TABLE OF CONTENTS

Abstract	. Error! Bookmark not defined.
Dedication	. Error! Bookmark not defined.
Acknowledgements	. Error! Bookmark not defined.
Table of Contents	1
List of Figures	. Error! Bookmark not defined.
List of Tables	Error! Bookmark not defined.
Chapter 1 Introduction	. Error! Bookmark not defined.
How I Came to this Work	Error! Bookmark not defined.
The Problems Overlap	. Error! Bookmark not defined.
Isolating Two Problems	. Error! Bookmark not defined.
Disrupting the Isolation	. Error! Bookmark not defined.
Traditional Ways of Understanding Disordered Eating	
Misuse	. Error! Bookmark not defined.
Youth's Voices	. Error! Bookmark not defined.
Chapter 2 The interplay between disordered eating pract	tices and substance
misuse	
The Narrative Re-authoring Perspective	
Storying our world	
Externalizing practices	
A Socio-Political Approach	
Narrative therapy and power	
Responses to Common Critiques of the Narrative App.	
In Closing	
Chapter 3 The Historical Context	. Error! Bookmark not defined.
Eating Disorders	. Error! Bookmark not defined.
Medieval Europe	
The Protestant Reformation and 17th and 18th Centum	riesError! Bookmark not defined.
The 19 th Century: Anorexia is named	. Error! Bookmark not defined.
The 20 th Century	. Error! Bookmark not defined.
The Flapper Era	. Error! Bookmark not defined.
The Sixties	
Present day understandings	
Historical Perspectives on Drugs and Alcohol	. Error! Bookmark not defined.
Alcohol	Error! Bookmark not defined.

The ascendance of drug use	Error! Bookmark not defined.	
Present day understandings		
Harm Reduction	Error! Bookmark not defined.	
Crafting Alternative Understandings of Eating Disorde	rs and Substance MisuseError! Bookmark	no
Changes in the Way the Problem is Understood	Error! Bookmark not defined.	
Substance Misuse and Eating Disorders as a Form of P		fine
How People Were Seen and Subsequently Treated	Error! Bookmark not defined.	
Cultural influence	Error! Bookmark not defined.	
A brief history of the DSM		
The impact of this perspective		
What this means for this dissertation		
In Closing	Error! Bookmark not defined.	
Chapter 4 Social Construction	Error! Bookmark not defined.	
Relationships, Language, and Reality	Error! Bookmark not defined.	
The power of language in the construction of reality		
Relational Beings		
Power and Social Constructionism		
Subjugated Knowledge		
Social Constructionism, This Writing, and Therapy	Error! Bookmark not defined.	
Chapter 5 A Narrative Co-research Methodological App	roachError! Bookmark not defined.	
Philosophical Hermeneutics	Error! Bookmark not defined.	
Research and Social Construction	Error! Bookmark not defined.	
The History of Co-research/Collaborative Research/Na	rrative Inquiry Error! Bookmark not defin	ed.
Co-research Within the Field of Therapy	Error! Bookmark not defined.	
Narrative Analysis	Error! Bookmark not defined.	
Why this Approach Fits	Error! Bookmark not defined.	
The Research Process	Error! Bookmark not defined.	
Participant Selection Criteria	Error! Bookmark not defined.	
Questions for Therapists	Error! Bookmark not defined.	
Questions for Insiders		
Recruitment of participants		
Data collection		
The interviews		
The interview process		
Reflexivity	Error! Bookmark not defined.	
Compiling the interview results	Error! Bookmark not defined.	
Chapter 6 Results	Error! Bookmark not defined.	
Section 1. Culturally Sanctioned Practices	Error! Bookmark not defined.	
Media	Error! Bookmark not defined.	
Family pressures	Error! Bookmark not defined.	
Friends and school		
Unspoken rules	Error! Bookmark not defined.	
Drugs as a right of passage		

Dirty little secret	. Error! Bookmark not defined.
Therapeutic Questions Regarding Sanctioning and Tra	iningError! Bookmark not defined.
Section 2. Folk Psychology	. Error! Bookmark not defined.
Individualized responsibility	. Error! Bookmark not defined.
Deficit identities	
Diagnostic lexicons and treatment practices	. Error! Bookmark not defined.
Therapeutic Questions to Deconstruct the Power of the	
Folk Psychology	
Section 3. Conditions and Requirements of the Proble	mError! Bookmark not defined.
The search for relief	
Secrecy	. Error! Bookmark not defined.
Shame	. Error! Bookmark not defined.
Defining identities	
Questions to Highlight the Requirements of the Proble	
Questions Regarding Identity Construction	
Section 4. Ways in Which Young Women are Recruite	
Problems	
The empty promises	. Error! Bookmark not defined.
I'll help you cope and make it all better	
Shape-shifters	
Get male attention, join the popular crowd	
From friend to captor	
The Lies are Unveiled	
You can always do better and the bar always moves	
Information filter	. Error! Bookmark not defined.
Questions Regarding Recruitment Tactics and Strategi	
Section 5. How Substance Misuse and Disordered E	
Tools of the Other	
How substance misuse and disordered eating practi	
Disordered eating practices recruit substance misus	
Substance misuse recruits disordered eating practic	
Times vulnerable to the teaming up	
Any means necessary to lure people back	
Teaming up in treatment	
Questions Regarding the Interplay between Disordered	
Substance Misuse	
Section 6. Movement Away and Communal Solutions	. Error! Bookmark not defined.
What Young People Described as Helpful	
No longer believing the promises	
Using the strategies of one to get free from the other	
Preferred selves	
Navigating a new territory	
Becoming comfortable with ones' self	. Error! Bookmark not defined.
Learning to Keep the Problems at Bay	. Error! Bookmark not defined.
Strategies that Young People Described as Helpful	

Questions to Address Movement Away and the Comm Problems Can Share	Error! Bookmark not defined.
Family, Friends and Community Members as Allies	Error! Bookmark not defined.
Friends, Family and Community to Help Keep some D	
Misuse and Disordered Eating Practices	
Questions to Enquire About What Family and Friends	
What Therapists Did That Was Helpful and/or What Y	
Like Them to do	
Communal conversations	
Interrupting neat and tidy categories of problems	
Creating space for both problems to be addressed	
The power of a community The difficulty involved	
Talk About the Pain	
Insiders as Consultants: Program Design	
Questions to Ask About the Interplay Between Substan	
Disordered Eating Practices	
Insider Knowledge: Advice for Other Young People an	
with People Who are Struggling with Simila	
Questions to Highlight Insider Knowledge	
Section 7. Recursiveness	
A different kind of talk	
Questions That Can be Used to Explore the Idea of Red	
With Young Women	Error! Bookmark not defined.
Chapter 7 Discussion	Error! Bookmark not defined.
Specific Contributions for Therapists	Error! Bookmark not defined.
Reflexivity	
The Importance of Co-research	
Limitations	
Future Directions	Error! Bookmark not defined.
Appendix A Therapist Interview Question	
Appendix B Questions For Insiders	Error! Bookmark not defined.
Appendix C Consent Form for Insiders	Error! Bookmark not defined.
Appendix D Consent Form for Therapists/Researchers	Error! Bookmark not defined.
Appendix E Group Outline	Error! Bookmark not defined.
Reference List	Error! Bookmark not defined.

de