# CEDD Online Learning Program

## Readings & References List

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Module 1 – Understanding Eating Disorders

1.1 Background Information

Recommended Readings


References


• Griffiths, R., Beumont, P. J. V., Beumont, D., Touyz, S.


### 1.2 Epidemiology

**Recommended Readings**


References


presenting to an eating disorders service. *Int J Eat Disord*, 00: 000-000.


• Kendler, K. S., Maclean, C., Neale, M., Kessler, R.,


Eating Disorders, 27(2): 150-162.


• van der Ham, Meulman, van Strien & van Engeland, 2004.

• Wade, T. D., Bergin, J. W., Tiggermann, M., Bulik, C. M.,


1.3 Early Intervention & Screening

**Recommended Readings**


- Stice, E. (2002). Risk and maintenance factors for eating


• Cash, T. F., (2005). The Influence of Socio-Cultural


**References**


1.4 Diagnostic Issues

**Recommended Readings**


References

• Australian Epidemiological Association


1.5 Prevention, Stigma & Stereotypes

References
• Dr Rick Kausman, If not dieting, then what?


Module 2 – Assessment

2.1 The Initial Assessment

References


2.2 Medical Assessment

Recommended Reading


References


• Wilhelm, K. A., & Clarke, S. D., Eating disorders from a primary care perspective MJA Practice Essentials: Mental Health.
2.3 Mental Health Assessment

References


2.4 Nutritional Assessment

Recommended Reading

• American Dietetic Association (2006) Position of the


• National Institute for Clinical Excellence (2004). Please click on the following link to access the summary:

http://guidance.nice.org.uk/index.jsp?action=download&o=29219

References


• CEED (2005) Eating Disorders Resource for Health Professionals: A Manual to Promote Early Identification,


- Marks, P., Harding, M., (2004) Fitness Australia Guidelines: Identifying and managing members with eating disorders and/or problems with excessive exercise A collaborative project between the Centre for Eating and Dieting Disorders (CEDD) and Fitness First Australia on behalf of Fitness Australia. Sydney, Australia

Module 3 – Preparation for Treatment

3.1 Treatment Aims & Principles

References


3.2 A Team Approach

References


3.3 Special Consideration

Recommended Readings


• Mitchell, J. E., Agras, S., Wonderlich, S., (2007) Treatment of Bulimia Nervosa: Where are we and where

**Additional Recommended Readings**


• Stone, M., Briody, J., Kohn, M. R., Clarke, S., Madden, S., Cowell, C. T., (2006) Bone changes in adolescent


References


• NICE (2004) Eating Disorders: Core interventions in the treatment and management of anorexia nervosa, bulimia
nervosa, and related eating disorders.


3.4 Challenges, Legal & Ethical Issues

Recommended Readings


References

• Bardone-Cone, A. M., Cass, K. M., (2007). What does viewing pro-anorexia websites do? An experimental examination of website exposure and moderating effects. Int J Eat Disord; 00:000-000


Module 4 – Preparation for Treatment

4.1 Self Help

Resources


- And it’s companion clinician’s guide:


- McCabe, R., McFarlane, T.L., Olmsted, M.P., The overcoming bulimia workbook: Your comprehensive,


- If you are interested in exploring an online programs see Media Innovations
- [http://www.media-innovations.ltd.uk/Self-Help.html](http://www.media-innovations.ltd.uk/Self-Help.html) which provides an 8 session program for anorexia nervosa and one for bulimia nervosa which has been clinically evaluated, both produced by Dr Williams from the University of Glasgow in collaboration with Prof Ulrike Schmidt.

References


### 4.2 Motivational Interviewing

#### Recommended Readings


#### References


• Stockford, K., Turner, H., Cooper, M., (2007). Illness perception and its relationship to readiness to change in


### 4.3 Cognitive Behavioural Therapy

**Recommended Readings**


References


• http://www.psychiatry.ox.ac.uk/research/researchunits/cr ed/cbt_and_eating_disorders/cbt-and-eating-disorders-fairburn-2008
4.4 Family Therapy

Recommended Readings

• Maudsley Parents website
  http://www.maudsleyparents.org


References


• Scholz, M., Rix, M., Scholz, K., Gantchev, K., and Thomke, V., (2005). Multiple family therapy for anorexia


4.5 Mindfulness Based Therapies

Recommended Readings


References


4.6 Other Psychotherapies

References


- National Mental Health Strategy, Primary Mental Health Care Initiative, Divisions of General Practice, Primary Care Psychiatry: The Last Frontier, Joint Consultative Committee, Mental Health and Special Programs Branch, Commonwealth Department of Health and Aged Care, February 2000 A manual of mental health care in General Practice.

- The UK Council for Psychotherapy http://www.psychotherapy.org.uk/

Module 5 – Management

5.1 Working with Children, Adolescents & Families

Recommended Readings


• Treasure, J., Smith, G., Crane, A., (2007). Skills-based learning for caring for a loved one with an eating


References


- Society for Adolescent Medicine (2003). Eating


5.2 Inpatient Management

References


Psychological Medicine, 34, 843-853.


rate variability in chronic anorexia nervosa. American Journal of Cardiology. 94(4), 1217-1220.


• Surgenor, L. J., Maguire, S. & Beumont, P. J. V. (2004). Drop-out from inpatient treatment for anorexia nervosa:
can risk factors be identified at point of admission? European Eating Disorder Review, 12, 94-100.


5.3 Outpatient Management

Recommended Reading


References


