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When Your Child Has an Eating Disorder: A Step-by-Step Workbook for Parents and Other Caregivers

Abigail H. Natenshon

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When Your Child has an Eating Disorder is the first hands-on workbook to help parents successfully intervene when they suspect their child has an eating disorder. This step-by-step guide is filled with self-tests, questions and answers, journaling and role playing exercises, and practical resources that give parents the insight they need to understand eating disorders and their treatment, recognize symptoms in their child, and work with their child toward recovery. This excellent and effective resource is one therapists can feel confident about recommending to patients.

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