Hope, Help & Healing
MISSION STATEMENT

The Renfrew Center and The Renfrew Center Foundation are dedicated to treatment, training, research, prevention and advocacy in the field of eating disorders. In a warm and nurturing environment, we provide adolescent girls and women with the skills and support needed to recover from anorexia, bulimia and binge eating disorders, and to create meaningful, satisfying lives.

Table of Contents

About Renfrew 2
Renfrew's Educational Materials 3
Professional Resources 4
Sociological & Historical Resources 8
Individuals in Recovery & Self-Help 9
Body Image 11
Spirituality 12
Personal Stories 13
Families & Friends 14
Children & Teens 15
Special Populations 16
Prevention & Curriculum 17
The Renfrew Center was established in 1985 in Philadelphia as the first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of adolescent girls and women with eating disorders. Today, Renfrew provides a comprehensive range of services in California, Connecticut, Florida, Georgia, Illinois, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, and Tennessee. Programs and services vary by site and include: Residential; Day Treatment; Intensive Outpatient; Group Therapy; Virtual Therapy; Individual, Family and Couples Therapy; and Nutrition Therapy.

The Renfrew Center has treated more than 75,000 individuals with eating disorders. The Renfrew Center Unified Treatment Model for Eating Disorders® integrates an emphasis on the healing potential of empathic relational connection with evidence-based, emotion-focused treatment interventions.

The Renfrew Center Foundation, founded in 1990, is a non-profit, charitable organization dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.

Through its programs, The Renfrew Center Foundation aims to:

- Increase awareness of eating disorders as a public health issue by mobilizing individuals and families in recovery and by spreading its body of knowledge across the nation.
- Educate decision makers, including governmental agencies and the media, about the dangers of eating disorders.
- Train professionals in the assessment, treatment and prevention of eating disorders and body image disturbance.
- Research the pathology, recovery patterns and effective treatment options for eating disorders and body image disturbance.
- Raise scholarship funds for those who might otherwise not be able to afford treatment.

Individuals can become more involved with The Foundation’s efforts through education and advocacy campaigns and by donating funds to support our programs and scholarships for treatment. Together, with your help, we can build a future where women, men and children have the hope for a healthy life free from eating disorders. For information about The Renfrew Center’s services and supporting The Renfrew Center Foundation, please visit www.renfrewcenter.com.

The Renfrew Center Foundation offers a full array of educational materials for schools, community groups, government and professional practices. A few examples of the educational resources we offer are:

- Renfrew’s Treatment Program Brochure
- Renfrew’s Learning the Basics: An Introduction To Eating Disorders & Body Image Issues Brochure
- Connections: Renfrew’s alumni community newsletter, published twice a year, for people in recovery from an eating disorder
- Perspectives: Renfrew’s professional journal, published twice a year, includes articles from professionals around the world on special topics related to eating disorders
- Eating Disorders: Signs & Symptoms Flyer
- Do I Respect My Body Quiz
- Do You Have A Healthy Relationship With Food Quiz
- Reaching Out to Someone Who May Have an Eating Disorder Flyer
- Do I Contribute to Another’s Eating Disorder Flyer
- Helping Someone Readjust After Treatment Flyer
- Tips for Kids Flyer
- Prevention Tips for Parents Flyer
- Steps to Help Professionals Make a Difference in Schools Flyer
- Ten Things Coaches & Trainers Can Do to Help Prevent Eating Disorders in Their Athletes Flyer
- Eating Disorder Assessment For Doctors & Nurses

Please visit www.renfrewcenter.com to download these free resources.
Professional Resources

A Collaborative Approach to Eating Disorders
JUNE ALEXANDER & JANET TREASURE, PhD, FRCPsych

Expressing Disorder – Journey to Recovery (DVD)
DAVID ALVARDO, DOCUMENTARY FILM MAKER

Health at Every Size: The Surprising Truth About Your Weight
LINDA BACON, PhD

Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships
AMY BANKS, MD & LEIGH ANN HIRSCHMAN

Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships
AMY BANKS, MD & LEIGH ANN HIRSCHMAN

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide
DAVID H. BARLOW, PhD, & TODD FARCHIONE, PhD

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook
DAVID H. BARLOW, PhD, KRISTEN K. ELLARD, & COLLEAGUES

Eating Disorders, Addictions and Substance Use Disorders: Research, Clinical and Treatment Perspectives
TIMOTHY D. BREWERTON, MD, LLC & AMY BAKER DENNIS, PhD

Cognitive Behavior Therapy and Eating Disorders
CHRISTOPHER G. FAIRBURN, DM, FRCPsych, FMedSci

Overcoming Binge Eating
CHRISTOPHER G. FAIRBURN, DM, FRCPsych, FMedSci

Binge Eating: Nature, Assessment, and Treatment
CHRISTOPHER G. FAIRBURN, DM, FRCPsych, FMedSci & G. TERENCE WILSON, PhD

In a Different Voice: Psychological Theory and Women’s Development
CAROL GILLIGAN, PhD

Psychotherapy with African American Women: Innovations in Psychodynamic Perspectives & Practice
LESLEY C. JACKSON, PhD & BEVERLY GREENE, PhD

The Treatment of Eating Disorders: A Clinical Handbook
CARLOS M. GRILLO, PhD & JAMES E. MITCHELL, MD

Nutrition Counseling in the Treatment of Eating Disorders
MARCIA HERRIN EdD, MPH, RD, LD & MARIA LARKIN, MED, RD, LD

Doing What Works: An Integrative System for the Treatment of Eating Disorders From Diagnosis to Recovery
ABIGAIL HORVITZ NATENSHON, MA, LCSW, GCFP

Counseling Tips for Nutrition Therapists
MOLLY KELLOGG, RD, LCSW

Comprehensive Learning Teaching Handout Series for Eating Disorders
SONDRA KRONBERG, MS, RD, CDN, CEDRD

Eating Disorders and the Brain
BRYAN LASK, MD, FAED, & IAN FRAMPTON

Treating Bulimia in Adolescents: A Family-Based Approach
DANIEL LE GRANGE, PhD & JAMES LOCK, MD, PhD

Self-Harm Behavior and Eating Disorders: Dynamics, Assessment, and Treatment
JOHN L. LEVITT, PhD, RANDY A. SANSONE, MD & LEIGH COHN, MAT, CEDS

Treatment Manual for Anorexia Nervosa – A Family-Based Approach, Second Edition
JAMES LOCK, MD, PhD & DANIEL LE GRANGE, PhD.
Professional Resources (continued)

Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter
MARGO MAINE, PhD, WILLIAM N. DAVIS, PhD & JANE SHURE, PhD, LCSW

Treatment of Eating Disorders: Bridging the Research-Practice Gap
MARGO MAINE, PhD, BETH HARTMAN McCILLEY, PhD & DOUGLAS BUNNELL, PhD

Beyond a Shadow of a Diet: The Therapist’s Guide to Treating Compulsive Eating Disorders
JUDITH MATZ, LCSW & ELLEN FRANKEL, LCSW

Eating Disorders: A Guide to Medical Care and Complications
PHILIP S. MEHLER, MD & ARNOLD E. ANDERSON, MD

Binge Eating Disorder: Clinical Foundations and Treatment
JAMES E. MITCHELL, MD, MICHAEL J. DEVLIN, MD, MARTINA de ZWAAN, MD, SCOTT J. CROW, MD & CAROL B. PETERSON, PhD

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment
BABETTE ROTHSCHILD, MSW, LCSW

Dialectical Behavior Therapy for Binge Eating and Bulimia
DEBRA L. SAFER, MD, CHRISTY F. TELCH, PhD & EUNICE Y. CHEN, PhD

ADA Pocket Guide to Eating Disorders
JESSICA SETNICK, MS, RD/LD, CSSD

EMDR: The Breakthrough “Eye Movement” Therapy for Overcoming Anxiety, Stress, and Trauma
FRANCINE SHAPIRO, PhD & MARGOT SILK FORREST

Mindsight
DANIEL J. SIEGEL, MD

The Mindful Therapist: A Clinician’s Guide to Mindsight and Neural Integration
DANIEL J. SIEGEL, MD

The Clinician’s Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT, First Edition
TIMOTHY SIEMMORE, PhD

Casebook of Evidence-Based Therapy for Eating Disorders
HEATHER THOMPSON-BRENNER, PhD, FAED

The Clinician’s Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method
JANET TREASURE, PhD, FRCPsych, ULRIKE SCHMIDT, MRCPsych & PAM MACDONALD, PhD

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
BESSEL VAN DER KOLK, MD

How Connections Heal: Stories from Relational-Cultural Therapy
MAUREEN WALKER, PhD & WENDY B. ROSEN, PhD

The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment
KATHRYN ZERBE, MD

Integrated Treatment of Eating Disorders: Beyond the Body Betrayed
KATHRYN ZERBE, MD
Sociological & Historical Resources

Body, Self and Society: The View from Fiji
ANNE E. BECKER, MD, PhD

Unbearable Weight: Feminism, Western Culture, and the Body
SUSAN BORDO, PhD

The Obsession: Reflections on the Tyranny of Slenderness
KIM CHERNIN

Feminist Perspectives on Eating Disorders
PATRICIA FALLON, PhD, MELANIE A. KATZMAN, PhD & SUSAN C. WOOLEY, PhD

The Body Project: An Intimate History of American Girls
JOAN JACOBS BRUMBERG, PhD

Fasting Girls: The History of Anorexia Nervosa
JOAN JACOBS BRUMBERG, PhD

Can’t Buy Me Love: How Advertising Changes the Way We Think and Feel
JEAN KILBOURNE, EdD

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness
MARGO MAINE, PhD

Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body
COURTNEY E. MARTIN, MA

Fat Is a Feminist Issue: The Anti-Diet Guide For Women
SUSIE ORBACH, PhD, MA

Individuals in Recovery and Self-Help

The Dialectical Behavior Therapy Skills Workbook for Bulimia:
Using DBT to Break the Cycle and Regain Control of Your Life
ELLEN ASTRACHAN-FLETCHER, PhD & MICHAEL MASLAR, PsyD

Body Image Workbook: An Eight-Step Program for
Learning to Like Your Looks
THOMAS F. CASH, PhD

The Overcoming Bulimia Workbook
RANDI E. McCABE, PhD, TRACI McFARLANE, PhD & MARION P. OLMSTED, PhD

Crave: Why You Binge Eat and How to Stop
CYNTHIA M. BULIK, PhD

Eating Disorder Sourcebook: A Comprehensive Guide to the Cases, Treatments, and Prevention of Eating Disorders
CAROLYN COSTIN, MA, MEd, MFCC

Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life
JANE R. HIRSCHMANN, MSW & CAROL H. MUNTER

Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating
MINDY JACOBSON-LEVY, MCAT, ATR-BC, LPC & MAUREEN FOY-TORNAY, MA, ATR-BC, LPC

Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recover for Good
JOHANNA KANDEL, BA

Moving Away from Diets: New Ways to Heal Eating Problems & Exercise Resistance
KARIN KRATINA, MA, RD, LD, NANCY L. KING, MS, RD, CDE & DAYLE HAYES, MS, RD, LD
On Eating: Change Your Eating Change Your Life
SUSIE ORBACH, Ph.D, MA

EMILY K. SANDOZ, Ph.D, KELLY G. WILSON, Ph.D & TROY DUFRENE

Breaking Free from Emotional Eating
GENEEN ROTH

The Listening Hand: Self-Healing Through The Rebenfeld Synergy Method of Talk and Touch
ILANA RUBENFELD

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too
JENNI SCHAEFER & THOM RUTLEDGE, LCSW

Revolution from Within: A Book of Self-Esteem
GLORIA STEINEM

Intuitive Eating: A Revolutionary Program That Works
EVELYN TRIBOLE, MS, RD & ELYSE RESCH, MS, RD, FADA

The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are
CYNTHIA M. BULIK, Ph.D

Encyclopedia of Body Image and Human Appearance (Available Online)
THOMAS F. CASH, Ph.D

THOMAS F. CASH, Ph.D & LINDA SMOLAK, Ph.D

Acceptance & Commitment Therapy for Body Image Dissatisfaction
ADRIA PEARSON, Ph.D, MICHELLE HEFFNER, Ph.D & VICTORIA FOLLETTE, PhD

The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder
KATHARINE A. PHILLIPS, MD

Yoga from the Inside Out – Making Peace with Your Body Through Yoga
CHRISTINA SELL

The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World
JULIA V. TAYLOR, MA

Cognitive-Behavioral Therapy for Body Dysmorphic Disorder: A Treatment Manual
SABINE WILHELM, Ph.D, KATHARINE A. PHILLIPS, MD & GAIL STEKETEE, Ph.D
Spirituality

Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors and Storytelling
ANITA JOHNSTON, PhD

MICHELLE MARY LELWICA, PhD

Give Food a Chance
JULIE O’TOOLE, MD, MPH, CEDS

Healing Your Hungry Heart: Recovering from Your Eating Disorder
JOANNA POPPINK, MFT

Women Food and God: An Unexpected Path to Almost Everything
GENEEN ROTH

Personal Stories

This Mean Disease: Growing Up in the Shadow of My Mother’s Anorexia Nervosa
DANIEL BECKER, MA

Bulimia: A Guide to Recovery
LINDSEY HALL, CEDS & LEIGH COHN, MAT, CEDS

Gaining: The Truth About Life After Eating Disorders
AIMEE LIU

A Starving Madness: Tales of Hunger, Hope & Healing in Psychotherapy
JUDITH RUSKAY RABINOR, PhD

Goodbye Ed, Hello Me: Recover From Your Eating Disorder and Fall in Love with Life
JENNI SCHAETER

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too
JENNI SCHAETER & THOM RUTLEDGE, LCSW
Families and Friends

Children and Teens Afraid to Eat: Helping Youth in Today’s Weight-Obsessed World
FRANCES M. BERG, MS, LN

Brave Girl Eating: A Family’s Struggle with Anorexia
HARRIET BROWN

Eating with Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too
LAURA COLLINS

Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting, and Disordered Eating
CAROLYN COSTIN MA, MEd, MFCC

The Parent’s Guide to Childhood Eating Disorders
MARCIA HERRIN, EdD, MPH, RD & NANCY MATSUMOTO

Dads & Daughters: How to Inspire, Understand and Support Your Daughter
JOE KELLY, BS

Why She Feels Fat: Understanding Your Loved One’s Eating Disorder and How You Can Help
JOHANNA MARIE MCSHANE, PhD & TONY PAULSON, PhD

When Your Child Has an Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers
ABIGAIL H. NATENSHON, MA, LCSW

“I’m, Like, SO Fat!” Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World
DIANNE NEUMARK-SZTAINER, PhD

The Good Enough Teen: Raising Adolescents with Love and Acceptance (Despite How Impossible They Can Be)
BRAD E. SACHS, PhD

Surviving an Eating Disorder: Strategies for Families and Friends
MIGUEL SIEGEL, PhD, JUDITH BRISMAN, PhD & MARGOT WEINSHEL, MSW

The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age
CATHERINE STEINER-ADAIR, EdD & TERESA H. BARKER

Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder
MICHAEL STROBER, PhD & MEG SCHNEIDER, MA, LMSW

Nurturing Good Children Now: 10 Basic Skills to Protect and Strengthen Your Child’s Core Self
RON TAPPEL, PhD & MELINDA BLAU

Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method
JANET TREASURE, PhD, FRCPsych, GRAINNE SMITH & ANNA CRANE, PhD, FRCPsych

Real Gorgeous: The Truth About Body & Beauty
KAZ COOKE

Help Your Teenager Beat an Eating Disorder, Second Edition
JAMES LOCK, MD, PhD & DANIEL LE GRANGE, PhD

Shapesville
ANDY MILLS & BECKY OSBORN

What’s Eating You? A Workbook for Teens with Anorexia, Bulimia and Other Eating Disorders
TAMMY NELSON, PhD

The Bulimia Workbook for Teens: Activities to Help You Stop Bingeing and Purging
LISA M. SCHAB, LCSW

EveryBODY Color! A Coloring Book for Healing Body Issues
DINA ZECKHAUSEN, PhD

Full Moon, Empty Mouse: A Tale of Food and Feelings
DINA ZECKHAUSEN, PhD
Special Populations

Making Weight: Healing Men’s Conflicts With Food, Weight, Shape & Appearance
ARNOLD E. ANDERSEN, MD, LEIGH COHN, MAT, CEDS & THOMAS HOLBROOK, MD

Males With Eating Disorders
ARNOLD E. ANDERSEN, MD

Lesbians, Levis & Lipstick: The Meaning of Beauty in Our Lives
JEANINE C. COGAN, PhD & JOANIE M. ERICKSON

The Invisible Woman: Confronting Weight Prejudice in America
W. CHARISSE GOODMAN

The Body Myth: Adult Women and the Pressure to be Perfect
MARGO MAINE, PhD & JOE KELLY, BS

Bishvili, For Me: An Orthodox Jewish Guide to Full of Ourselves – A Wellness Program to Advance Girl Power, Health and Leadership
CATHERINE STEINER-ADAIR, EdD & LISA SJOSTROM

Helping Athletes With Eating Disorders
RON A. THOMPSON, PhD & ROBERTA TRATTNER SHERMAN, PhD

NCAA Coaches Handbook: Managing the Female Athlete Triad
RON A. THOMPSON, PhD & ROBERTA TRATTNER SHERMAN, PhD

Prevention & Curriculum

Preventing Disordered Eating: A Manual to Promote Best Practices for Working with Children, Youth, Families and Communities (all ages)
EATING DISORDER RESOURCE CENTRE OF BRITISH COLUMBIA

Just for Girls: A Program to Help Girls Safely Navigate Adolescence & Avoid Pitfalls Such as Eating Disorders (middle school & up)
SANDRA FRIEDMAN, MA

Just for Girls / Just for Boys
SANDRA FRIEDMAN, MA

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!
KATHY KATER, LCSW

The Prevention of Eating Problems and Eating Disorders: Theory, Research and Practice
MICHAEL P. LEVINE, PhD & LINDA SMOLAK, PhD

Body Wars: Making Peace with Women’s Bodies, an Activist’s Guide
MARGO MAINE, PhD

GO GIRLS!
NATIONAL EATING DISORDERS ASSOCIATION

Preventing Eating Disorders: A Handbook of Interventions and Special Challenges
NIVA PIRAN, PhD, MICHAEL P. LEVINE, PhD & CATHERINE STEINER-ADAIR, EdD

Full Of Ourselves: A Wellness Program to Advance Girl Power, Health, and Leadership
CATHERINE STEINER-ADAIR, EdD & LISA SJOSTROM

The Body Project: Promoting Body Acceptance and Preventing Eating Disorders: Facilitator Guide
ERIC STICE, PhD, MA, BS & KATHERINE PRESNELL, PhD