Rosewood Family Week Manual Table of Contents

Welcome to Family Week	1
Table of Contents	3
Family Program Visitors	11-12
Rosewood Family Pledge	13
Family Week Schedule	15-17
Guidelines for Family and Friends	19-22
Eating Disorders	23-24
Eating Disorder is a Disease	25
How an Eating Disorder Starts	26
The Abuse Cycle	27
Family Tree	29
The Event Cycle	31
The Critical Moment Poem	33
Responsibility	35
Family Powerlessness Worksheet	36
Enabling Behaviors Worksheet	37-38
Letting Go Poem	39
Boundary Affirmations	41
The Nine Core Feelings	43
Feelings	45-46
Explaining Feelings	47-48
Defenses Worksheet	49
Checklist for Hidden Anger	50
Two Way Communication	51
Communication	52
Back Pack Worksheet	53
Boundary Affirmation	54
Exploring Boundaries	55
Limit Setting Language	57

Signs of Unhealthy Boundaries	58
Boundary Violations	60
Listening Boundary	61
Talking Boundary	62
Conjoint Family Group	63
Examples of Boundary/List Work	65-66
List Work Guidelines	68
Feed Back Loop	69
Family List Work/Reality Sharing	71-76
Family Systems	77-83
Family Expressive Worksheet	84
Patterns-Family Worksheet	85
Family Roles Worksheet	86-87
Grief Process	89-90
Grief Work	91
Family Amends/Likes/Loves	93
Self Amends/Likes/Loves	95
Family Self Care Plan	97
Affirmations	98
Family Meetings	99
Autobiography in 5 Short Chapters	100
12 Steps of EDA & ED Anonymous	101-102
Family Participant Questionnaire	103
Appendix A	105-126
Medical Doctor and Psychiatric Lecture Notes	
Appendix B	127-140
Anorexia, Bulimia, Bingeing	
Appendix C	141-158
Nutrition Handouts	