

Maudsley Parents Newsletter



maudsleyparents.org
a site for parents of eating disordered children

SUMMER 2008

We have some great additions to the website this summer, including a new video on bulimia nervosa, a Spanish-language section, and updated parent-to-parent tips. Other exciting news includes Harriet Brown's forthcoming book and Maudsley Parents outreach efforts. Please feel free to forward this newsletter to other interested parents and invite them to join our mailing list. As always, we'd love to hear from you. Write us at contact@maudsleyparents.org.

New on the Website

New Video and Information about Family-Based Treatment for Bulimia Nervosa

Bulimia nervosa (BN) is a difficult disorder with even greater prevalence than anorexia nervosa (AN). Maudsley Parents has just added a [new section with information on BN](#), including a video with Danielle Grange, Ph.D, director of the Eating Disorders Program at the University of Chicago. We talked with Dr. le Grange about bulimia, its treatment, and recent research. The 18-minute video outlines family-based treatment for BN, highlighting some important differences from anorexia nervosa. Dr. le Grange's recent NIMH-funded study of 80 patients with bulimia showed promising results for FBT. Questions or comments about the video? Write us at contact@maudsleyparents.org.

NUEVO: Maudsley Parents en Español

A recent e-mail from a mother in Mexico prompted us to add a new Spanish-language section to our website. Click [here](#) for information on Family-Based Treatment for anorexia and bulimia, family stories, and background information on eating disorders. Many thanks to Rosa for her inspiration, help with translation, and willingness to share her story. Check back for updates, as we plan to add to this section soon.

Meet the Parents!

Check out new bios on our updated [Contact Us](#) page.

Parent-to-Parent Tips and Recipes

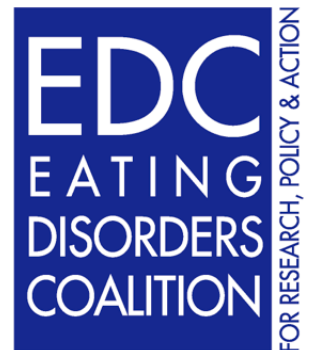
We've added to our popular [practical tips and recipe section](#) with some great new recipes and tips on two areas that are often tricky for parents to manage—getting started and lunch.

We hope you find the added info helpful. Thanks to Carrie, Martha, and Ann for new recipes, and to all the parents who shared their experiences and advice. Do you have tips or recipes you'd like to share? Drop us a line at contact@maudsleyparents.org

Eating Disorder Coalition News

Maudsley Parents has been a coalition level member of the Eating Disorders Coalition since 2007. EDC works to advance federal recognition of eating disorders as a public health priority. EDC's federal policy goals are:

- Increase resources for research, education, prevention, and improved training.
- Promote federal support for improved access to care.
- Promote the national awareness of eating disorders as a public health problem.
- Promote initiatives that support the healthy development of children.



Click [here](#) to read more about EDC's work. You can sign up for free email updates on important issues like mental health parity [here](#).

Harriet Brown to publish BRAVE GIRL EATING

We're excited to announce that HarperCollins will publish Harriet Brown's memoir of her family's struggle with anorexia. Harriet says, "Since I wrote about our family's struggle in the *New York Times Magazine*, I've been in contact with hundreds of families. I hope the book will give them information about the Maudsley approach and will help them feel less alone." BRAVE GIRL EATING is due out in Spring 2010. Dr. Daniel le Grange of the University of Chicago will write the foreword and Harriet's daughter Kitty will write an afterword. A frequent contributor to the *New York Times*, Harriet wrote about her experiences in the *Times Magazine* in 2006. Click the links below to that article and more of Harriet's writing on eating disorders.

[One Spoonful at a Time](#) ❖ [A Diagnosis for One, but an Impact Shared](#) ❖ [Counting Calories, but not to Shed Pounds](#) ❖ [My Daughters are Fine, but I'll Never Be the Same](#) ❖ [Stigma of Anorexia Keeps Many from Help](#)

What's Next for Maudsley Parents?

Since Maudsley Parents began in late 2006 our web readership has grown steadily, reaching an all-time high last month. We're glad to know that more parents are aware that FBT is among the treatment options when their daughter or son is suffering from an eating disorder. We'll increase our outreach with attendance at the NEDA Conference in Austin, TX, in September. If you plan to attend, stop by the "Take One" table for some MP materials. Let us know if you'll be there—we'd love to meet you!

What You Need When You Need It

When your child has an eating disorder, finding helpful information when you need it is important. Here are some links to information on the website to help you find what you need fast. Still can't find the information you're looking for? E-mail us and we'll do our best to help.

[What is Family-Based Treatment?](#)

[FBT Bibliography](#)

[Interview on Common Misconceptions About Family-Based Treatment](#)

[Family Stories](#)

[Advice on Understanding and Finding Family-Based Treatment from the University of Chicago](#)

[Recommended Books and Articles](#)

[Maudsley Parents Advice on FBT](#)

[Working with a Non-Maudsley Team](#)

[Quick Reference](#)

[Frequently Asked Questions](#)

[Finding Treatment](#)

The Sand Heart



Have you ever wondered why there is a heart in the sand on every page of the Maudsley Parents site? Ann Farine, our web designer, was inspired by a quote from James Lock, MD, PhD: "Defeating anorexia nervosa is like climbing a sand hill; you can't rest until you get to the top or you will slide right back down again." Our heart in the sand reminds us that our love for our kids keeps us going, even when we're slogging through the toughest parts of this journey.