to be able to begin and sustain the journey towards recovery.


Schaefer, Jenni (2009) *Goodbye Ed, hello me: recover from your eating disorder and fall in love with life*, McGraw-Hill Contemporary - **Review:** This book is absolutely amazing. Having struggled with an eating disorder, it really showed me that there is life after an eating disorder.

Schaefer, Jenni (2004) *Life Without Ed: how one woman declared independence from her eating disorder and how you can too*, McGraw-Hill Contemporary - **Review:** I have read alot of eating disorders books and I feel that this is one that really helped me through my recovery and understood me in a way no other book did.

Treasure, Janet (1997) *Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers*, Psychology Press - **Review:** At this point in my life I am struggling to keep my weight high enough to stay out of hospital. This book has definitely made a huge impression on me and is the only one I have read that has helped.

Waller, Glen (2007) *Cognitive Behavioral Therapy for Eating Disorders: A Comprehensive Treatment Guide*, Cambridge University Press - **Review:** This is a very readable account of CBT for eating disorders which makes it sound both therapist and client friendly.

Waller, Glen et al. (2010) *Beating you’re eating disorder: a cognitive-behavioral self-help guide for adult sufferers and their carers*, Cambridge University Press - **Review:** 'Decades of clinical experience come to light in this plain-speaking self-help text for both sufferers and carers ... the book is infused with hope for recovery provided the reader is prepared to dig-in and do the work necessary for a successful self-help journey.'

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*Reading is a healing experience*
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**Self-Help Guides**

- **BBC & B-eat – Understanding eating disorders**
  [http://downloads.bbc.co.uk/headroom/eating/eating.pdf](http://downloads.bbc.co.uk/headroom/eating/eating.pdf)

- **B-eat – Information sheets for you to download**
  [http://www.b-eat.co.uk/Publications/InformationSheets](http://www.b-eat.co.uk/Publications/InformationSheets)

- **Northumberland Tyne & Wear NHS Foundation Trust – Eating disorders a self-help guide**

**Mental Health Foundation**

All about Anorexia Nervosa
[http://www.mentalhealth.org.uk/publications/?EntryId5=43109](http://www.mentalhealth.org.uk/publications/?EntryId5=43109)

All about Bulimia Nervosa
[http://www.mentalhealth.org.uk/publications/?EntryId5=43112](http://www.mentalhealth.org.uk/publications/?EntryId5=43112)

**The Royal College of Psychiatrists**

[http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/eatingdisorders.aspx](http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/eatingdisorders.aspx)

**Young Minds**

**Eating well & feeling good** - A guide to understanding more about the link between food and mental health.

**Worried about a young person’s eating problems?** -
[http://www.dawsonmarketing.co.uk/youngminds/shop/prod_view.asp?stockid=L07](http://www.dawsonmarketing.co.uk/youngminds/shop/prod_view.asp?stockid=L07)
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Websites

**Anorexia & Bulimia Care** – Anorexia and Bulimia Care (ABC) has been in existence in its present form since 1989. It is a national organisation run for anyone who is suffering because of eating disorders: sufferers, their families, carers and professionals.

http://www.anorexiabulimiacare.co.uk/

**B-eat** – B-eat is the leading UK charity for people with eating disorders and their families. Beat is the working name of the Eating Disorders Association.

http://www.b-eat.co.uk/Home

**BBC – Headroom** – Eating Disorders & Bulimia information and links

http://www.bbc.co.uk/headroom/emotional_health/bulimia.shtml

**Eating Disorder Expert** – EatingDisorderExpert was formed to offer a unique reference point on eating disorders; diagnosis, signs, causes, risks and treatments.

http://www.eatingdisorderexpert.co.uk/

**Eating Disorders Research** – The site contains information about anorexia, bulimia and other eating disorders, support for families and carers, results of research and details of current research projects.

http://www.iop.kcl.ac.uk/sites/edu/?id=131

**Mental Health Foundation** – This site contains information on eating disorders, causes and treatments and more..

http://www.mentalhealth.org.uk/information/mental-health-a-z/eating-disorders/?locale=en

**MGEDT - Men get eating disorders too** - is a website for men who are affected by anorexia, bulimia, binge eating disorder, compulsive eating and/or exercise and 'Bigorexia'.

http://www.mengetedstoo.co.uk/

**MIND** – Understanding eating distress - Anorexia, bulimia, bingeing and compulsive eating can blight people's lives. This booklet describes the signs of eating distress, explains possible causes and looks at the kinds of treatment available.

http://www.mind.org.uk/help/diagnoses_and_conditions/eating_distress#further

**Young Minds** – The voice for young people’s mental health and wellbeing – advice on eating disorders, booklets and guides to download.