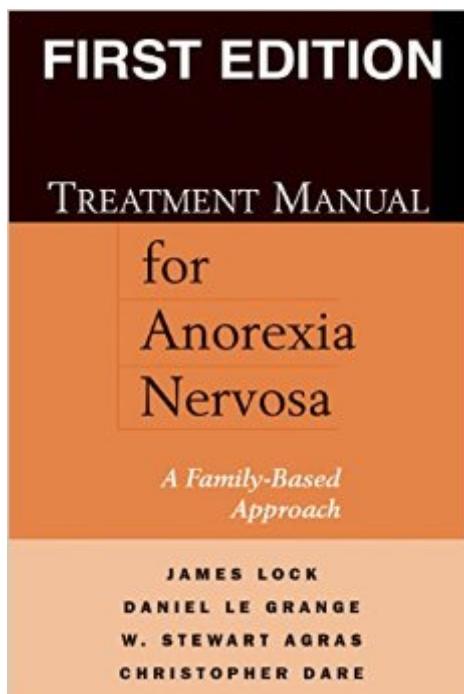


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# Treatment Manual For Anorexia Nervosa: A Family-Based Approach



## **Synopsis**

This manual provides an authoritative and detailed description of the Maudsley approach, the leading family-based treatment for adolescents with anorexia nervosa. Unique in its focus on mobilizing parents and siblings as a resource in treatment, the approach is ideal for short-term treatment and has demonstrated effectiveness in controlled clinical trials. Featuring session-by-session intervention guidelines and in-depth case illustrations, this book will enhance the clinical armamentaria of child and adolescent psychiatrists, psychologists, family therapists, and others working with patients with eating disorders.

## **Book Information**

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## **Customer Reviews**

As a child and adolescent psychiatrist with more than 32 years experience treating anorexia nervosa, it's no exaggeration to assert that the Maudsley Model has finally given us a fighting chance of conquering this devastating disorder. It also happens to be the only approach that has a better track record than non-treatment in randomized controlled trials. Moreover now that a session by session manual is available, it becomes possible for psychiatrists, psychologists, social workers and mental health workers with a family therapy background to deliver effect treatment to anorexic teenagers and their families - with minimal additional training. The approach is very prescriptive - from the initial "intense scene" where the therapist informs the parents that their child has a fair chance of dying unless they both take a leave of absence from work to personally supervise all her meals - to the hard and fast rule that all family members participate in all sessions until the patient

reaches 95% of her ideal body weight. The emphasis that the father attend all sessions is especially important in families (which happens commonly in families with anorexics) where he has somehow become disengaged from the rest of the family. The focus throughout the initial phase of treatment is empowering the parents to make appropriate food choices for the teenager, until she frees herself from the spell anorexia holds over her. The second session in this highly structured approach always involves a picnic lunch the family brings to the office - enabling the therapist to "coach" the parents regarding their responsibility to get their daughter to eat. This is followed by weekly visits to ensure the family is continuing to provide close supervision of dietary choices, meals, exercise and purging.

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