# Janet Treasure & Ulrike Schmidt



better bit(e) by bit(e)

a survival kit for sufferers of bulimia nervosa and binge eating disorders

# **Getting Better Bite By Bite**

# **Meinou Simmons**

#### **Getting Better Bite By Bite:**

Getting Better Bite by Bite Ulrike Schmidt, Janet Treasure, June Alexander, 2015-09-25 This book updates the first edition content drawing on the latest knowledge of the biology the psychology of bulimia and its treatments Getting Better Bite by Bite Ulrike Schmidt, Janet Treasure, June Alexander, 2015-09-16 Getting Better Bite by Bite is an essential authoritative and evidence based self help programmethat has been used by bulimia sufferers for over 20 years This new edition maintains the essence of the original book while updating its content for today s readers drawing on the latest knowledge of the biology and psychology of bulimia and its treatment The book provides step by step guidance for change based on solid research The use of everyday language stimulating contemporary case study story telling and evocative illustrations in Bite by Bite provide encouragement hope and new perspectives for all readers This handy sized book fills a need for easy to understand information about Bulimia Nervosa a serious and prevalent eating disorder Ulrike Schmidt and Janet Treasure are world renowned researchers and authorities on eating disorders and June Alexander a former sufferer of anorexia and bulimia is a respected writer and internationally known eating disorder awareness advocate Getting Better Bite by Bite is a valuable resource for sufferers for their families and for the health professionals and carers treating them

Getting Better Bit(e) by Bit(e) Ulrike Schmidt, Janet Treasure, 1993 This self help programme which has been evaluated in a randomised controlled trial provides detailed step by step advice for dealing with eating difficulties How to Talk to Children About Food Dr Anna Colton, 2025-02-13 Were you ever told you can t have dessert until you eat all your vegetables Or to be grateful for your meal Or perhaps you yourself have said Mummy s on a diet so she can t eat that or Daddy is fat you don t want to be like me We may not realise but we are constantly communicating our thoughts on food to our children As we navigate picky eating and high emotions at mealtimes as well as puberty diet culture body image and eating disorders now more than ever we need to change the way we communicate about food to our children and ourselves So how do we help children develop and nurture a healthy relationship with food Clinical psychologist and eating disorder specialist Dr Anna Colton guides you through a judgement and shame free journey from pregnancy to a child's adolescence with accessible scientific and psychological understandings She shows you how you ve formed your relationship with food and gives you the practical evidence based tools to instil in children a positive relationship with eating How to Talk to Children About Food will help you to Learn the developmental stages of eating and gain the tools to support children through the ages Navigate and manage complex food feelings without anxiety anger or distress Identify eating disorder behaviours and know when to intervene Break negative eating cycles and patterns Build a positive relationship between food and your child teen s body Have calm happy and fuss free mealtimes for everyone Skills-based Caring for a Loved One with an Eating Disorder Janet Treasure, Gráinne Smith, Anna Crane, 2016-07-15 Skills based Caring equips carers with the skills and knowledge needed to support those suffering from an eating disorder and to help them to break free from the traps that

prevent recovery Through a coordinated approach it offers detailed techniques and strategies which aim to improve professionals and carers ability to build continuity of support for their loved ones Using evidence based research and personal experience the authors advise the reader on a number of difficult areas in caring for someone with an eating disorder This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder **Eating Disorders** Elizabeth McNaught, Janet Treasure, Nick Pollard, 2022-08-01 Eating disorders affect 1 25 million people in the UK and the incidence is rising The DSM 5 specifies diagnostic criteria for eight types of eating disorder with anorexia nervosa bulimia nervosa and binge eating disorder accounting for the majority of cases This new addition to the Oxford Specialist Handbook of Psychiatry series covers the aetiology epidemiology risk factors and diagnostic criteria for all forms of eating disorders alongside patient management within the community and inpatient settings Also featuring chapters on emerging eating disorders such as orthorexia and muscle dysmorphia medicolegal issues surrounding involuntary hospitalisation and nasogastric feeding and acute emergency care this Handbook is a comprehensive yet succinct addition to the literature for all doctors nurses and members of the multidisciplinary team in managing the complex and multifactorial conditions that arise in patients with eating disorders Each chapter is accompanied by case stories drawn from real life examples taking the reader through from initial presentation to treatment and the key need to know facts and current evidence based treatments The Oxford Specialist Handbook of Eating Disorders is a new go to resource for the crucial information around this multifaceted area of medicine

Using Writing as a Therapy for Eating Disorders June Alexander, 2016-07-01 Using Writing as a Therapy for Eating Disorders The diary healer uses a unique combination of evidence based research and raw diary excerpts to explain the pitfalls and benefits of diary writing during recovery from an eating disorder In a time when diary writing remains a largely untapped resource in the health care professions June Alexander sets out to correct this imbalance explaining how the diary can inspire heal and liberate provide a learning tool for others and help us to understand and cope with life challenges The book focuses on the power of diary writing which may serve as a survival tool but become an unintended foe With guidance patients who struggle with face to face therapy are able to reveal their thoughts through writing and construct a strong sense of self The effects of family background and the environment are explored and the therapeutic value of sharing diaries to better understand illness symptoms and behaviours is discussed Using Writing as a Therapy for Eating Disorders will be of interest to those who have recovered or are recovering from eating disorders or any mental illness as well as therapists clinicians and others working in the medical and healthcare professions

Binge Eating Guido K.W. Frank, Laura A. Berner, 2020-06-01 This book provides a comprehensive overview of our current understanding of binge eating which is characterized by the uncontrollable consumption of large amounts of food in a discrete time period Written by experts on eating disorders it first introduces the phenotype of binge eating including its epidemiology and assessment It then describes

the underlying neurobiological alterations drawing on cutting edge animal models and human studies to do so In addition it extensively discusses current treatment models including medication psychotherapy self interventions and disease prevention Lastly an outlook on the future research agenda rounds out the coverage Given binge eating s current status as an under researched symptom but one shared across many eating disorders this book provides an up to date integrative and comprehensive synthesis of recent research and offers a valuable reference for scientists and clinicians alike P. R. N Sarah Stringer, Laurence Church, Juliet Hurn, Roxanne Keynejad, 2020 Psychiatry P R N Principles Reality Next Steps is loved by medical students for good reason It's a core textbook OSCE revision tool and hands on guide to working with people with mental health problems all in one Each chapter succinctly covers an essential area of psychiatry e g mood disorders perinatal psychiatry eating disorders through Principles key facts to help you in your psychiatry placement and your written exams Reality example interviews and OSCE practice role plays that bring symptoms and diagnostic criteria to life This section provides the key questions that you need to ask for each condition and advice on how to ask them Next Steps clinical scenarios you might face as a Foundation doctor in medical surgical or GP jobs to prepare you for the future A wealth of features enhance Psychiatry P R N to create a fulfilling and fun learning experience Our companion website includes filmed interviews to demonstrate clinical skills for placements and self assessment questions for exam revision To enhance and expand your understanding we have recommended key novels plays films and classic papers at the end of each chapter Finally unique illustrations convey patients lived experiences and give real insight into psychiatric conditions Praised for its accessible and clear writing style with a combination of humanity and humour this guide covers everything you need to speak to patients effectively and take comprehensive psychiatric histories Providing medical students and junior doctors with everything they need for life on the wards Psychiatry P R N is also useful for student nurses social workers and the wider multidisciplinary team working with people experiencing mental health problems Book jacket A Guide to the Mental **Health of Children and Young People** Meinou Simmons, 2022-11-03 Supporting the mental health and well being of children and young people is a top priority for parents caregivers and teachers but it can be tricky to find reliable and evidence based information Written by an experienced child and adolescent psychiatrist in a user friendly question and answer format this book outlines the mental health challenges facing our children and young people and offers practical advice on how to best support them The book covers a wide range of topics including how biological factors and lifestyle factors affect mental health parenting strategies managing school building networks of support and connecting with children and young people It gives a broad overview of the most common mental health difficulties and disorders and considers how they can be managed A must read for anyone looking to understand what a child or young person may be experiencing and why and the practical ways in which to effectively support them **ABC of Eating Disorders** Jane Morris, 2011-05-09 The ABC of Eating Disorders is a comprehensive primer for GPs dieticians psychiatrists and community health teams who need to

incorporate a sophisticated awareness of this field into their professional practice It spans and differentiates eating and feeding disorders from diagnosis to their management and treatment With a focus on primary care this ABC touches on the medico legal aspects and ethical issues of treating eating disorders and specialist referral This new title in the successful ABC series describes working with families children and other specialist populations such as the elderly men and minority groups It helps primary care practitioners recognise eating disorders in people presenting with other problems while the section on comorbidity discusses the treatment of eating disorders existing with other conditions The ABC of Eating Disorders is accessible sufferers will find it provides a useful background to self help materials and their lay carers will be able to appreciate its intelligent and compassionate approach Eating Disorders in America David E. Newton, 2019-03-07 An indispensable resource for readers interested in eating disorders this book summarizes their history in human civilization assesses the current status of eating disorders in American society and describes efforts for establishing effective prevention and treatment programs Although eating disorders have existed for centuries considerable controversy remains as to the basic cause or causes of these disorders and their genetic biological and or psychological factors Eating Disorders in America A Reference Handbook investigates these disorders priming readers on the causes symptoms controversies and treatments available The two opening chapters of the book provide general background and a historical review of the existence of eating disorders in society The remaining chapters provide resources the reader can use for further research such as an extensive annotated bibliography a glossary and a chronology This book differs from others on the topic in that it provides both an expository section that provides information as well as a set of resources for further research The book also contains a perspectives chapter in which writers describe and discuss their personal views on the subject of eating disorders Together with the author's expertise these views add to the value of this book as a resource for eating disorder research **Introduction to Coping with Eating Problems** Gillian Todd, 2017-07-20 Eating problems including anorexia nervosa and bulimia nervosa can have a devastating impact on sufferers as well as their friends and family This self help guide is written by a consultant psychotherapist with extensive experience of treating eating disorders and will help you identify an eating disorder and develop a toolkit of strategies to help you take steps towards overcoming the disorder It also includes a chapter offering useful guidance for family members This updated second edition will help you Understand how eating disorders develop and what keeps them going Find the motivation to change Change how you eat Challenge negative thinking The Introduction to Coping series offers valuable guidance for those seeking help for emotional or psychological problems such as depression and anxiety Each book gives useful background information and suggests techniques to change unhelpful patterns of behaviour and thinking using cognitive behavioural therapy CBT techniques CBT is recommended internationally to treat a wide range of emotional psychological and physical conditions including eating disorders Oxford Handbook of Psychiatry David Semple, David M. Semple, Roger Smyth, 2019 Table of Contents 1 Thinking about psychiatry 2 Psychiatric

assessment 3 Symptoms of psychiatric illness 4 Evidence based psychiatry 5 Organic illness 6 Schizophrenia and related psychoses 7 Depressive illness 8 Bipolar illness 9 Anxiety and stress related disorders 10 Eating and impulse control disorders 11 Sleep disorders 12 Reproductive psychiatry sexual dysfunction and sexuality 13 Personality disorders 14 Old age psychiatry 15 Substance misuse 16 Child and adolescent psychiatry 17 Forensic psychiatry 18 Learning disability 19 Liaison psychiatry 20 Psychotherapy 21 Legal issues 22 Transcultural psychiatry 23 Therapeutic issues 24 Difficult and urgent situations 25 Useful resources 26 ICD 10 DSM IV index Caring for a Loved One with an Eating Disorder Jenny Langley, Janet Treasure, Gill Todd, 2018-11-21 Caring for a Loved One with an Eating Disorder The New Maudslev Skills Based Training Manual provides a framework for carer skills workshops which can be used by anyone working with these conditions Based on the successful New Maudsley Model which equips carers with the knowledge and skills needed to support those with an eating disorder the book consists of two sections which will help facilitators to deliver skills workshops to carers The first section provides the theoretical background while the second uses exercises to bring the New Maudsley Model to life The skills workshops provide a much needed lifeline giving carers an opportunity to meet in a safe non judgemental and confidential environment and to learn to recognise that changes in their own responses can be highly beneficial With session by session guidelines and handouts for participants Caring for a Loved One with an Eating Disorder The New Maudsley Skills Based Training Manual will be of aid to anyone working with someone coping with these conditions

The Treatment of Eating Disorders Carlos M. Grilo, James E. Mitchell, 2011-03-18 Leading international experts on eating disorders describe the most effective treatments and explain how to implement them including coverage of psychosocial New to Eating Disorders Jane Morris, Caz Nahman, 2020-07-09 Developed family based medical and nutritional therapies by the Faculty of Eating Disorders Executive Committee of the Royal College of Psychiatrists this book addresses the need for materials to teach healthcare professionals working in mental health about eating disorders Currently there are many clinicians working in general adult or child and adolescent specialties that will have patients with eating disorders without an awareness of how to work with them Designed as a workbook for trainees and professionals New to Eating Disorders features clinical vignettes Q A s and key learning objectives to help consolidate theoretical knowledge with what is seen in clinical practice The information is easy to digest and the workbook can be completed within a four month rotation for trainees in a busy clinical post This workbook will give professionals new to the field of eating disorders the clinical knowledge confidence and skills to be able to safely look after patients with these conditions Confidence: The Secret Katie Piper, 2016-12-29 Confidence is about empowerment It's about valuing who you are not what you want to do or how you look It s about finding the courage to live the life you want the way you want Don t look for happiness in other people find it in yourself Katie Piper Katie Piper is Britain s most inspiring woman a campaigner a bestselling author a mother and a role model to us all as a voice of recovery and resilience Since the acid attack that left her severely burned she has refused to give her attackers the satisfaction of being the girl whose life they ruined and she has emerged the other side happier braver and more confident than ever Katie shares her experiences advice and encouragement to help build up self esteem and find true happiness Join Katie on her journey to confidence with her guidance you can achieve the things you might never have thought possible When it comes to confidence we could all take a leaf out of Katie's book She has overcome more than anyone else I know CHERYL Katie Piper has an attitude to life that can make anything bearable She's a hero MARIAN KEYES

Eating Disorders Paul Robinson, Tracey Wade, Beate Herpertz-Dahlmann, Fernando Fernandez-Aranda, Janet Treasure, Stephen Wonderlich, 2024-12-20 This Handbook covers all eating disorders in every part of the world Eating disorders in Western countries are described but also in different parts of Asia Africa the Middle East amongst indigenous peoples and peoples of cultural and linguistic diversity Latin America and Eastern Europe and we will describe the impact of pandemics The sections are organised with an introduction followed by definitions and classifications then epidemiology then psychosocial aetiology clinical features neurobiology family peers and carers and finally conclusions The latest DSM and ICD classifications are covered and eating disorders not yet classified The authors cover the clinical features of eating disorders complicating diabetes type 1 the neurobiology of eating disorders including immunology neurotransmitters and appetite The treatment section will include emergency treatment evidence based psychological approaches intensive interventions and emerging areas and the family section will include voluntary bodies family and carers and pregnant mothers with eating disorders Outcome covers prognosis in all the major eating disorders and describe the severe and enduring type of eating disorder The work is the primary source of information about eating disorders for students doctors psychologists and other professionals The fact that it is regularly updated makes it second only to primary sources such as journals for retrieving information on the subject In contrast to journals the manual will provide accessibility unavailable elsewhere 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

The Enigmatic Realm of Getting Better Bite By Bite: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Getting Better Bite By Bite** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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