Help Your Teenager Beat an Eating Disorder

Second Edition

By James Lock and Daniel Le Grange

“This book is essential reading for any parent or family member of a teen with an eating disorder. It's especially useful for those who have been told to ‘not be the food police’ or that they have no role in helping support a loved one with an eating disorder. It offers practical advice for how to help, along with something just as important: hope” – Harriet Brown, author of Brave Girl Eating: A Family's Struggle with Anorexia

When your child is ill, you don’t just bring them home from the doctors or hospital and leave them to their own defences. You take care of them – by making soup, monitoring their symptoms, and administering medicine. Why should it be any different for eating disorders? But for years, professionals have told parents to stay on the side-lines or they will “make things worse.”

James Lock and Daniel Le Grange disagree: “When an eating disorder still has a hold on a teenager, leaving her to manage it on her own once she’s at home just gives it a chance to slip through the cracks.” They wrote Help Your Teenager Beat an Eating Disorder, Second Edition (Guilford Press, March 2015, £12.99) with one simple purpose: to help parents understand eating disorders and give them the tools to plug in those cracks.

Based on the principles of family-based therapy (FBT), Drs Lock and Le Grange illustrate various ways parents can be involved in each of the known major treatments for eating disorders (including cognitive-behavioural therapy and dialectical behaviour therapy), as well as practical tips for everyday challenges such as food and clothes shopping, school lunches, sports lessons, and what to do with the bathroom scales.

Fully revised and updated to reflect the latest research and resources, this definitive guide includes numerous case studies that show how to recognise and address anorexia, bulimia, binge-eating and other devastating eating disorders that wreak havoc on teens and their families. Parents learn how to manage family mealtimes, collaborate with healthcare providers, and end weight-related power struggles.

“We strongly believe that if parents can gain a better understanding of eating disorders and take definitive early steps to intervene in these problems in a constructive way, many lives will be improved and some lives actually saved,” they write. “Evidence shows that parents’ participation in treatment can have an enormous positive impact. This book will help you figure out how.”

Author Bio

James Lock, MD, PhD, is Professor of Child Psychiatry and Pediatrics at Stanford University and Director of the Stanford Child and Adolescent Eating Disorders Program. Dr Lock has received numerous awards for his research on eating disorders and has published several books for professionals in collaboration with Daniel Le Grange. He is committed to providing evidence-based treatments to children, adolescents, and their families.

Daniel Le Grange, PhD, is Professor of Psychiatry and Behavioural Neuroscience and Director of the Eating Disorders Program at the University of Chicago. An award-winning researcher, Dr Le Grange was a member of the team at the Maudsley Hospital in London that developed family-based treatment for anorexia nervosa. Over his career, he has treated thousands of adolescents and families struggling with eating disorders.

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