



Eating Disorders Institute of New Mexico^(SM)

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Resource Selection Guidelines

- If it sounds too good to be true, it is.
- *Easy* and *Effective* are oxymorons (and only morons buy services thus described).
- If the clinician's most impressive qualification is that s/he has healed her/himself, go elsewhere.
- Before sending patients to a resource, review it yourself. Ask the most important question — what does the scientific data say? There is a lot of silliness out there and some of it is downright harmful!

Publications for the Professional

Berkman ND, Bulik CM, Brownley KA, Lohr KN, Sedway JA, Rooks A, Garlehner G. (2006). Management of Eating Disorders. Evidence Report/Technology Assessment No. 135 (Prepared by the RTI International-University of North Carolina Evidence-Based Practice Center under Contract No. 290-02-0016) AHRQ Publication No. 06-E010. Rockville, MD: Agency for Healthcare Research and Quality.

Brumberg JJ. (1988). *Fasting Girls: The History of Anorexia Nervosa*. NY: Vintage Books.

Brumberg JJ.(1998). *The Body Project: An Intimate History of American Girls*. NY: Random House.

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and obesity in Adults: The Evidence Report. NIH Publication No. 998-4083, 1998.

Cooper Z, Fairburn CG, Hawker DM. (2004). *Cognitive-Behavioral Treatment of Obesity: A Clinician's Guide*. NY: Guilford Press.

Fairburn CG. (2008). *Cognitive Behavior Therapy and Eating Disorders*. NY: Guilford Press.

Fairburn CG, Marcus MD, Wilson GT. (1993). Cognitive-behavioral therapy for binge eating and bulimia nervosa: A comprehensive treatment manual. In: CG Fairburn & GT Wilson (eds), *Binge Eating: Nature, Assessment and Treatment*. Guilford Press, NY: pp 31-404.

Fairburn CG, Wilson GT. (1993). *Binge Eating: Nature, Assessment, and Treatment*. NY: Guilford Press.

Grilo CM, Mitchell JE. (2010). *The Treatment of Eating Disorders: A Clinical Handbook*. NY: Guilford Press

National Collaborating Centre for Mental Health (NICE, 2004). *Eating Disorders: Core Intervention in the Treatment and Management of Anorexia Nervosa, Bulimia Nervosa and Related Eating Disorders*. British Psychological Society and Royal College of Psychiatrists, London.

Powers PS, Santana CA. (2002). Eating Disorders: A guide for the primary care physician. *Women's Mental Health*, 29(1), 81-98.

- Stice E, Presnell, K. (2007). *The Body Project: Promoting Body Acceptance and Preventing Eating Disorders*. NY: Oxford University Press.
- Strober, M. (2004). Managing the chronic, treatment-resistant patient with anorexia nervosa. *International Journal of Eating Disorders*, 36(3), 245-255.
- Strober M, Johnson C. (2012). The need for complex ideas in Anorexia Nervosa: Why biology, environment, and psyche all matter, why therapists makes mistakes, and why clinical benchmarks are needed for managing weight correction. *International Journal of Eating Disorders*, 45(2), 155–175.
- Yager J, Andersen A, Egger H. et al. (2000). Practice Guideline for the Treatment of Patients with Eating Disorders (Revision). American Psychiatric Association.

Books for Patients

- Bulik CM. (2009). *Crave: Why you Binge Eat and How to Stop*. NY: Walker and Company.
- Brumberg, JJ.(1998). *The Body Project: An Intimate History of American Girls*. NY: Random House.
- Cash TF. (1997). *The Body Image Workbook*. Oakland, CA: New Harbinger Press.
- Craighead L. (2006). *The Appetite Awareness Training Workbook*. Oakland, CA: New Harbinger Press.
- Fairburn C. (1995). *Overcoming Binge Eating*. NY: Guilford Press.
- Johnston A. (1996). *Eating in the Light of the Moon*. Carlsbad CA: Gurze Books.
- Liu A. (2007). *Gaining: The Truth About Life After Eating Disorders*. NY: Warner Books.

Internet

- Academy for Eating Disorders — <http://www.aedweb.org>
- American Psychiatric Association (2000). Practice Guidelines for the Treatment of Patients with Eating Disorders, Second Edition — http://www.psych.org/psych_pract/treatg
- Berkman et al 2006 pub. — <http://www.ahrq.gov/downloads/pub/evidence/pdf/eatingdisorders/eatdis.pdf>
- Eating Disorders Institute of New Mexico — www.eatingdisordersnm.com
- Eating Disorders Referral & Information Center — <http://www.edreferral.com>
- NHLBI Clinical Practice Guidelines — http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm
- NICE (2004) Guidelines — <http://www.nice.org.uk>

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