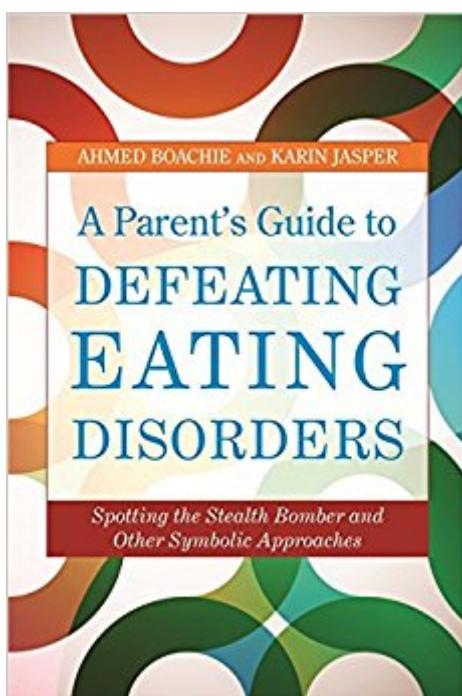


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# A Parent's Guide To Defeating Eating Disorders: Spotting The Stealth Bomber And Other Symbolic Approaches



## **Synopsis**

Building a supportive and open relationship with young people suffering from eating disorders is key to assisting the recovery process. This book is packed with metaphorical explanations that will allow parents and caregivers to ally themselves with treatment rather than the eating disorder, and take positive steps with their child towards a full and lasting recovery. Written by experienced eating disorder specialists, the book will help caregivers to reach out to young people having difficulty cooperating with treatment. Its effective use of analogies and metaphors helps to crystallize a practical understanding of eating disorders and the crucial aspects of the treatment process. Integrating medical, psychological, and narrative aspects, as well as the visual (with illustrations), it encourages the reader, and by extension the sufferer, to conceptualize each step towards health. This book will be an invaluable tool for families, friends, and those working with young people suffering from eating disorders. The fresh perspective will also appeal to mental health professionals and anyone else working in the field.

## **Book Information**

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## **Customer Reviews**

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cooperating with treatment. Its effective use of analogies and metaphors helps to crystallize a practical understanding of eating disorders and the crucial aspects of the treatment process. Integrating medical, psychological, and narrative aspects, as well as the visual (with illustrations), it encourages the reader, and by extension the sufferer, to conceptualize each step towards health. This book will be an invaluable tool for families, friends, and those working with young people suffering from eating disorders. The fresh perspective will also appeal to mental health professionals and anyone else working in the field.

[this book] presents up-to-date knowledge about eating disorders and information about their treatment in a format accessible to lay people. Making use of analogies, metaphors and case studies, it tries to explain what the young person might be experiencing and why accepting treatment is so difficult.' (Mental Health Practice) What a brilliant book! It is theory driven but not academic, intelligent but not intellectual, and condensed (163 pages) but never condescending. In fact, I think the authors have been fairly modest, in that it delivers more than the advertising blurb claims. (Counselling Children and Young People) This Book, written by experienced eating-disorder professionals, aims to support parents through this relatively rare, but uniquely dangerous, condition. Their writing relies heavily on analogies and metaphors. Vignettes throughout support the information they are giving. The chapter "Driving with No Gas" uses the analogy of drivers expecting to arrive at their next destination without filling up the gas tank and being surprised when the car suddenly stops to illustrate how teens with eating disorders may "underestimate the danger they are in and can crash suddenly." The chapters cover recognition and diagnosis of an eating disorder, outpatient management, multifamily therapy, day-long hospital programs, inpatient treatment, and the recovery process. Each section is organized to help parents become more informed and comfortable with these diagnoses and processes. VERDICT Analogies and metaphors will help parents visualize something sometimes abstract concepts and support them through the arduous journey. The authors' expertise highly recommends this book. (Library Journal) By using analogies and metaphors, the authors provide up-to-date scientific information and give strong messages of hope without even mentioning the words "eating disorders". An inspiring read. (Youth in Mind) The book sets out to offer "an effective tool for improving the therapeutic alliance between professionals, parents and children" (p 15) and I believe that it achieves this... Indeed, practitioners and students are likely to find this book helpful for enhancing their own understanding of eating disorders. Although the book focuses on parents of children and teenagers it could inform parents of adults with eating disorders as well as other family members and friends. (Social Work Education) A highly

readable book that should be read by any parent whose child is suffering from an eating disorder. The book is full of helpful information: on eating disorders and their dangers, on the types of treatment available, and on the important role the family plays in supporting a young person to recovery. The descriptions of family therapy are very moving at times. The metaphors make even difficult concepts easy to understand, and I would recommend this book not only to parents, but to anyone wanting to work in the field of eating disorders. (Wendy Spettigue, MD, FRCPC, Associate Professor, University of Ottawa, Faculty of Medicine and Psychiatric Director, Regional Eating Disorder Program, Children's Hospital of Eastern Ontario, Canada) It is of real credit to both these very experienced authors that they can address the stark reality of dealing with an eating disorder so logically, creatively and with such spirit. [Ã¢â¬Â¶] Overall an excellent addition to the arena of eating disorder literature. Not only is this book a record of help but it is also a book that will provide parents with a record of learning that they can refer to now and in the future. (Pennie Fairbairn, Psychotherapist, South London and Maudsley NHS Foundation Trust, Michael Rutter Centre for Children and Adolescents, Maudsley Hospital, London) Written with clarity, Drs Boachie and Jasper are masterful at choosing analogies that provide an 'aha' understanding of the concepts and struggles with treating eating disorders that they address in *A Parent's Guide to Defeating Eating Disorders: Spotting the Stealth Bomber and Other Symbolic Approaches*. This book is likely to both answer parents' questions not only about what to expect with regard to their child's illness and recovery process, but also to reassure them about their roles and capacity to support their child's recovery. (Merryl Bear, Director, National Eating Disorder Information Centre, Canada) [Ã¢â¬Â¶] The illustrations and descriptive stories were of greatest benefit as these helped me better understand certain situations. I would recommend every parent going through the challenges of anorexia with their teen to read this book from start to finish as it will give them a parent's perspective and the confidence to help their teen get better. (Parent of a teenage girl who has recovered from anorexia, Toronto, Canada)

At first, I was reluctant to read this book because I thought it will be too clinical and purely an academic reserve, but once I started reading I could not put it down. It contains a wealth of information on Eating Disorders for all who have the physical and mental well-being of children, teenagers and the youth at heart. I found the use of metaphors and analogies very creative; they help grab the attention of readers and make them want to know more. The situations seem real, it seems the authors have participated in some way in similar situations. With so much obsession in our society on body image which can often lead to weight issues and food disorders, I find a well

researched book such as this on Eating Disorders is relevant. The authors did a good job explaining the importance of "understanding" Eating Disorders, and gaining the "trust" of the patient, in the course of treatment. The role of both the health care provider and parent/guardians in the treatment of eating disorders is very much emphasized in the book. Misconceptions and myths are explained .The book provides an understanding of eating disorders and its related health implications. I will recommend it.

Covers a lot of ground and is well written. A road map for those who are lost in the fog and driving rain of this disorder.

I greatly appreciated the modern approaches presented here. One of the most promising was where the entire family was required to participate in some of the therapy sessions, including therapists and groups really teaching parents how to help their child recover.They saw recovery as having three main stages:1. Restoring health of body and mind through properly guiding the teen/child to eat, which usually takes four to six months.2. Allowing more autonomy to the teen/child after health is restored, which usually takes two to three months.3. Continued support of the teen/child in making her/his own decisions around diet and exercise, which is ongoing until recovery is full.They emphasize that EDs are hard to diagnose, in part because the patient is usually less than honest about what is going on. They emphasize that there are no quick fixes to disordered thinking, and that there is no need for parents to blame themselves.Although they don't go into how to do this (this is not a "self-help" book), one main approach--that I'm seeing in other up-to-date resources--is to disassociate the disordered thought from healthy thought, meaning to help a patient identify the difference and not buy into what isn't healthy.The chapter titles give a good idea of what's covered, some of which are:Chapter 2 Eating Disorders as Illnesses: An Historical Perspective.Chapter 3 Recognizing and Diagnosing and Eating DisorderChapter 4 Outpatient ManagementChapter 5 Multi-Family TherapyChapter 6 Day Hospital ProgramChapter 7 Inpatient TreatmentChapter 8 The Recovery ProcessAppendix I: Current Diagnostic Criterial would highly recommend this book for parents and others who may be responsible for helping a teen/child recover from an ED.Book is best for: Parents, physicians, anyone helping another with an ED.

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