



**Maudsley Family Based Treatment:  
Additional Resources**

Through our experience providing treatment to adolescents and their families, we have identified several key resources that bring families a more complete understanding of the process of recovery as well as support. We hope you find them helpful!

***Books for Parents:***

Helping Your Teenager Beat an Eating Disorder - *James Lock, M.D., Ph.D. & Daniel le Grange, Ph.D.*  
Brave Girl Eating - *Harriet Brown*

***Books for Adolescents:***

Life Without Ed - *Jenni Schafer*  
Goodbye Ed, Hello Me - *Jenni Schafer*

***Research Articles/Background on FBT:***

[www.feast-ed.org](http://www.feast-ed.org)

[www.maudsleyparents.org](http://www.maudsleyparents.org)

<http://www.nationaleatingdisorders.org/webinars>

- 2 hour webinar on the process of FBT

***Online Parent Support:***

[www.aroundthedinnertable.org](http://www.aroundthedinnertable.org) - Online forum supporting parents through FBT