

My Kid is back

Empowering
Parents to Beat
Anorexia Nervosa

June Alexander with Daniel Le Grange

My Kid Is Back Empowering Parents To Beat Anorexia Nervosa

James Lock, Daniel Le Grange



My Kid Is Back Empowering Parents To Beat Anorexia Nervosa:

My Kid Is Back June Alexander, Professor Daniel Le Grange, 2009-04-01 When a child develops anorexia nervosa parents often don't know where to turn for help. My Kid Is Back offers hope and encouragement for parents in fighting this eating disorder. Based on the Maudsley Approach, a successful family-based treatment, this book gives parents techniques for taking charge of the illness and helping their child move on with their lives. This is a practical guide that provides a fuller understanding of anorexia nervosa and information about where to go for help. It also features the stories of ten families who describe how they coped and the journeys they have made in beating the illness. [A Girl Called Tim](#) June

Alexander, 2018-10-01 Growing up on a farm, June Alexander was a happy, energetic child. At age 11, she became consumed by thoughts of losing weight and spent the next 40 years struggling with an inner tormentor which threatened to ruin her health, her family, and her relationships. [A Girl Called Tim](#) is the shocking, painful story of living with an eating disorder and reveals how triumph over this crippling disease is possible. **A Collaborative Approach to Eating Disorders** June

Alexander, Janet Treasure, 2013-03 While many aspects of eating disorders remain a mystery, there is growing evidence that collaboration is an essential element for treatment success. This book emphasises and explains the importance of family involvement as part of a unified team approach towards treatment and recovery. [A Collaborative Approach to Eating Disorders](#) draws on up-to-date evidence-based research as well as case studies and clinical vignettes to illustrate the seriousness of eating disorders and the impact on both the sufferer and their loved ones. Areas of discussion include current research including genetic factors, socio-cultural influences, and early intervention. Clinical applications such as family-based, dialectical, and cognitive-behavioural treatments, treatment developments for both adolescents and adults, with a range of eating disorders, building collaborative alliances at all levels for treatment and ongoing recovery. With contributions from key international figures in the field, this book will be a valuable resource for students and mental health professionals including family doctors, clinicians, nurses, family therapists, dietitians, and social workers. **Anorexia Nervosa** Janet Treasure, June

Alexander, 2013-06-19 The highly respected and widely known [Anorexia Nervosa: A Survival Guide for Sufferers and Friends](#) was written in 1997. This long-awaited new edition builds on the work of the first book, providing essential new and updated research outcomes on anorexia nervosa. It offers a unique insight and guidance into the recovery process for those who suffer from an eating disorder, as well as advice and information for their loved ones. Written collaboratively by both an expert in the field and someone with personal experience of eating disorders, this book offers exceptional understanding of the issues surrounding the illness. Divided into four sections, it includes an outline of anorexia nervosa, coping strategies for sufferers, advice and information for families, carers, and friends, guidelines for professionals who are involved in the sufferer's life. Families, friends, carers, and professionals such as teachers and GPs are encouraged to read all sections in order to fully understand the illness. With an emphasis on collaboration and a layout that enables content to be referenced and read in any

order this book is an essential resource for anyone affected directly or indirectly by anorexia nervosa **Eating Disorders in Children and Adolescents** Daniel Le Grange, James Lock, 2011-09-20 Bringing together leading authorities this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents The book reveals how anorexia nervosa bulimia nervosa and other disorders present differently developmentally and explains their potentially far reaching impact on psychological physical and neurobiological development It provides guidelines for developmentally sound assessment and diagnosis with attention to assessment challenges unique to this population Detailed descriptions of evidence based therapies are illustrated with vivid case examples Promising directions in prevention are also addressed A special chapter offers a parent s perspective on family treatment **Eating Disorders and Obesity** Laura H. Choate, 2015-01-07 Both practical and comprehensive this book provides a clear framework for the assessment treatment and prevention of eating disorders and obesity Focusing on best practices and offering a range of current techniques leaders in the field examine these life threatening disorders and propose treatment options for clients of all ages This text written specifically for counselors benefits from the authors collective expertise and emphasizes practitioner friendly wellness based approaches that counselors can use in their daily practice Parts I and II of the text address risk factors in and sociocultural influences on the development of eating disorders gender differences the unique concerns of clients of color ethical and legal issues and assessment and diagnosis Part III explores prevention and early intervention with high risk groups in school university and community settings The final section presents a variety of treatment interventions such as cognitive behavioral interpersonal dialectical behavior and family based therapy Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications counseling org **The Handbook of Counselling Children & Young People** Sue Pattison, Maggie Robson, Ann Beynon, 2014-11-30 This landmark handbook brings together the fundamentals of counselling children and young people theory research skills and practice It addresses what every successful trainee or practitioner needs to know in a way that is comprehensive accessible and jargon free Divided into four parts it covers theory and practice approaches including chapters on child development person centred psychodynamic CBT Gestalt approaches and more counselling process including chapters on the therapeutic relationship skills groupwork supervision practice issues including chapters on law and policy ethics diversity challenging behaviour practice settings including chapters on health and social care settings school and education multi agency and collaboration Each chapter includes a chapter introduction and summary reflective questions and activities helping trainees to cement their learning With chapters contributed by leading experts and academics in the field this book is essential reading for trainees and practitioners working with children and young people **How to Nourish Your Child Through an Eating Disorder** Casey Crosbie, Wendy Sterling, 2018-08-07 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 [My Kid is Back](#) June Alexander, Daniel Le

Grange, 2025-04-30 When anorexia nervosa AN develops in a child it impacts the entire family However family based treatment FBT offers hope by reinstating fundamental family coping principles empowering parents and supporting them and their children in overcoming this serious psychiatric illness My Kid is Back serves as an accessible guide to understanding FBT for parents of children with AN and the healthcare professionals working with them Through a series of first person interviews held with the parents the siblings and the child with anorexia this book vividly presents the daily 24/7 challenges of the illness on the family Parents describe their frustrations in seeking help for their child and sufferers discuss how the illness gets into their mind Supplementing chapters detail how to tell if your child has AN present an approachable explanation of FBT and describe how to navigate the search for FBT This second edition includes updated evidence based research findings and revised content language and family resources The featured case studies have been updated to be more neurodiverse gender diverse and ethnically diverse as compared with the first edition Presented in a way that parents doctors and treatment teams can readily relate to and understand this book proves an essential resource for families who want to win the battle with anorexia nervosa **Help Your Teenager Beat an Eating Disorder, Second Edition** James

Lock, Daniel Le Grange, 2015-01-21 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 **Please Eat...** Bev Mattocks, 2013

Bright popular and a star on the rugby pitch 15 year old Ben had everything he could want But then food loving Ben began to systematically starve himself At the same time his urge to exercise became extreme In a matter of months Ben lost one quarter of his bodyweight as he plunged into anorexia nervosa an illness that threatened to destroy him Please eat A mother s struggle to free her teenage son from anorexia is his mother s heart breaking yet inspirational account of how she watched helplessly as her son transformed into someone she didn t recognise physically and mentally It also describes how with the help of his parents and therapist and through his own determination Ben slowly began to recover and re build his life Now

with new Epilogue November 2014 Cancel your plans for the day when you open this book the riveting story will have you caring and cheering for a family that the world needs to meet If only the world knew the truth told in this memoir Laura Collins Founder of F E A S T Families Empowered and Supporting Treatment of Eating Disorders Author of Eating with Your Anorexic The world is slowly coming to realise that Boys Get Anorexia Too Bev Mattocks writes honestly and from the heart about helping her teenage son to overcome anorexia Like ours this is another success story of a family working together with friends school and clinicians to beat this insidious illness Many families will find great comfort from reading this story as well as much needed energy to fight the eating disorder Jenny Langley Author of Boys Get Anorexia Too An essential read for anyone trying to understand more about eating disorders in teenage boys Bev Mattocks describes the story of her son s anorexia but also provides insight for other families facing this complex illness in a world where anorexia is still associated with teenage girls Totally recommended Sam Thomas Founder Men Get Eating Disorders Too A powerful painful account beautifully written this book will benefit parents in reducing isolation and feeling more powerful when speaking with healthcare providers Becky Henry Founder of Hope Network LLC Award Winning Author of Just Tell Her To Stop Family Stories of Eating Disorders Bev Mattocks is doing such amazing work empowering other parents and helping to raise awareness that boys get eating disorders too Leah Dean Executive Director F E A S T Families Empowered and Supporting Treatment of Eating Disorders This is a wonderful book It s quite hard to read because the story is so painful but easy to read because of the clarity and simplicity of style Gill Todd RMN MSc former Clinical Nurse Leader at the Gerald Russell Eating Disorders Unit Bethlem Maudsley Hospitals London I have just finished Please eat and it such a powerful page turner Bev Mattocks has captured the complexity of her family s journey so honestly bravely and with such clarity of writing It is a compelling read Susan Ringwood Chief Executive BEAT Please eat is gut wrenching and touching It captivated me and I could hardly breathe as I was reading it I read the first 6 chapters in one sitting Bev Mattocks has done such a great job of bringing her story to us in a vivid and personal way Parent Help Your Teenager Beat an Eating Disorder, First Edition 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 **Helping Your Child Beat Anorexia** Dr Mary Juann,2021-03-17 Having a kid that deals with Anorexia nervosa will certainly make you feel helpless worried or uncertain about how you can best support them Anorexia nervosa is a dangerous disorder that needs to be cut off at discovery swiftly at teenage years of a child 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 It provides parents with advice and training on how to deal with this condition and achieve a healthier and more balanced diet There are a variety of approaches within Helping Your Child Beat Anorexia Which will empower your teen amongst which are family based treatment FBT and cognitive behavioral treatment CBT 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 teens with eating disorders It clearly outlines the principles treatments and the processes involved in collaborating with parents 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 This is no ordinary book on how to overcome Anorexia Nervosa This book will prove an invaluable guide to restore peace to your dinner table and help you raise a healthy eater *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 Parent's Guide Shannon Michelle,2024-09-24 This book is dedicated to helping parents understand an eating disorder called Anorexia Nervosa I am writing based on my experience with the disease Too many parents go through the motions of work home small talk and repeat with their daughters This book can help identify the patterns and pitfalls of anorexia in your daughter Twenty years ago I was caught in the grips of Anorexia Nervosa The disorder made me feel as though I was cutting myself on the inside I stood at 5 foot 2 inches weighed 92 pounds and wore a size zero in jeans I will relate to you the ways I beat this eating disorder and how you can help your daughter do the same It is important to understand this disease is not attention seeking but instead a reaction to overattentive environments If you read through this book you will find tips and guides to understand your daughter s struggle This guide serves to help navigate the tightrope of a highly delicate topic with your daughter Can you honestly say your daughter looks happy Just generally Are you noticing her eating habits too much or too little Do you discuss her or interact with her at the dinner table There is a clear difference I can show you the way forward Within Parents Guide Cutting Yourself on the Inside you will discover Ways to understand eating disorders Tips to identify anorexia and its effects on daily habits Open communication with your daughter about your concerns Improve communication with your daughter about her daily life Improve communication with your daughter about her feelings Open your daily schedule to new opportunities of interaction with the whole family How to get your daughter back from the grips of anorexia When struggling with anorexia the loss of appetite and accompanying starvation can feel like a thousand cuts inside your body Getting to know the woman your daughter is becoming interacting with her in a respectful healthy way and trying new eating habits is what overcoming this eating disorder is all about Helping your daughter move forward from external opinions and truly seeing her value in the mirror instead of the numbers on the scale is what this book is all about I have battled this disease largely alone and want you as her parent to understand the problem Be a source of strength and refuge against the internal turmoil This book is dedicated to helping you understand Anorexia Nervosa and help your daughter overcome it I invite you to read through this guide You have an opportunity to understand your daughter and help alter her perception without harming herself in the process Take it Get back in the game Parent's Guide Shannon Michelle,2022-11-20 This book is dedicated to helping parents understand an eating disorder called Anorexia Nervosa I am writing based on my experience with the disease Too many parents go through the motions of work home small talk and repeat with their daughters This book can help identify the patterns and pitfalls of anorexia in your daughter Twenty years ago I was caught in the grips of Anorexia Nervosa The disorder made me feel as though I was cutting myself on the inside I stood at 5 foot 2 inches weighed 92 pounds and wore a size zero in jeans I will relate to you the ways I beat this eating disorder and how you can help your daughter do the same It is important to understand this disease is not attention seeking but instead a reaction to overattentive environments If you read through this book you will find tips and guides to understand your daughter s struggle This guide serves to help

navigate the tightrope of a highly delicate topic with your daughter Can you honestly say your daughter looks happy Just generally Are you noticing her eating habits too much or too little Do you discuss her or interact with her at the dinner table There is a clear difference I can show you the way forward Within Parents Guide Cutting Yourself on the Inside you will discover Ways to understand eating disorders Tips to identify anorexia and its effects on daily habits Open communication with your daughter about your concerns Improve communication with your daughter about her daily life Improve communication with your daughter about her feelings Open your daily schedule to new opportunities of interaction with the whole family How to get your daughter back from the grips of anorexia When struggling with anorexia the loss of appetite and accompanying starvation can feel like a thousand cuts inside your body Getting to know the woman your daughter is becoming interacting with her in a respectful healthy way and trying new eating habits is what overcoming this eating disorder is all about Helping your daughter move forward from external opinions and truly seeing her value in the mirror instead of the numbers on the scale is what this book is all about I have battled this disease largely alone and want you as her parent to understand the problem Be a source of strength and refuge against the internal turmoil This book is dedicated to helping you understand Anorexia Nervosa and help your daughter overcome it I invite you to read through this guide You have an opportunity to understand your daughter and help alter her perception without harming herself in the process Take it Get back in the game

Anorexia Boy Recovery Bev Mattocks, 2013-01 Book Description Traditionally eating disorders have been associated with teenage girls and young women But increasing numbers of teenage boys and young men are exhibiting the classic signs of anorexia bulimia and other eating disorders In Anorexia Boy Recovery Part I 2011 based on the 2011 posts of her popular online blog Bev Mattocks describes how in 2009 her family gradually realised that their 15 year old rugby playing son Ben was developing anorexia It talks about the family's struggle to get their son's illness diagnosed and their long and distressing wait for treatment culminating in a shocking turn of events which led to a much earlier assessment The book describes how with the help of his parents and UK based treatment team Ben eventually began to recover but not before facing further uphill struggles and battles In January 2011 Bev Mattocks made the decision to write a blog based on their experiences in order to help other parents of young men and women with eating disorders The blog read by followers all over the globe looks back on the development of Ben's eating disorder and examines the signs and symptoms It goes on to chronicle how Ben finally responded to treatment and describes the various ups and downs along the way Part I is a collection of posts from the 2011 blog which can be found at anorexiaboyrecovery.blogspot.co.uk Part II from 2012 will be published in 2013 From the Back Cover Even if Ben and I help just one family fast track its way through the huge anorexia learning curve and get help then we have done our job And every time a parent contacts me to say how much my blog has helped them I know it is serving its purpose On 5th January 2011 Bev Mattocks sat down and began to write a blog about her battle to help her teenage son Ben recover from anorexia Since then her blog has become one of the most followed of all

blogs about eating disorders from a parent s perspective Anorexia Boy Recovery Part I is a collection of posts from 2011 It looks back on the history of Ben s anorexia and describes how Bev helped to get her son on the road to recovery I didn t know that boys got anorexia so I didn t recognise the warning signs or know what to do Hopefully this book will enable other families to take swift action and seek early intervention for their sons and daughters **Alice in the Looking Glass** Jo

Kingsley,Alice Kingsley,2005 Alice in the Looking Glass is a moving memoir written by a mother and her anorexic daughter Alice In the first part of the book Jo Kingsley writes with raw intensity about Alice s illness and what she hopes is her recovery At ten Alice was an easy going free spirited child At eleven she started to develop her rigmaroles little rituals which grew into severe Obsessive Compulsive Disorder and then at fourteen turned into anorexia Jo describes her journey through Planet Anorexia recognising the amazing support she received and telling of the long periods of despair guilt anger and as the mother of a much loved child sheer terror By writing this book her wish is to pass on her experiences as to share all her doubts failures anxieties and eventually some successes in the hope of supporting other families going through the same trauma In the second part of the book Alice now eighteen and on the road to recovery also looks back over the past eight years She writes vividly and honestly about herself her illness her treatment and recovery Finally Jo brings the story up to date and offers guidance and hope to others who love and care for an anorexic child *A Girl Called Tim* June

Alexander,2011 The younger of two daughters June Alexander grew up with a seemingly idyllic childhood on a dairy farm in south east Australia She is her dad s shadow helping him on the farm and exploring the outdoors Eleven is a memorable age for June it is the year she developed an obsession with food and her weight A lifetime of self doubt and deception followed as she lived with anorexia nervosa and bulimia nervosa the illness which went undiagnosed for 21 years As she developed a successful career in journalism she desperately clings to it as her only identity **If Your Adolescent Has an Eating**

Disorder Tim Walsh,Deborah R. Glasofer,2020-06-01 If Your Adolescent Has an Eating Disorder is an authoritative guide to understanding and helping a teenager with anorexia nervosa bulimia nervosa binge eating disorder avoidant restrictive food intake disorder or other eating disorders It is designed for parents of teens who have recently been diagnosed with an eating disorder or who are at risk of developing one and for other adults such as teachers and guidance counselors who are regularly in contact with at risk adolescents The book combines the latest science including the newest treatments and most up to date research findings on eating disorders with the practical wisdom of parents who have been in the trenches raising teens with eating disorders Written in a clear and approachable style Drs B Timothy Walsh and Deborah R Glasofer explain exactly what eating disorders are and describe their characteristics as well as signs and symptoms They outline the right way to go about getting help if you suspect your child may have a problem about when and where to get treatment and about how to navigate the healthcare system There is also advice on how to handle everyday life both at home and at school once your child is diagnosed and on how to communicate with your teen and her or his siblings about issues related to the eating

disorder Complete with red flags to look out for warnings on the dangers of doing nothing and a comprehensive list of additional resources this book will help parents and other adults face and deal effectively with adolescent eating disorders before they become life threatening

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My Kid Is Back Empowering Parents To Beat Anorexia Nervosa Introduction

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