



A Program of Wheeler Clinic

Resources on Eating Disorders, Body Image and Good Nutrition Available at Connecticut Clearinghouse

For more information about these resources please visit www.ctclearinghouse.org and click on Resource Catalog or call 800.232.4424

Audiovisuals

Beauty Mark (DVD)

Summary: Diana Israel, a Boulder-based psychotherapist and former champion triathlete, talks candidly about her long and agonizing personal struggle with eating disorders and obsessive exercising, fearlessly confronting her own painful past as she attempt to come to terms with American culture's unhealthy fixation on self-destructive ideals of beauty and competitiveness. The film lends context to Israel's personal odyssey with fascinating insights from athletes, bodybuilders, fashion models, and inner-city teens, as well as prominent cultural critics and authors.

View the Trailer on YouTube: http://www.youtube.com/watch?v=AZ2_IeZLqbl

Beyond The Butterfly: Middle School Girls Speak Out (VHS)

Summary: Interviews with groups of middle-school age girls in Wisconsin, Michigan, Illinois, and Ohio discussing the issues they face. Topics discussed include: puberty, body image, relationships, drugs and alcohol, depression, school, and family.

Bodytalk: Teens Talk About Their Bodies, Eating Disorders, And Activism (VHS)

Summary: Discusses body acceptance issues for 9 to 18-year old girls and boys. Girls and boys from diverse ethnic backgrounds and a range of socio-economic status and body sizes discuss the messages they receive from media, family, and friends about their bodies and eating patterns. Focuses on their resulting struggles, how they resist and change, and how they heal.

La Comida Y Los Ejercicios Cuentan: Creando Hijos Saludables Y Activos (DVD)

Food and Fitness Matter provides parents with the information and support they need to improve children's health and wellness.

Diagnosis According To The DSM-IV (VHS)

Summary: Features 10 interviews with 10 real psychiatric patients, each with a different condition. Demonstrates how to collect the information needed to make a diagnosis according to the DSM and how to organize the information to distinguish one disorder from another. A roundtable discussion follows each interview.

Disease Concept Of Food Addiction (VHS)

Summary: Dr. Charles Stark presents the disease concept of food addiction and compares it to other addictive illnesses.

Dual Diagnosis: Chemical Dependency And Eating Disorders (VHS)

Summary: Describes the problems which arise when eating disorders coexist with chemical dependency. Illustrates the signs and symptoms of anorexia nervosa and bulimia; outlines treatment guidelines and discusses the importance of aftercare.

Dying To Be Thin (DVD & VHS)

Summary: Looks at the eating disorders anorexia nervosa and bulimia, current treatments, and the American obsession with thin women. Interviews health experts and models, ballet dancers, and other young women who are seeking recovery or have conquered their disease.

Dying To Be Thin (VHS)

Summary: This program profiles a young woman obsessed with the desire to be thin. It has taken her four hospitalizations and years of outpatient therapy to help her overcome her problem. Experts discuss the characteristics of anorexia nervosa and bulimia and identify those most likely to be affected by these disorders.

Eating Disorders (DVD & VHS)

Summary: Profiles four young people and their experiences with an eating disorder. Explores new therapies for treating one of the most lethal categories of mental illness.

Eating Disorders: The Slender Trap (VHS)

Summary: Discusses bulimia, anorexia nervosa and obesity. Explores causative factors and gives some psychological profiles of those with these eating disorders. Suggests possible courses of treatment and lists organizations which provide help.

Family Matters (VHS)

Summary: A documentary about five different families learning to live with alcoholism, drug abuse, and eating disorders. Shows that no matter whether the addicted family member recovers or not, the family can survive and thrive.

Fit For Life--Eat Smart And Exercise (DVD)

Summary: Through humor, surprising facts and compelling personal stories, teens and parents see how they can ... have more energy, improved nutrition and self-esteem through a healthy lifestyle.

Food And Fitness Matter: Raising Healthy, Active Kids (DVD)

Summary: Food and Fitness Matter provides parents with the information and support they need to improve children's health and wellness.

Generation M: Misogyny In Media And Culture (DVD)

Summary: Despite the achievements of the women's movement over the past four decades, misogyny remains a persistent force in American culture. In this important new documentary, Thomas Keith, Professor of Philosophy at California State University, Long Beach, looks specifically at misogyny and sexism in mainstream American media, exploring how negative definitions of femininity and hateful attitudes toward women get constructed and perpetuated at the very heart of our popular culture. The film tracks the destructive dynamics of misogyny across a broad and disturbing range of media phenomena: including the hyper-sexualization of

commercial products aimed at girls, the explosion of violence in video games aimed at boys, the near-hysterical sexist rants of hip-hop artists and talk radio shock jocks, and the harsh, patronizing caricatures of femininity and feminism that reverberate throughout the mainstream of American popular culture. Along the way, Generation M forces us to confront the dangerous real-life consequences of misogyny in all of its forms--making a compelling case that when we devalue more than half the population based on gender; we harm boys and men as well as women and girls.

Good Food/Bad Food: Obesity In American Children (DVD)

Summary: Since the mid-1970s, there has been a tripling of the number of children who are overweight or at risk for being overweight. This film discusses some of the reasons for this phenomenon--there is little physical exercise, and there is poor food choice for children due to things such as the ease of fast food, tv advertisements, and vending machines and poor food lunches in schools. The result of this rise in obesity among children is an accompanying rise in physical problems associated with obesity formerly seen in adults, such as heart disease, type II diabetes, and sleep apnea. The film closes by showing a variety of activities and programs that can fight obesity in children. School lunches can be made more healthy and children can be made more involved with their food (such as growing a garden), physical education programs can be (re)instituted into the curriculum, and family-centered activities can be developed.

How You Look Is Not Who You Are: Teens Talk About Eating Disorders (VHS)

Summary: In the Mix digs deep into the American obsession with body image and its effect on teens and eating. Examines both the physiological and psychological effects of eating disorders, including bulimia and anorexia nervosa. Young men and women who have survived eating disorders speak their minds.

It's Not About The Food: Preventing Eating Disorders (DVD)

Summary: Eating disorders are widespread among young people today. Many cases go unnoticed and untreated because people do not know the signs to watch for and are unaware of the harmful consequences of eating disorders. This video helps adults understand the nature of eating disorders among young people so they can reach out to them early, before the misuse of food spirals out of control.

Killing Us Softly 3: Advertising's Image Of Women (DVD)

Summary: Discusses the manner in which women continue to be portrayed by advertising and the effects this has on their images of themselves

The Promise Of Recovery: A Psychiatric Illness Guide For Consumers And Their Families (VHS)

Summary: Designed to support professional mental health treatment programs. Provides important education and guidance on the subject of psychiatric illness for consumers and their families. It will also prove helpful in many staff training situations.

Recovering Bodies: Overcoming Eating Disorders (DVD & VHS)

Summary: Provides information about recovering from eating disorders for college students.

Reviving Ophelia: Saving The Selves Of Adolescent Girls (DVD & VHS)

Summary: Mary Pipher discusses the challenges facing today's teenagers, especially girls, as well as the role of media and popular culture in shaping their identities.

Self-Image: The Fantasy, The Reality (DVD & VHS)

Summary: Focuses on how media images are driving teens to diet constantly, develop eating disorders, use steroids, and suffer from low self-esteem. This program deconstructs the images we see in films and magazines, on television and billboards, to help young people understand that confidence and personal style are more important than striving for unrealistic, ever-changing ideal body images.

Sexy Inc.: Our Children Under Influence (DVD)

Summary: Analyzes the hypersexualization of our environment and its noxious effects on young people. Experts criticize an unhealthy culture created by advertising and the media, and the many examples shown illustrate how children are reduced to consumers bombarded with images of girls treated as purely sexual objects. Recommended for Adult viewers.

Slim Hopes: Advertising And The Obsession With Thinness (VHS)

Summary: Illustrated lecture which explores the manner in which women are portrayed by advertising with the focus on thinness. Discusses the impact this portrayal has on the self images of women and girls.

Su Bebe Saludable (DVD)

Discusses children's changing health and nutritional needs as they grow. Provides useful information on prenatal care, breastfeeding, visiting a pediatrician, nutrition, and exercise.

This Is My Body: A Film By High School Girls (DVD)

Summary: Presents excerpts of films made by and featuring students at an all-girls high school in Montreal. The students discuss what it means to be a girl at this time in their lives, exploring issues of body image, eating disorders, self-mutilation, sexuality, friendship, and parenting.

What A Girl Wants (DVD)

Summary: Eleven girls ages 8 to 16 and two classrooms of middle and high school students discuss their views on mass media and how it impacts their lives.

Your Healthy Baby (DVD)

Summary: In order to give a child a healthy start in life, parents and caregivers need the most up-to-date information on children's health and nutrition issues. In this video, Phylcia Rashad delivers expert advice on how parents can help their children establish healthy habits, with information on: how to maintain good health during pregnancy, bottle-feeding versus breast-feeding, when you and your child should visit the doctor, what foods to feed your child and when, the importance of exercise.

Books

The Adonis Complex: The Secret Crisis Of Male Body Obsession / Harrison G. Pope, Jr.,
Katharine A. Phillips, Roberto Olivardia
Call Number: 155.332 P825

Anatomy Of A Food Addiction: The Brain Chemistry Of Overeating
Call Number: 616.8526 K21

Body Image: Understanding Body Dissatisfaction In Men, Women, And Children / Sarah Grogan
Table of Contents: <http://www.loc.gov/catdir/toc/ecip0712/2007008369.html>
Call Number: 306.4 G874

Breaking Free From Compulsive Eating
Call Number: 616.8526 R845B

Bulimarexia: The Binge/Purge Cycle / Marlene Boskind-White, William C. White, Jr.
Call Number: 616.8526 B744

Bulimia, A Guide To Recovery: Understanding & Overcoming The Binge-Purge Syndrome /
Lindsey Hall & Leigh Cohn
Call Number: 616.8526 H177

Bulimia: A Systems Approach To Treatment / Maria P.P. Root, Patricia Fallon, William N.
Friedrich
Call Number: 616.8526 R782

The Bulimic College Student: Evaluation, Treatment, And Prevention / Leighton C. Whitaker,
editor
Call Number: 616.8526 D265

Clinical Manual Of Impulse-Control Disorders / edited by Eric Hollander, Dan J. Stein
Call Number: 616.8584 C641
Table Of Contents: <http://www.loc.gov/catdir/toc/ecip0510/2005008195.html>

Cognitive-Behavioral Treatment Of Obesity: A Clinician's Guide / Zafra Cooper, Christopher G.
Fairburn, Deborah M. Hawker
Call Number: 616.39806 C778
Table Of Contents: <http://www.loc.gov/catdir/toc/fy042/2002154655.html>

Compulsive Exercise And The Eating Disorders: Toward And Integrated Theory Of Activity /
Alayne Yates
Call Number: 616.8526 Y32

Compulsive Overeater: The Basic Text For Compulsive Overeaters / by Bill B.
Call Number: 616.398 B111C

The Deadly Diet: Recovering From Anorexia & Bulimia
Call Number: 616.8526 S213

Dying To Be Thin: Patients With Anorexia And Bulimia
Call Number: 616.8526 D9965

Eat Like A Lady: Guide For Overcoming Bulimia / Carla Wills-Brandon
Call Number: 616.85263 W741

Eating Disorder Survivors Tell Their Stories / Christina Chiu
Summary: Four survivors of anorexia nervosa, bulimia, and compulsive overeating share their
experiences and give advice for the recovery of others.
Call Number: YOUTH 616.8526 C532

Eating Disorders / John R. Mathews
Call Number: 616.8526 M429

Eating Disorders, Overeating, And Pathological Attachment To Food: Independent Or Addictive Disorders? / Mark S. Gold, editor
Call Number: 616.8526 E14

Eating For Recovery: The Essential Nutrition Plan To Reverse The Physical Damage Of Alcoholism / Molly Siple
Call Number: 616.861 S618

EDAP Comprehensive Eating Disorders Education Packet
Call Number: 616.8526 E2116

The Evaluation And Treatment Of Eating Disorders / Diane Gibson, editor
Call Number: 616.8526 E2116

Experiential Therapies For Eating Disorders / edited by Lynne M. Hornyak, Ellen K. Baker
Call Number: 616.8526 H816

Fat Is A Family Affair / Judi Hollis
Call Number: 616.8526 H742

Father Hunger: Fathers, Daughters & Food / Margo Maine
Call Number: 616.8526 M225

Feeding The Hungry Heart: The Experience Of Compulsive Eating
Call Number: 616.8526 R845

Feeling Good About The Way You Look: A Program For Overcoming Body Image Problems / Sabine Wilhelm
616.8526 W678

Food Addiction: The Body Knows / Kay Sheppard
Call Number: 616.85263 S549

Food Trips And Traps: Coping With Eating Disorders / by Jane Claypool and Cheryl Diane Nelsen
Call Number: YOUTH 616.8526 C622

Freedom From Food / by Elizabeth Hampshire
Call Number: 616.8526 H231

Girl Power!: Community Education Kit
Call Number: 155.5 C9565

The Golden Cage: The Enigma Of Anorexia Nervosa / Hilde Bruch
Call Number: 616.35 B887

Good Enough To Eat: A Kid's Guide To Food And Nutrition / Lizzy Rockwell

Call Number: YOUTH 613.2 R684

Summary: Describes the six categories of nutrients needed for good health, how they work in the body, and what foods provide each

Hope And Recovery: A Mother-Daughter Story About Anorexia Nervosa, Bulimia, And Manic Depression / by Emma Lou Thayne & Becky Thayne Markosian

Call Number: 616.8526 T373

A Hunger So Wide And So Deep: American Women Speak Out On Eating Problems / Becky W. Thompson

Call Number: 616.8526 T468

The Invisible Man: A Self-Help Guide For Men With Eating Disorders, Compulsive Exercising And Bigorexia / John F. Morgan

Call Number: 616.8526 M849

Intuitive Eating: A Revolutionary Program That Works / Evelyn Tribole and Elyse Resch

Call Number: 613.25 T822

Table Of Contents: <http://www.loc.gov/catdir/description/hol041/2003046877.html>

It's Not Your Fault: Overcoming Anorexia And Bulimia Through Biopsychiatry / Russell Marx

Call Number: 616.8526 M392

Just A Little Too Thin: How To Pull Your Child Back From The Brink Of An Eating Disorder / Michael Strober, Meg Schneider

Call Number: 616.8526 S919

Maintenance For Compulsive Overeaters / Bill B.

Call Number: 616.398 B111M

Males With Eating Disorders / edited by Arnold E. Andersen

Call Number: 616.8526 A545

The No-Nonsense Parents' Guide: What You Can Do About Teens And Alcohol, Drugs, Sex, Eating Disorders And Depression / Sheila Fuller & Leigh Rudd

Call Number: 649.1 F968

Ophelia Speaks: Adolescent Girls Write About Their Search For Self / Sara Shandler

Call Number: 155.5 S5288

Otherwise Perfect: People And Their Problems With Weight / Mary S. Stuart, Lynnzy Orr

Call Number: 616.398 S932

Overcoming Overeating

Call Number: 616.8526 H669

A Parent's Guide To Eating Disorders And Obesity / by Martha M. Jablow

Call Number: 618.92 J11

A Practical Guide To The Treatment Of Bulimia Nervosa / Johan Vanderlinden, Jan Norré,
Walter Vandereycken
Call Number: 616.8526 V235

The Prevention Of Eating Problems And Eating Disorders: Theory, Research, And Practice /
Michael P. Levine & Linda Smolak
Call Number: 616.8526 E14

Relapse Prevention: Maintenance Strategies In The Treatment Of Addictive Behaviors / edited
by G. Alan Marlatt and Dennis M. Donovan
Call Number: 616.86 M347RE 2005

The Right Moves: A Girl's Guide To Getting Fit And Feeling Good / by Tina Schwager and
Michele Schuerger
Call Number: YOUTH 613.7 S3981

Shame And Body Image: Culture And The Compulsive Eater / Barbara McFarland, Tyeis L.
Baker-Baumann
Call Number: 616.8526 M143S

Someone You Love Is Obsessed With Food: What You Need To Know About Eating Disorders /
Linda Riebel and Jane Kaplan
Call Number: 616.8526 R548

Student Eating Disorders: Anorexia Nervosa And Bulimia / by Michael P. Levine
Call Number: 618.92 L665

Surviving An Eating Disorder: New Perspectives And Strategies For Family And Friends
Call Number: 616.8526 S571

Taking Charge Of My Mind And Body: A Girl's Guide To Outsmarting Alcohol, Drugs, Smoking,
And Eating Problems / Gladys Folkers and Jeanne Engelmann.
Call Number: YOUTH 155.5 F6661

Tomorrow, Monday, Or New Year's Day: Emerging Issues In Eating Disorder Recovery For
Anorexics, Bulimics, Compulsive Overeaters, Parents, Significant Others / by Joan Ebbitt
Call Number: 616.8526 E15

Treating And Overcoming Anorexia Nervosa / Steven Levenkron.
Call Number: 616.8526 L657

Wasted: A Memoir Of Anorexia And Bulimia / Marya Hornbacher
Call Number: 616.8526 H814

What's Real, What's Ideal: Overcoming A Negative Body Image / Brangien Davis
Call Number: YOUTH 616.85 D261

When Food's A Foe: How To Confront And Conquer Eating Disorders / Nancy J. Kolodny
Call Number: YOUTH 616.8526 K81

When Girls Feel Fat: Helping Girls Through Adolescence / Sandra Susan Friedman
616.8526 F9116

When Your Child Has An Eating Disorder: A Step-By-Step Workbook For Parents And Other
Caregivers / Abigail Natenshon
Call Number: 616.8526 N273

Curricula

365 Foods Kids Love To Eat: Nutritious And Kid-Tested

Beyond Trauma: A Healing Journey For Women / Stephanie S. Covington, Ph.D.
Summary: For women, the experience of trauma often leads to disorders such as addictions, eating disorders, and self-harm. With sensitivity and understanding, author Stephanie Covington explores the interrelationship between substance abuse, trauma, and mental health. Curriculum components includes: a client workbook, client video, facilitator guide, and a two-volume facilitator video.

The Body Image Workbook: An 8-Step Program For Learning To Like Your Looks / Thomas F. Cash
Summary: Discover the causes of poor body image; correct faulty self-talk and stop self-defeating behavior

A 5 Day Lesson Plan On Eating Disorders: Grades 7-12 / written by Michael Levine and Laura Hill

Eating Disorders: The Journey To Recovery Workbook / Laura J. Goodman, Mona Villapiano

Full Of Ourselves: A Wellness Program To Advance Girl Power, Health And Leadership
Summary: This program aims to sustain girls, grades 3-8, in their mental, physical, and social health and to decrease their vulnerability to the development of body preoccupation and eating disorders.

Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too! : Promoting Healthy Body Image, Eating, Fitness, Nutrition And Weight: A Comprehensive Resource Manual And Lesson Guide With Scripted-Lessons And Activities For Grades Four, Five Or Six / Kathy J. Kater

Media Smart Youth: Eat, Think And Be Active! A Workshop Curriculum For Youth Ages 11-13
Summary: Helps young people ages 11 to 13 understand the complex media world around them, and how it can influence their health--especially in regard to nutrition and physical activity.

The Overcoming Bulimia Workbook: Your Comprehensive Step-By-Step Guide To Recovery / Randi E. McCabe, Traci L. McFarlane, Marion P. Olmsted

Paths To The Future: 12 Week Facilitator Activity Guide / by Giovanna Taormina, Beth Hossfeld, & Casey McCormick
Summary: Activities for girls ages 12+ on friendship, communication, relationships, body, image, and related issues