on these approaches although the effect size was smaller in this study. Suggestions for further research are delineated.

Center for Change Professional Publications and Presentations

Books

Richards, P. S., Hardman, R. K., & Berrett, M. E. (2007). *Spiritual Approaches in the Treatment of Women with Eating Disorders*. American Psychological Association: Washington, D. C.

Richards, P. S., Hardman, R. K., & Berrett, M. E. (2000). *Spiritual renewal: A journey of healing and growth*. Center for Change: Orem, Utah.

Harper, T. O. P., Ford, J., Berrett, M. E., Hardman, R. K., & Richards, P. S. (2001). *Eating disorders: Physical, social, and emotional consequences: A high school curriculum about anorexia, bulimia, and compulsive eating.* Foundation for Change/Center for Change/Walz Communications: Orem, Utah. (Winner of a 2002 Telly Award).

Book Chapters

Richards, P. S., Hardman, R. K., Berrett, M. E., & Lea, T. (in press). Religious and spiritual assessment of trauma survivors. In D. F. Walker, J. Aten, & C. Courtois (Eds.). Spiritually Oriented Trauma Psychotherapy. Washington, DC: American Psychological Association.

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Berrett, M. E., Hardman, R. K., & Richards, P. S. (2010). The role of spirituality in eating disorder treatment and recovery. In Maine, M., Bunnell, D., McGilley, B. (Eds.). Special Issues in the Treatment of Eating Disorders: Bridging the Gaps (pp. 367-385). Maryland Heights, MO: Elsevier.

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Hardman, R. K., Berrett, M. E., & Richards, P. S. (2004). A theistic inpatient treatment approach for eating disorder patients: A case report. In P. S. Richards and A. E. Bergin (Eds.), *Casebook for a spiritual strategy in counseling and psychotherapy* (pp. 55-73). Washington, DC: American Psychological Association.

Peer-Reviewed Journal Articles

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inpatient eating disorders treatment program: A randomized controlled study. *Psychotherapy Research, 23 (3),* 287-300. http://dx.doi.org/10.1080/10503307.2013.787497

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Richards, P. S., Smith, M. H., Berrett, M. E., O'Grady, K. A., & Bartz, J. D. (2009). A theistic spiritual treatment approach for women with eating disorders. *Journal of Clinical Psychology: In Session, 65,* 172-184.

Gillett, K. S., Harper, J. M., Larson, J. H., Berrett, M. E., & Hardman, R. K. (2009). Implicit family process rules in eating-disordered and non-eating disordered families. *Journal of Marital and Family Therapy, 35 (2),* 159-174.

Edgington, S., Richards, P. S., Erickson, M. J., Jackson, A. P., & Hardman, R. K. (2008). Perceptions of Jesus Christ's atonement among Latter-day Saint women with eating disorders and perfectionism. *Issues in Religion and Psychotherapy, 32,* 25-39.

Berrett, M. E., Hardman, R. K., O'Grady, K. A., & Richards, P. S. (2007). The role of spirituality in the treatment of trauma and eating disorders: Recommendations for clinical practice. *Eating Disorders: Journal of Treatment and Prevention, 15,* 373-389.

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Hawkins, N., Richards, P. S., & Granley, H. M., & Stein, D. (2004). The impact of exposure to the thin-ideal media image on women. *Eating Disorders: Journal of Treatment and Prevention, 12,* 35-50.

Smith, M. H., Richards, P. S., & Maglio, C. J. (2004). Examining the relationship between religious orientation and eating disturbances. *Eating Behaviors, 5,* 171-180.

Jeppson, J. E., Richards, P. S., Hardman, R. K., & Granley, H. M. (2003). Binge and purge processes in bulimia nervosa: A qualitative investigation. *Eating Disorders: Journal of Treatment and Prevention, 11,* 115-128.

Hardman, R. K., Berrett, M. E., & Richards, P. S. (2003). Spirituality and ten false pursuits of eating disorders. *Counseling and Values, 48,* 67-78.

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Richards, P. S., Baldwin, B., Frost, H., Hardman, R., Berrett, M., & Clark-Sly, J. (2000). What works for treating eating disorders: A synthesis of 28 outcome reviews. *Eating Disorders: Journal of Treatment and Prevention, 8,* 189-206.

Richards, P. S., Hardman, R., Frost, H., Clark-Sly, J., Berrett, M., & Anderson, D. (1998). Spiritual issues and interventions in the treatment of patients with eating disorders. *AMCAP Journal, 23*, 121-144.

Richards, P. S., Hardman, R., Frost, H., Clark-Sly, J., Berrett, M., & Anderson, D. (1997). Spiritual issues and interventions in the treatment of patients with eating disorders. *Eating Disorders: Journal of Treatment and Prevention, 5*, 261-279.

Research Presentations

Richards, P. S., Berrett, M. E., McBride, J. A., & Sanders, P. W. (2014). *Using Internet-Based Adaptive Testing Technologies for Eating Disorder Treatment Planning and Outcomes Assessment*. Paper presented at the Academy of Eating Disorders International Conference on March 28, 2014, in New York City, NY.

Smith, M., Passmore, K., Richards P. S., Hawks, S., & Madanat, H. (2013). *Investigation of intuitive eating with patients in an eating disorder inpatient treatment program: A two-year prospective study*. Presented at the International Conference on Eating Disorders (ICED) of the Academy for Eating Disorders (AED) on May 2, 2013 in Montreal, Canada

Richards, P. S., O'Grady, K. A., Berrett, M. E., Hardman, R. K., & Bartz, J. D., Johnson, J., Olson, M. (2008). *Exploring the role of spirituality in treatment and recovery from eating disorders: A qualitative survey study*. Paper presented at the Academy of Eating Disorders International Conference on Eating Disorders, "Bridging science and practice: Prospects and challenges," May 16, 2008, Seattle, Washington.

Richards, P. S., & Hardman, R. K. (2006). *Healing the wounded hearts: A spiritual approach for treating women with eating disorders*. Invited plenary session presented at the semi-annual convention of the Association of Mormon Counselors and Psychotherapists, Salt Lake City, Utah, March 31, 2006.

Plowman, S., Williams, M., & Richards, P. S. (2005). *Self-esteem as a predictor of treatment outcome among women with eating disorders*. Paper presented at the annual convention of the American Psychological Association, Washington, DC, August 20, 2005.

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the annual convention of the American Psychological Association, August 24, 2001, San Francisco, California.

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Richards, P. S. (2000). *Using spiritual interventions in an eating disorder inpatient treatment setting: Is it ethical, does it help, and why should we care*? Paper presented at the semi-annual convention of the Association of Mormon Counselors and Psychotherapists, October 5, 2000, Salt Lake City, Utah.

Richards, P. S., & Smith, T. B. (2000). *Development and validation of the Spiritual Outcome Scale*. Paper presented at the annual convention of the Society for Psychotherapy Research, Chicago, Illinois, June 23, 2000.

Externally Funded Research Grant

John M. Templeton Foundation ($30,000). Awarded November, 1998. Research study entitled "Evaluating the Efficacy of Spiritual Interventions in the Treatment of Eating Disorder Patients: An Outcome Study."

Completed Doctoral Dissertations/Theses Supported by Center for Change

Jorgenson, A. M. (2009). *Family predictors of long-term outcome following inpatient treatment for eating disorders*. Unpublished doctoral dissertation, Brigham Young University, Provo, Utah.

Plowman, S. (2007). *Self-esteem as a predictor of treatment outcome among women with eating disorders*. Unpublished doctoral dissertation, Brigham Young University, Provo, Utah.

Tobler, S. B. (2007). *Women's perceptions of parents, peers, romantic partner and God as predictive of symptom severity for eating disorders at an impatient treatment facility*. Unpublished doctoral dissertation, Brigham Young University, Provo, Utah.

Smith, M. (2006). *Images of parents, self, and God as predictive of symptom severity among women beginning inpatient treatment for eating disorders*. Unpublished doctoral dissertation, Brigham Young University, Provo, Utah.

Cloyd, J. (2005). *The Eating Disorder Survey: Psychometric characteristics and validity of a self-report eating disorder instrument for adolescents*. Unpublished doctoral dissertation, Brigham Young University, Provo, Utah.

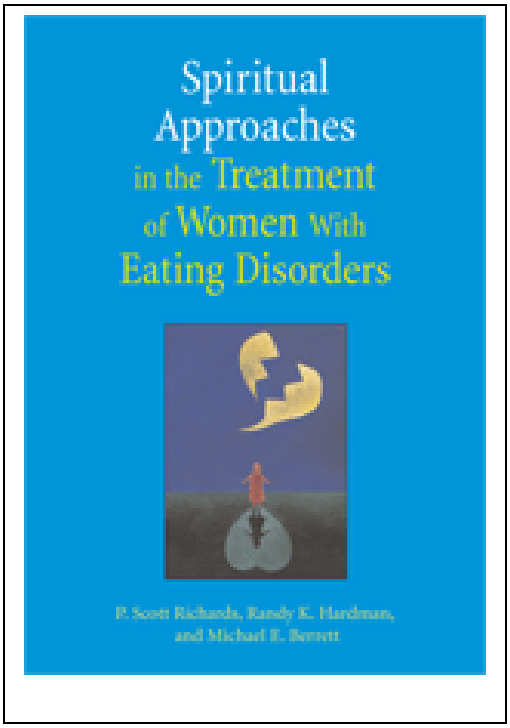
Edgington, S. C. (2003). Perceptions of the atonement among perfectionistic Latter-Day Saint women with eating disorders. Doctoral Dissertation, Brigham Young University, *Dissertation Abstracts International-B, 64/12*, p. 6326, June 2004.

Gillett, K. S. (2003). Implicit family process rules in eating-disordered and non-eating disorder families. Unpublished thesis (M.S.), Brigham Young University, Department of Marriage and Family Therapy, Provo, Utah.

Radpour-Wiley, M. L. (2002). Personality variables among women with diagnosable eating disorders: An MMPI study. Doctoral dissertation, Brigham Young University, *Dissertation Abstracts International-B, 63/02*, p. 1045, August 2002.

Smith, F. T. (2001). Intrinsic religiosity, religious affiliation, and spiritual well-being as predictors of treatment outcome among women with eating disorders. Doctoral Dissertation, Brigham Young University, *Dissertation Abstracts International-B, 62/04*, p. 2079, October 2001.

Jeppson, J. E. (1999). A qualitative investigation of binge and purge processes in bulimia nervosa. Doctoral Dissertation, Brigham Young University, *Dissertation Abstracts International-B, 60/08*, p. 4227, February 2000.



This book is for the practitioner who is curious about how to incorporate therapy that draws on clients' spirituality or religious background as a resource for recovery from eating disorders. There is growing empirical evidence that spiritual approaches to treatment are as effective, and sometimes more effective, than secular ones, particularly with religiously devout clients. In this book, the authors seek to be catalysts in building up the body of literature documenting the influence of client religiousness and spirituality on the development and maintenance of eating disorders, as well as recovery from eating disorders.

Drawing on their many years of clinical experience, the authors show how a theistic perspective of healing and change can enrich therapies currently in practice for eating disorders, such as individual, group, and family therapy and twelve-step programs. They propose an agenda for future research including valuable information on measures and research designs that will help investigators study the etiology of eating disorders as well as treatment outcomes, as they relate to client involvement in institutional and community religious life and clients' private devotion or expressions of spirituality.

THE AED Forum
AED Academy for Eating Disorders
Promoting excellence in research, treatment, and prevention of eating disorders
www.aedweb.org

AED Newsletter: 3.1.2010

Book Review Corner

Angela Celio Doyle, PhD

Spiritual Approaches in the Treatment of Women with Eating Disorders
P. Scott Richards (AED member), Randy K. Hardman, and Michael E. Berrett
American Psychological Association, 2007 (304 pages)

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The vast majority of individuals in the world profess allegiance to a religious tradition (e.g., Christianity, Islam, Judaism), yet the role of religion and spirituality in eating disorders has been studied minimally. For example, less than 1% (n=8) of the 1,033 studies published in the *International Journal of Eating Disorders* from 1993 to 2004 included a measure of religion or spirituality (Richards & Bartz, 2006; cited p. 6). In *Spiritual Approaches in the Treatment of Women with Eating Disorders,* Drs. Richards, Hardman, and Berrett describe a growing interest in the crossover between science and religion as a welcome "zeitgeist" that may inform the understanding and treatment of eating disorders.

The authors present a theistic perspective on clinical practice and research that is meant to enhance rather than replace established approaches. To my knowledge, this is the only book available currently that systematically describes the role of religion and spirituality in the conceptualization and treatment of eating disorders. The religious and spiritual issues referred to within the book as etiological or maintaining factors include patients' feelings of spiritual unworthiness and shame, difficulty having faith, and deficits in spiritual identity. The authors hypothesize that these problems can lead to maladaptive eating disorder thoughts such as "My eating disorder will make me perfect" and "My eating disorder will compensate or atone for my past" (p. 47).

Spiritual Approaches is divided into five sections addressing: 1) theory and current research, 2) the theistic framework for eating disorders treatment, 3) the use of spiritual approaches in treatment, 4) research directions, and 5) patient perspectives. As detailed below, there are chapters of interest for researchers and clinicians alike.

Following the introduction, *Spiritual Approaches* opens with a succinct overview of relevant scholarship and research conducted to date. The next three chapters present the theistic view of eating disorders, the theistic view of therapeutic change, and multidimensional theistic treatment for eating disorders, which specifies how one might integrate the theistic approach with standard recommended treatments for disordered eating.

The chapter on *Religious and Spiritual Assessment* presents questions for clinical interviews and refers readers to many standardized measures, although psychometric data generally are not presented. *Spiritual Interventions for Individual, Group, and Family Therapy* provides 30 specific exercises for exploring spirituality in the process of overcoming an eating disorder. In another practical chapter for clinicians, the authors provide detailed information on a structured spirituality group and workbook that they have used in their inpatient/outpatient treatment center. Results from the authors' randomized, controlled study of their spirituality group are presented, with appropriate attention paid to the strengths and limitations of the study.

A chapter on *Twelve-Step Groups for Patients with Eating Disorders* provides practical tips on how to use such a group for individuals with eating disorders. It is a balanced chapter, presenting both the concerns associated with using a 12-step approach, as well as the potential benefits. *Recommendations for Research on Spirituality and Eating Disorders* is a superb resource for individuals interested in pursuing research projects in this area; specific research questions are posed, and methodological considerations are outlined. Three descriptive case studies are presented in the next chapter, bringing to life many of the concepts presented in the book. Finally, *Spiritual Approaches* closes with an uplifting chapter entitled *Patient Perspectives on the Role of Spirituality in Treatment and Recovery*, which provides qualitative accounts of how many women "perceive that faith in God and spirituality are essential in their treatment and recovery" (p. 274).

Some topics not included in *Spiritual Approaches* certainly were missed, but I was left eagerly anticipating growth in this area. Non-theistic belief systems are not covered, including Eastern religions, agnosticism and atheism, all of which may play a similarly important role in the conceptualization and treatment of eating disorders. The authors do point out that many concepts within *Spiritual Approaches* are relevant to these alternative belief systems and that with careful consideration the same concepts can be transferrable to non-theistic belief systems. Also, the book focuses on women with eating disorders, but it is not clear how much of what is presented is uniquely applicable to females.

Overall, *Spiritual Approaches in the Treatment of Women with Eating Disorders* is an essential book for clinicians and researchers interested in expanding their view of eating disorders and joining the movement towards the integration of spirituality and science.

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