

Eating Disorder Counseling Tools

All individually purchased handouts will be sent via email.

All handouts including the CD are in PDF format.

Item: EWP 1

NEW PRODUCT!

"Top 50" Handouts on CD
intro price \$89.99

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 ready-made, 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 Eating Disorder Learning/Teaching Starter Set

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)
3. 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)
8. Blood Sugar Graph - The Effect of Meal Patterns on Blood Sugar (CD)
9. Factors that Affect Blood Sugar and Cravings
10. Set Point (CD)
11. Water (CD)
12. 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 Predisposing Factors
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)
3. Patient Intake & Medical History {2 pages} (CD)
4. Food Preferences {4 pages} (CD)
5. 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)
5. 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)