

Duke Center for Eating Disorders

Off the C.U.F.F. Order Form

Off the C.U.F.F., written by Dr. Nancy Zucker, is a parent skills manual designed to help parents assist their child with an eating disorder. The manual addresses skills parents need, regardless of the age of the child, and contains specific adaptations for adult children. In addition, the program was designed to not only help parents to assist their child with nutrition, but also to help their child address factors that may have made them vulnerable to developing the disorder in the first place, such as *perfectionism*. Perfectionism may interfere with the enjoyment of activities and fears of emotional experience that prevent them from attempting all meaningful aspects of life that have both joy and pain. Our strategy is to give parents the tools that they need to role model the skills we want to see emerge in the child. In this way, the whole family becomes stronger and an event which has been devastating the family becomes a source of increasing emotional closeness and support.

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Effective 1.1.2016