

DISORDERED EATING AND BODY IMAGE ISSUES

DIRECTORY OF SERVICES AND INFORMATION

Updated 1st September 2003

Copies available from
Southern Women's Community Health Centre,
phone: (08) 8384 9555.

Information on services and publications related to
disordered eating will be available on the
"Human Services Finder" (www.hsfinder.sa.gov.au)
in late 2003.

To find Disordered Eating & Body Image
Directory of Services,
go to 'Publications', type 'disordered eating' in the title
box and click FIND.

**This Directory was produced as an initiative of the
Southern Women's Community Health Centre,
in association with the
'Disordered Eating and Body Image' (DEBI) Project.**



Contributions to the production of this Directory were
made by :

**Charmaine Dennis,
Cina Mastrantone, Julia Browne, Cassandra Hood,
Veronica Freund, Maxine Clerke, Tiffany Swanson,
Amy Underdown**

Formatting done by Suzan Kennerley.

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Reason for the Directory

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This Directory was developed as an initiative of Southern Women's Community Health Centre in response to a community need for appropriate and timely services or information for women, in relation to Disordered Eating and Body Image issues.

In Australian culture, where youth and beauty are highly valued, there are strong influences on women by society, the media, fashion and beauty industries, to focus on their appearance and size as a measure of worth, beauty or acceptance.

Food and Body Image are often not the primary issues. Power and control, anxiety, guilt, depression, obsession, and communication are contributing factors that initiate a disordered eating pattern and effect women's mental health. Issues such as the effects of Trauma and Abuse, Violence Against Women, Sexuality and Cultural Marginalisation, are all linked to women's relationships with eating and body image. Resources are often directed to the most extreme eating disorders rather than to the whole spectrum of disordered eating behaviours.

This Directory is for community women and health workers. Its aim is to improve women's access to information on disordered eating and related issues, so that they can make an informed choice to act or seek help before difficulties escalate. Gender plays a significant role in a persons' response to their body image and eating behaviour, and while this Directory was primarily developed for women, most of the resources will also be useful for men affected by these issues.

Health workers have a crucial Primary Health Care role as a first point of contact with the health system for women seeking assistance with Disordered Eating and Body Image issues. An informed and respectful response to women's concerns can be crucial to a positive outcome for them.

What Is Disordered Eating?

Disordered Eating (DE)

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The term disordered eating (DE) covers an array of unhealthy behaviours and/or attitudes revolving around food, eating and body image. DE cannot be clinically diagnosed, like eating disorders (EDs). DE usually involves the individual spending increasing amounts of time and energy on DE behaviours, and this then leads to less energy being available for life activities, schooling and family activities (British Columbia Eating Disorder Association, 2002). DE often involves one or several of the following points:

1. Feeling overweight, worried about appearance, body size and/or shape.
2. Preoccupation with food, weight, exercise and appearance.
3. Not responding to body signals in regards to food (i.e. Eating for comfort, anger, depression, boredom; not eating due to depression; restricting food as a self punishment.)
4. Postponing or canceling daily activities due to weight, size, appearance (i.e. refusing to go to the beach)
5. Dieting, restricting food intake, fasting, bingeing, purging, compulsive eating, compulsive exercise.

(British Columbia Eating Disorder Association 2002)

It should be noted that DE has no strict definition. It generally refers to:

"... a continuum, with healthy eating at one end, subclinical disordered eating in the middle, and such disorders as anorexia and bulimia at the other end..." (Heesacker et al 2001)

Eating Disorders (EDs)

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EDs are very complex and multi-faceted disorders involving a number of behavioural patterns relating to food, weight and relationships with ones self and others (Australian Dietitians Association Position statement 1994). EDs are categorically considered psychiatric disorders, however they may involve a number of physical health, nutritional and medical problems.

EDs include Anorexia Nervosa, Bulimia Nervosa, Compulsive Eating/Binge Eating Disorder and Eating Disorders Not Otherwise Specified (EDNOS). The diagnostic criteria for these disorders are stated in the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). The primary difference between DE and EDs is the fact that EDs, have strict clinical diagnostic criteria and DE behaviours do not.

Dieting vs. Healthy Eating

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In an ideal world, all women would have healthy relationships with their bodies, feeling proud about the strength and activities their bodies can do for them. Some women are happy with their body image, accepting their physical appearance and their way of being in the world. They have committed to their own well-being by balancing the amount of activity they do, enjoying food, having fun, relaxing and maintaining friendships in life. But for many women, thinking about food, eating and their weight overshadows much of their lives. This can lead to disordered eating behaviours like restrictive dieting.

There is a big difference between dieting and following a 'healthy diet' (i.e. healthy eating). When "dieting", a person's thoughts generally revolve around a goal of weight loss with success and self-acceptance only achieved when a person has reached their goal weight, and sometimes not even then. Food is seen as the enemy and something to require enormous will power to deprive oneself of. Dieting, in this sense, means restricting food intake by counting calories, kilojoules, grams of fat or otherwise restricting nutrient intake.

Restrictive dieting can have many harmful effects on the body and mind. These can include:

- tiredness / fatigue
- anaemia
- menstrual cycle irregularities
- depression
- anxiety
- irritability and unstable moods
- low self esteem
- bingeing (which often leads to weight gain)
- malnutrition (and/or a specific lack of iron, calcium, zinc and retinol)
- gall bladder problems
- increased risk of coronary heart disease
- weaker bones (from loss of bone density)
- development of an eating disorder
- weight gain (because the process of continually losing and regaining weight – the 'Yo Yo cycle' – slows your metabolism and leads to weight gain)

Healthy eating means not being restrictive with eating but is about eating sensibly. It includes eating (and enjoying) a wide variety of different foods and eating normally.

Eating a healthy diet (rather than "dieting") gives plenty of energy for daily activities. It helps clear thinking, improves mood and feelings of general well being. It means all nutrient requirements are being met, lowering the risk of diet related health problems.

Normal eating can mean many things but generally includes eating regularly through the day to satisfy hunger; whether this is 3 meals per day and a couple of snacks, or grazing on small amounts over the whole day. But eating is done to satisfy hunger rather than to deny it and it is regulated by the body's own internal signals of appetite, hunger and satiety (fullness). So, a person eats when they are hungry and stops when they are satisfied.

There are lots of places to find more information on healthy eating. *The Australian Guide To Healthy Eating* recommends that:

To eat a healthy diet:

1. Choose foods from each of the 5 food groups every day
2. Eat plenty of plant foods, moderate amounts of animal foods and small amounts of extra foods, including oils and margarines
3. Choose different varieties of foods from within each of the 5 food groups from day to day, week to week and at different times of the year
4. Drink plenty of water

Also, remember that physical activity is important too. Aim for about 30 minutes of moderate exercise (like walking) each day. This will help you to feel fitter and healthier, as well as help you to regulate your appetite.

The Australian Guide To Healthy Eating online: www.health.gov.au/pubhlth/strateg/food/guide/

Where to go for help

Practitioners

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1. **General practitioners** provide medical assessments, physical treatments and monitor a person's physical wellbeing. They do not specialise in treating eating disorders but can help by referring to other health workers and medical specialists.
2. **Psychiatrists** have approved medical and psychiatry qualifications and can prescribe medications and provide psychological therapies. Some psychiatrists will bulk bill. Medicare will cover the bulk of a psychiatrist's fees.
3. **Psychologists** have approved qualifications, provide a range of psychological therapies and must be registered with the Psychologists Registration Board of South Australia. Psychologists' fees vary and are not covered by Medicare unless accessed through a public health service.
4. **Counsellors / Psychotherapists** can be trained through a variety of courses available locally or internationally. They are not required to be registered but may belong to a counselling association which has training requirements for entry. Ask about their professional training, method of working and experience. Counsellors can have a range of academic backgrounds. (e.g. social work, nursing). Psychotherapists have alternative psychological training, which enables them to work with a client's philosophy on life.
5. **Dietitians / Nutritionists** are able to provide professional, individualised advice around all food and nutrition-related issues. They mostly work through dietary counselling and education and can help with disordered eating / body image concerns as well as in the treatment of eating disorders.
6. **Complimentary Therapies** involve a diversity of therapies provided by qualified practitioners. (e.g. massage, acupuncture, naturopathy, yoga, reiki, etc). There are also a range of self-help methods such as meditation, keeping a journal, self-help books, support groups.

Public Health Services

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Public Hospitals and **Community Health** and **Mental Health Services** are covered by Medicare and are usually free or low cost. Waiting lists may apply and there are often some criteria for access to services, for example, catchment zones which means you have to live in a particular local council area to access the local community health service.

Private Health Services

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Disordered Eating and Eating disorders **are often considered pre-existing illnesses**, so people seeking the use of private facilities need to keep possible costs in mind and check with your health fund. Not all private services are registered with private health funds for rebates. It is advisable to check directly with individual health insurance companies about insurance coverage. Some psychiatrists accessed through private practices will 'bulk bill'.

Questions to think about

(when seeking a health practitioner in private practice)

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1. What is your training background?
2. What qualifications do you have?
3. How much experience do you have working with people with eating and body image issues?
4. What is your treatment approach?
5. What can I expect to happen during sessions?
6. What do you think about medication?
7. Will you involve my family or other health professionals?
8. How long do you think treatment will take?
9. How often will the sessions be scheduled?
10. How much do sessions cost?
11. Are you registered with private insurance companies for rebates?
12. Are your fees negotiable?

If you have issues with your health practitioner/s or the treatment they are providing it is important to let the practitioner or service know. Finding the therapist/s or style of therapy that suits you can sometimes mean approaching more than one health practitioner.

Resources/ Directory of Services

Organisations - Government

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Noarlunga Health Services

- 1. Southern Women's Community Health Centre**
Alexander Kelly Drive, Noarlunga Centre 8384 9555
Services available: Information; general counselling; various groups; Women specific service
- 2. Southern Vales Community Health Service**
Cnr Grand Blvd and Main St, Seaford, SA 5169 8392 4500
Services: Information; general counselling and psychology; nutrition service; various groups
- 3. Woodcroft Community Health Centre**
175 Bains Road, Morphett Vale 8325 8100
Services : Information; general counselling and psychology; nutrition service; various groups
- 4. Noarlunga Health Village**
Alexander Kelly Drive, Noarlunga Centre 8384 9266
Services : Information; general counselling and psychology team; nutrition service; various groups

Inner Southern Community Health Service

1140A South Road, Clovelly Park 8277 2488
Services: Information; general counseling; nutrition service; various groups

Women's Health Statewide

64 Pennington Terrace, North Adelaide 5006 8239 9600
Women's Healthline for information and referral, Mon-Fri: 1-4.30pm www.whs.sa.gov.au/ 1300 882 880

Adelaide Hills Community Health Service

Wellington Road, Mt Barker 5251 8393 1833
Services: Information; general counseling. Covers area from Mt Barker to Victor Harbour.

Flinders Medical Centre, Weight Disorders Unit

Flinders Drive, Bedford Park 5042. www.flinders.sa.gov.au/ 8204 5237
Services: Inpatient and outpatient service; information; counseling; referrals

Child and Adolescent Mental Health Service

Southern region (via Flinders Medical Centre) 8204 5412
118 Main South Rd, Morphett Vale 5162 8362 1234
Westfield Tower, Westfield Shopping Town, Diagonal Rd, Oaklands Park 5046 8298 7744
Services: For up to 18 years of age and their families; counselling

Child & Youth Health

295 South Tce, Adelaide 5000 www.cyh.com.au/ 8303 1500
Services: Information, resources, online pamphlets
Parent Helpline : 24 hour 1300 364 100

Child & Youth Health

Woodcroft Shopping Centre, Cnr Bains & Panalatinga Road, Woodcroft. 8325 8800
Outreach offices at Seaford, Noarlunga and Victor Harbour, can be contacted via Marion office 8179 4500

Second Story Youth Health Services

50A Beach Road, Christies Beach 5165 <http://www.cyh.com/> 8326 6053
Services: Information; counselling; various groups; medical practitioner and nurses

Youth Healthline : 24 hours

Calling from a mobile phone 1300 131 719
8303 1691

South Australian Psychological Board

16 Norma Street, Mile End 5031 84439669
Services: Can confirm the professional registration of a psychologist

Dietitians Association of Australia

Services: Referral to an Accredited Practicing Dietitian www.daa.asn.au/

Dietitians Association of Australia (SA branch)

PO Box 204, North Adelaide. 5006 0416 083 781

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Organisations - Private

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Blackwood and District Community Hospital,

Food Without Fear Eating Disorder Program
Laffers Road, Belair 5052

8278 0400

Services: *Inpatient and outpatient ; information; counselling; Food without fear program.*

The Adelaide Clinic

33 Park Terrace, Gilberton 5081

8269 8100

Services: *Inpatient and outpatient service with psychiatrists; referral required*

Psychologist Council of SA

Services: *Limited referral information*

8272 5881

Organisations – Community

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Eating Disorders Association of South Australia (EDAsa)

217 Portrush Road, Maylands. SA. 5069 www.communitywebs.org/EatingDisordersAssocSA/
email: edasa@internode.on.net 8332 3466
Services: *Information; support; group support; newsletter; library; Helpline*

EDAsa maintains an up to date referral data base of private and public practitioners

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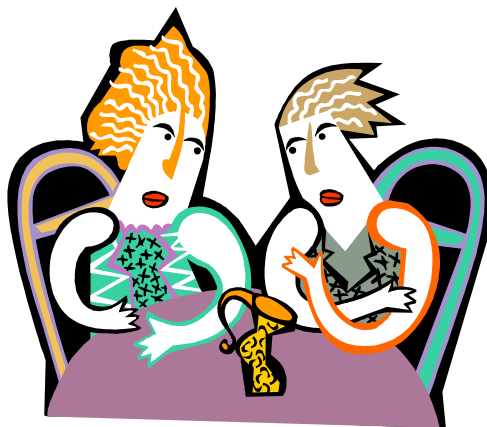
Overeaters Anonymous (OA)

PO Box 206, Unley 5061

www.oaregion10.org/index.html

8224 0500

Services: *Contact for recorded message of meeting times and venues.*



General Help Lines

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Eating Disorders Association of SA Inc (office hours)	8212 1644
Kids Help Line (24 hr free call for young people)	1800 551 800
Life Line (24 hr)	13 1114
Crisis Care (after hours only)	13 1611
Women's Health Information & Counselling Line (Mon-Fri, 1-4.30pm)	1300 882 880
Parent Help Line (24 hr)	1300 364 100
Youth Healthline (24 hr)	1300 131 719

Online Resources

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****Disclaimer:** It is advisable that you have virus protection on your computer prior to accessing the Internet.

The sites listed are provided for information and their appearance in this Directory is not an indication of our endorsement of the site.

Information pack for General Practitioners

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www.uq.net.au/eda/documents/GpInformationPack2001.pdf

Disordered Eating & Body Image Sites

(some websites include eating disorders as well)

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If Not Dieting, Then What?	www.ifnotdieting.com.au/
Disordered Eating, Food Obsession and Compulsive Exercise	www.naturalstrength.com/nutrition/detail.asp?ArticleID=527
The Physician and Sports Medicine: Disordered Eating	www.physsportsmed.com/issues/1996/07_96/eating.htm
About Face	www.about-face.org/
BBC Health and Fitness	www.bbc.co.uk/health/fitness/food_disorder.shtml
Diet Riot	www.dietriot.com/
Dietless	www.dietless.com/reading.html
Disordered Behaviours	www.studenthealth.ucla.edu/snac/pages/Body_Image/Disordered_Behaviors.htm
Disordered Eating and Eating Disorders	www.state.sd.us/doh/Pubs2/disorders.pdf
Building a Healthy Body-Disordered Eating Among College Students	www.thecenter.ucla.edu/bodymid.html
Disordered Eating, Do I have a Problem	www.newarkcolleges.com/studentlife/PDF/eat.pdf
Possible consequences of Untreated Disordered Eating	www.gmu.edu/departments/csdc/eat/consequences/
Warning Signs of Disordered Eating	www.cnu.edu/studlife/occs/WarningDisEating.htm
Body Awareness and Disordered Eating Outreach Group	www.du.edu/wellness/body/
Body Image Betrayal Related Issues	www.bibri.com/
Looking Risky : Body Image and Risk Taking Behaviours – Focus on Women, Issue 6, 2003	http://www.women.gov.au/

Eating Disorders Sites

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ISIS -Centre for Women's Action on Eating Issues	http://www.isis.org.au/
Australian Women's Health Network – Eating Disorders	http://www.awhn.org.au/eat.htm
Understanding Eating Disorders	www.prairiepublic.org/features/healthworks/disordered/understand.htm
University of Toronto Psychiatric Service – Disordered Eating Body Image	www.utoronto.ca/psychservices/eatingbodyimage.htm
Eating Disorders – Mirror Mirror	www.mirror-mirror.org/eatdis.htm
Eating Disorders in a Disordered Culture	http://www.eating.ucdavis.edu/
Disordered Eating Fact	www.californiaprojectlean.org/about/fact/ab_diseating.html
The Recovery Directory	www.recovery411.com/links/eatingdisorders.shtml/
Eating Disorders Association (QLD)	www.uq.net.au/eda/documents/start.html
Eating Disorders Foundation of Victoria	www.eatingdisorders.org.au/
Disordered Eating Main Page	www.prairiepublic.org/features/healthworks/disordered/
Something Fishy Website	http://www.somethingfishy.org/
Bodycage	http://www.bodycage.com/
Workshops Focusing on Disordered Eating	www.planet-therapy.com/pub/ed_workshops/

Women's Health Sites

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Women's Health Statewide	www.whs.sa.gov.au/
National Women's Health portal site	http://www.women.gov.au/
Great Web Links	www.womenfdn.org/Links/links.htm
Feminist Majority Foundation	www.feminist.org/news/newsbyte/newsarch.asp
Australian Women's Health Network – Eating Disorders	www.awhn.org.au
Our Bodies Ourselves Home Page	www.ourbodiesourselves.org
Meetings Discussion Groups Three	www.bccewh.bc.ca/Pages/meetings3.htm

Lesbian Sites

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B-Friend Online	www.acm.asn.au/bfriend/
Women's Sexuality – Sexual Orientation Web Sites	http://www-unix.umbc.edu/~korenman/wmst/links_sex.html
Great Web Links	www.womenfdn.org/Links/links.htm

Aboriginal & Torres Strait Islander Sites

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Australian Indigenous Health Info Net	www.healthinfolnet.ecu.edu.au/
Meetings Discussion Groups Three	www.bccewh.bc.ca/Pages/meetings3.htm
Something Fishy Website	www.somethingfishy.org

Non-English Speaking Background Sites

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Feminist Majority Foundation	www.feminist.org/news/newsbyte/newsarch.asp
Something Fishy Website	www.somethingfishy.org

Mental Health and Depression Sites

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Blue Pages	bluepages.anu.edu.au
Centre for Mental Health Research, Australian National University.	http://www.anu.edu.au/cmhr/
Clinical Research Unit for Anxiety and Depression	www.crufad.unsw.edu.au
Headroom (Dept. of Human Services)	www.headroom.net.au/
Help to understand depression and its treatment	www.depnet.com.au
Beyond Blue	www.beyondblue.org.au
Blues News	www.bluesnews.info
Centre for Grief Education	www.grief.org.au
Mental Health Services Australia	www.hsfinder.sa.gov.au
	www.health.vic.gov.au/mentalhealth/
	www.mentalhealth.gov.au/
	www.health.wa.gov.au

Trauma & Abuse Sites

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Domestic Violence and Incest Resource Centre	www.dvirc.org.au
Australian Domestic and Family Violence Clearing House	www.austdvclearinghouse.unsw.edu.au

General Health Sites

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HealthInsite	www.healthinsite.gov.au/
Healthy SA	www.healthysa.sa.gov.au/

Other Sites

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Top ten reasons not to diet	
Healthy Weight Network	http://www.healthyweight.net/
Empowered Parents	www.empoweredparents.com
Child & Youth Health Services (SA Parent Helpline)	www.cyh.com/
Community Directory Online	www.onkapingacity.com/services/commdir.htm
Dietitians Association of Australia	www.daa.asn.au/
South Australian Association of Hypnotherapists	www.saahypnotherapy.asn.au/

Your Resources:

NAME:	Website:

Journals

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Note: Your local library may be able to obtain a printed copy of these journals on request.

Appetite	www.academicpress.com/appetite
Nutrition & Dietetics	www.ajnd.org.au
British Journal of Clinical Psychology	www.bps.org.uk/publications/jCP_1.cfm
International Journal of Eating Disorders	
Health Promotion Journal of Australia	www.healthpromotion.org.au/
Western Journal of Nursing Research	www.sagesciencepress.com
Women's Health Journal	www.liebertpub.com/jwh/default.asp

Articles

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Various Articles - Eating Disorders Assoc QLD	www.uq.net.au/eda/
Various articles	www.somethingfishy.org/doctors/articles.php
Various Articles - Empowered Parents	http://www.empoweredparents.com/
Various Articles	http://www.chdf.org.au/
Looking Risky : Body Image and Risk Taking Behaviours, (click on 'publications' at 'Focus on Women' – Issue 6, 2003. Commonwealth Office for the Status of Women, Canberra.	www.osw.dpmc.gov.au
Lily O'Hara, Lecturer, Community and Public Health, Sunshine Coast University, Queensland	Body Image and Eating Behaviours: Preventing disease or promoting health
Carmel Fleming, Sunshine Coast Health Promotion Unit, Public Health Services, Queensland Health	Eating Disorders: the Prospect for Prevention and Health Promotion
Maree Lacey, Clinical Nurse, Adult Eating Disorders Unity, Royal Brisbane Hospital	Nursing Patients with Eating Disorders
Dr Jacinta Powell, Consultant Psychiatrist and Director, Eating Disorders Service, Royal Brisbane Hospital	Anorexia Nervosa In a 16 Year Old Girl
Leanne Wagner, Dietitian in Private Practice, Brisbane	Nutritional Management of Bulimia Nervosa: Common Concerns and Considerations

Fact Sheets

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Parenting SA (or call Parenting SA on 1300 364 100)
Eating Disorders Association Queensland
Better Health Channel

www.parenting.sa.gov.au/
www.uq.net.au/eda/

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body_image_issues_for_women

Dairy Good (1996) "Eating Your Way Through Thick & Thin"

Department of Health NSW (1994) "Do You Know Someone with Anorexia Nervosa?"

Footprints of Angels (see book available at Southern Women's Community Health Centre Library)

<http://www.theoakhouse.com.au/>
www.cyh.com/

Child and Youth Health

Healthy SA

<http://www.healthysa.sa.gov.au/>

Chat Rooms/Discussion Forums

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****Disclaimer** : The opinions expressed in chat rooms/discussion forums may be personal viewpoints only and not necessarily reflect or be consistent with the information in this resource. They may not constitute good practice or be a substitute for professional advice.

1. www.uq.net.au/eda
2. www.mirror-mirror.org/eatdis.htm
3. www.somethingfishy.org/online/chatenter.php
4. www.healthyplace.com/

Videos

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"Gorgeous" by Kaz Cooke, produced by Film Australia (Video) Copyright (1994). To purchase copies contact : Film Australia Sales, PO Box 46 Lindfield, NSW, 2070.

Ph: (02) 9413 8634 Fax : (02) 9416 9401 Email : sales@filmaust.com.au Price varies depending on intended use and ranges from, \$23.00 for an individual, through to \$99.00 for a large government department.

NB : This video is available for viewing from Noarlunga Health Services; contact Southern Vales Community Health Service on 8392 4500.

"Consuming Matters", (2000) VHS, School of Nursing, Educational Television, OUT Queensland University of Technology. Contact Deanne Gaskil email: d.gaskil@qut.edu.au (07) 38643834 or on loan from Eating Disorders Assoc, Queensland.

"Getting There: Recovery From Eating Disorders", Eating Disorders Foundation Victoria INC (2000). To obtain copies contact Sarah at 1513 High Street, Glen Iris, Vic 3146 (03) 98850318 Fax (03)9885 1153. \$25.00 plus \$5 postage and handling.

"Understating Eating Disorders A Program Designed to Help Family & Friends", Allied Health Outreach Support Service (AHOSS) Toowoomba Health Services. Lyn Hodgson (07) 4616 6356 Video: \$22.00 +p/h CD ROM \$11.00 +p/h 'A guide for professionals'



Books – Recommended Reading

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Available at your local library (Onkaparinga)

www.onkaparingacity.com/libraries

- **Abraham and S., Llewellyn Jones D.**, 1993, *Eating disorders – the facts*, Oxford University Press.
- **Ball J., et al:** 1991, *When Eating is Everything How to Overcome Your Eating Problems and Change Your Life*, Doubleday books, Sydney.
- **Ball R. & J.**, 1995, *Eating Disorders: a Survival Guide for Family and Friends*, Doubleday Sydney.
- **Brown C., Jasper K.**,(eds) 1993, *Consuming Passions: Feminist Approaches to Weight Control Preoccupation & Eating Disorders*, Second Story Press, Toronto.
- **Campion, Marie**, 1998, Hope O'Brien Press, Dublin.
- **Cooke Kaz.**, 1994, *Real Gorgeous – The Truth about Body and Beauty*, Second edition, Allen & Unwin, Sydney.
- **Davies J**, 2000, *A Manual of Mental Health Care in General Practice*, Commonwealth Department of Health & Aged Care.
- **Hirschmann J. and Zaphiropoulos L.**, 1988, *Preventing Childhood Eating Disorders*, Gurze Books, CA.
- **Hutchinson, M. G.**, 1988, *Transforming Body Image: Learning to Love the Body You Have*, The Crossing Press, California.
- **Jackson S., Wallace G.**, 1998, *Women of Substance*, Allen & Unwin Singapore
- **Kausman R.**, 1998, *If Your Not Dieting, Then What?*, Allen & Unwin: St Leonards, Australia.
- **Llewellyn-Jones D., et al:** 1997, *Eating Disorders The Facts*, 4th Edition, Oxford Medical Publications, New York.
- **Maine, Margo**, 1993, *Father Hunger – Father, Daughters & Food*, Simon and Schuster, London
- **Orbach, S.**, 1988, *Fat is a Feminist Issue*, Arrow Books Ltd, London.
- **Pipher M.**, 1997, *Eating Disorders: What Every Women Needs to Know About Food, Dieting & Self-Concept*, Random House, Sydney.
- **Riegwe E.**, et al: 1998, *Get Real! Beyond the Body Beautiful*, Harper Collins Publishers, Australia.
- **Striegel-Moor R.H.**, 1995, *A Feminist Perspective on the Etiology of Eating Disorders*, Edited by K.B. Brownell & C.G. Fairburn, New York.

Available at Southern Women's Community Health Centre library

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- **Cullis J., Dalton B.**, 2002, *Footprints of Angels – Journey through recovery from eating disorders*, FOOTPRINTS of Angels Holdings Pty Ltd., Melbourne. www.theoakhouse.com.au
- **Berg F.M.**, 2000, *Women Afraid to Eat – Breaking Free in Today's Weight-Obsessed World*, Published by Healthy Weight Network, USA. www.healthyweight.net
- **Roth G.**, 1996, *Breaking Free from Compulsive Eating*, Penguin Books, Australia.
- **Chernin K.**, 1983, *Womansize – the Tyranny of Slenderness*, The Woman's Press Limited, London.
- **Schoenfielder L., Wieser.** 1985, *Shadow on a Tightrope – writings by women on fat oppression*, Aunt Lute Book Company, Iowa.
- **Orbach S.**, 1982, *Fat is a Feminist Issue II*, Berkley Publishing Corporation, New York.
- **Hirschmann J.R., Munter C.H.**, 1992, *Overcoming Overeating – Conquer Your Obsession With Food*, Published by Cedar, London.

See Library at Eating Disorders Association SA

- Woodards House, Level 2, 47 – 49 Waymouth St, Adelaide.

See also Gurze books – Specialise in eating disorders publications

www.gurze.com

Book Reviews

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Some Book Reviews available at :

www.uq.net.au/eda

[Women afraid to eat](#)

Frances M. Berg - The message for women: "It's time for acceptance. Time for healing. Time to move on to health at any size. Everyone qualifies!"

[Overcoming Binge Eating](#)

Elizabeth Gwynne, (1995), Psychologist in Private Practice, Fairburn, Guilford Press, Brisbane.

Theatre Group

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Innabody – Theatre Group about bodies.

0416 059 958

Innabody uses theatre, circus and dance to explore issues of Body Image and Eating Disorders, as well as the challenges and triumphs of women's experiences in their body.



Updated 1st September, 2003

Copies available from Southern Women's Community Health Centre, phone: (08) 8384 9555.

Information on services and publications related to disordered eating will be available on the "Human Services Finder" (www.hsfinder.sa.gov.au) in late 2003.

To find Disordered Eating & Body Image Directory of Services, go to 'Publications', type 'disordered eating' in the title box and click FIND.

