## **ORDER FORM**

#### Detach and mail with check payable to:

Eating Wellness Programs 366 N Broadway - Ste PHW1 Jericho, NY 11753

Please make payment in check or money order only. We do not accept credit cards.

Allow 2-3 weeks for processing.

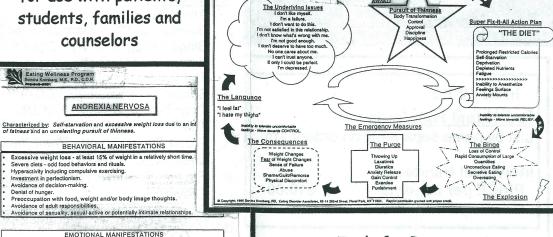
All handouts except the CD will be sent via email in pdf format

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## **SAMPLES**

Educational Materials: for use with patients, counselors



The "I Feel Fat" Cloud (The Cognitions)

The Saga of Dieting and the Binge/Purge Cycle

Inability to express or cope with emotional situations. Increasingly diminished social and inter-pers Feelings of inadequacy, low or no self esteem. Intense remorse and shame regarding eating behaviors and their box

PHYSICAL MANIFESTATIONS Lanugo (soft, fine hair over body)
Hypotension
(abr.ormally low blood pressure) Brain wave abnormalities Abdominal pain Slow pulse Cold intolerance Bradycardia (slow heart beat) Edema Hair loss Constipation Dry skin Frequent headaches Brittle hair Estrogen deficiency

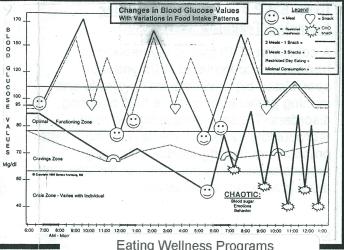
Hypometabolism Interrupted sleep patterns Osteoporosis Excessively dry skin

## Asessment and Patient **Information Forms**

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## Tools for Recovery



Eating Wellness Programs 366 N Broadway - Suite PHW1 Jericho, NY 11753 516-513-1284 eatwell4@aol.com

www.eatingdisordertreatmentspecialists.com www.sondrakronberg.com



# Eating Disorder Counseling Tools

All individually purchased handouts will be sent via email.

All handouts including the CD are in PDF format.



This handout series on CD (pdf format) is a compilation of Sondra Kronberg's "Top 50" that she has used during her 30-year career treating eating disorders. These are readymade, practical, diversified resources for educating a treatment team and staff members, giving to families and patients, or offering at talks and workshops.

50 handouts, CD \$89.99

CD also includes bonus articles written by Sondra Kronberg

Handouts marked (CD) on Individual List are included in the CD.

Item: EWP 2

Individual Handouts -

List by name separately on order form.

Individual Handouts: PRICE per handout:

\$10.00

## Item: EWP 3 <u>Eating Disorder</u> <u>Learning/Teaching Starter Set</u>

A collection of 15 frequently needed handouts accumulated in 25 years of specialized experience treating clients and training professionals in the field of eating disorders. These essential pdf file ready reproducible handouts, for developing private practice, counseling clients, educating professionals and supervising or training staff are a great starting collection.

Handouts Marked (S) on Individual List are included in Starter Set.

PRICE: \$45.95



## **Individual Handout Topics**



## Educational

- 1. Anorexia Signs & Symptoms (S) (CD)
- 2. Bulimia Signs & Symptoms (S) (CD)
- Binge Eating Disorder Signs and Symptoms (S) (CD)
- 4. The Processes of Change (S) (CD)
- 5. Successful Change (S) (CD)
- 6. Cognitive Distortions (S) (CD)
- 7. The Treatment Team (S) (CD)
- Blood Sugar Graph The Effect of Meal Patterns on Blood Sugar (CD)
- Factors that Affect Blood Sugar and Cravings
- 10. Set Point (CD)
- 11. Water (CD)
- Collaboration between the Nutritionist and Therapist
- 13. Metabolism (CD)
- 14. Protein (CD)
- 15. Carbohydrates (CD)
- 16. Fats and Oils (CD)
- 17. Stages of Recovery (CD)
- 18. Family Traits and PredisposingFactors
  19. The Dieting-Binge-Purge Cycle (CD)
- 20. Perfectionist Thinking (CD)
- 21. Eating Disorder Continuum (CD)
- 22. Basic Nutrition (S) (CD)

#### **Education/Assessment**

- 1. Exercise Bulimia Questionnaire (S) (CD)
- 2. Body Image Questionnaire (S) (CD)
- Patient Intake & Medical History {2 pages} (CD)
- Food Preferences (4 pages) (CD)
- Adolescent Development and the Development of Eating Disorders(CD)

#### Tools

- 1. Feelings Vocabulary (S) (CD)
- 2. Identifying Feelings (S) (CD)
- 3. Hunger Awareness Dialog (S) (CD)
- 4. Hunger Gauge & Meter (S) (CD)
- Affirmations Developing Positive Messages (CD)
- 6. Alternative Behaviors (CD)
- 7. Positive Self -Talk {2 pages} (CD)
- 8. Life Saver Card {2 pages} (CD)
- 9. Journal/Diary {2 pages} (CD)
- 10. Creative Visualization/Guided Imagery
- 11. Changing Thoughts to Change Behaviors {2 pages} (CD)
- 12. Food-Fear Rating Form (2 pages) (CD)
- 13. Definitions of Eating Adaptations (S) (CD)
- 14. Feelings Mountain (CD)
- 15. Healing and Growing Mountain (CD)
- 16. Path of Healing
- 17. I Feel Fat Cloud
- 18. Mountain Climbing (CD)

## Treatment & Counseling Skills

- 1. Factors that Affect a Session (CD)
- 2. Flow of a Session {2 pages} (CD)
- 3. Supervision {2 pages} (CD)
- 4. Therapeutic Counseling Skills (CD)
- 5. Treatment Arenas (CD)

## **Inspirational**

- 1. Autobiography in Five Parts (CD)
- 2. Risking (CD)
- 3. Rules for Being Human (CD)
- 4. Imagine a Woman (CD)
- 5. Rights of a Human Being (CD)
- 6. Golden Nugget (CD)