Intermountain Project ECHO
Eating Disorders

Books and Podcasts for Patients and Parents to Help with Eating Disorder Recovery

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All of Nutrition
One-Two Punch®

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Disclosure

The content of this presentation does not relate to any product of a commercial entity; therefore, I have no relationships to report.

Off-label indications will not be discussed.
Disclosure

Claudia has a commercial relationship with the following:

• One-Two Punch®
Objectives

At the conclusion of this activity, participants should be able to successfully:

• Identify and recommend particular resources for patients experiencing eating disorders
• Identify various causes and conditions for eating disorders
• Implement strategies for staying informed about new resources for eating disorder recovery
About Claudia Wilson

● Registered Dietitian Nutritionist (MS, RDN)
● Board Certified Specialist in Sports Dietetics (CSSD)
● Certified Strength and Conditioning Specialist (CSCS)
● Founder and current provider at All of Nutrition, Salt Lake City private practice group
● Author of One-Two Punch® Book
● 25+ years of clinical and outpatient experience
About Paige Smathers

- Registered Dietitian and owner of the Salt Lake City group practice, Positive Nutrition®
- Specialize in eating disorders, chronic dieting, substance use disorders and gut disorders
- Hosted Nutrition Matters Podcast from 2015-2020
Session Outline

- Causes and conditions map to help identify resources for particular needs
- Insight into podcasting world
- Individual recommendations for resources from some of the ECHO team
- How to stay informed about resources like podcasts and books
Suffering

Causes & conditions

Causes & conditions

Causes & conditions

Causes & conditions

Causes & conditions

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Causes & conditions
Nutrition Matters Podcast
ECHO Team Recommendations
Liz Joy, MD, MPH, FACSM, FAMSSSSSM
Recommendations

● Books
  ○ Addiction to Perfection by Marion Woodman
  ○ Mindset by Carol Dweck
Kary Woodruff, RD, PhD, CSSD Recommendations

● Podcasts
  ○ Food Psych
  ○ Brene Brown

● Books
  ○ Anti-Diet
  ○ Landwhale by Jes Baker
  ○ The Eating Instinct by Virginia Sole-Smith
  ○ Untamed by Glennon Doyle
  ○ The Gifts of Imperfection by Brene Brown
  ○ The Body is Not an Apology by Renee Taylor
Anne Freed, LCSW Recommendations

- Podcasts
  - Nourishing Nibbles
  - Why Won’t You Date Me, Roxane Gay
  - Fearless Rebel Radio, Summer Innanen
  - Fat Girls Club, Liesl Binx and Jessica Torres
  - The Body Image, Connie Dobbas
  - Irresistible You, Aimee Beltran
Anne Freed, LCSW Recommendations

- Books
  - Body Positive Power by Megan Jayne Crabbe
  - Empty by Susan Burton
  - The Universe Has Your Back by Gabrielle Bernstein
  - Radical Compassion by Tara Brach
  - The Power Of Now by Eckhart Tolle
  - A New Earth by Eckhart Tolle
  - When Women Stop Hating Their Bodies by Hane R. Hirchmann and Carol H. Munter
  - The Beauty Myth by Naomi Wolfe
Kayla Jessop, RDN, CDN, CEDRD-S

Recommendations

● Podcasts
  ○ Appetites

● Books
  ○ Sick Enough by Jennifer Gaudiani
  ○ Body Respect by Lindo Bacon and Lucy Aphramor
  ○ Intuitive Eating by Tribole and Resch
  ○ Life without Ed by Jenni Schaefer
Staying Informed

● Connecting with other providers on Instagram (even if you don’t share—you can just follow if you want!)
● Listening to podcasts to learn about other podcasts & authors
Questions?
References

References


