

Practising Well Community of Practice

Helpful approaches to eating disorders

April 26, 2023

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP is one component of the **OCFP's Practising Well program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Peer Connect (mentorship program) - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Type	Link
Kelty Mental Health Resource Centre – Eating Disorders	Website	Home - Kelty Eating Disorders
National Eating Disorder Information Centre (NEDIC)	Website	NEDIC home
Online Educational Tool for Parents/Caregivers of a Youth with an Eating Disorder	Website	canped.ca
Short, useful guide for family docs	Guide	https://www.ontariofamilyphysicians.ca/education-practice-supports/events/body-brave-guide-for-primary-care-providers.pdf
Danielle's Place	Organization	Danielle's Place A Place For Every Body (daniellesplace.org)
Sheena's Place	Organization	Sheena's Place - Support for Eating Disorders (sheenasplace.org)
Eating Disorders Support Groups in Ontario	Support Groups	Find Eating Disorders Group Therapy and Support Groups in Ontario - Psychology Today
Boomerang Health Eating Disorder Clinic	Clinic	Eating Disorders Clinic Archives - (boomeranghealth.com)
Pediatric Resources (for parents and teens)	Resources	https://jessieslegacy.com/wp-content/uploads/2018/05/Raising-kids-with-a-healthy-body-image-WEB-FINAL.pdf - handout for parents RE raising kids with healthy body image. https://nedc.com.au/assets/PHN/Fact-sheets/Screening-and-assessment-tools-for-eating-disorders.pdf - screening for SCOFF and ESP.

Child and Adolescent Eating Disorders Program	Clinic	Services - Halton Healthcare
Eating Disorder Worksheets	Worksheets	Eating disorders - Psychology Tools
CBT for Eating Disorders	Article	Cognitive Behavioral Therapy for Eating Disorders - PMC (nih.gov)
Eating Disorder Hope	Website	International Eating Disorder Treatment Information & Resources Help (eatingdisorderhope.com)
Feed yourself the way you'd feed a loved one	Course	http://www.andreawachter.com
Body Brave	Organization/Support Group	Eating Disorder Treatment Body Brave Hamilton
Marina on Mental Health – Eating Disorders	Podcast	Mental Health - Eating Disorders with Dr. Marina Abdel Malak - EAM Podcast on Spotify
Marina's Presentation at PriMed Conference	Presentation	Marina at PriMed Conference (May 13, 2017) - YouTube PriMed Q&A - YouTube
Marina on What Future Doctos Need to Know about Eating Disorders	Presentation	What Future Doctors Need to Know about ED - YouTube
Marina on “How God uses Tough Times for Good”	Presentation	Marina on "How God uses Tough Times for Good" - YouTube
Marina on Social Media, Bullying, & Mental Health	Presentation	Social Media, Bullying, & Mental Health - YouTube