FAMILY-BASED TREATMENT FOR ADOLESCENTS

HISTORY OF THE MAUDSLEY APPROACH

FBT ASSUMPTIONS

- Theoretically Agnostic
- Nonauthoritarian Therapeutic Stance
- Empowerment
- Externalization of Illness
- Initial Symptom Focus
SUITABILITY

- Appropriate for children and adolescents, >75% IBW and otherwise medically stable
- Eating disorder behaviors < 3 years
- Outpatient intervention designed to restore weight and get adolescent development back on track
ROLE OF HEALTHCARE PROVIDER

- Monitors the child’s health
- Provides nutritional information if needed
- Decides when it is appropriate to return to normal activities (e.g., gym class, sports teams)
- Helps to determine a healthy body weight

THREE PHASES OF FBT

- Phase 1
  - Parents in charge of weight restoration (Sessions 1-10)

- Phase 2
  - Parents hand control over eating back to the adolescent (Sessions 11-16)

- Phase 3
  - Discuss adolescent developmental issue (Sessions 17-20)

PHASE 1: WEIGHT RESTORATION
GOALS OF PHASE 1

Therapist supports parents in their effort to restore their adolescent's weight and a return of healthy eating patterns.

Therapist encourages parents to present a unified front directed toward weight restoration/eating.

Focus is on helping parents disrupt restricting, exercise, and related dysfunctional behaviors that are maintaining low weight.

THE FIRST SESSION

- Engage the family
- History taking with the family
- Assess family functioning
- Reduce parental blame
- Charge parents with task of weight restoration/eliminate binging and purging
- Instructions for the family meal
REMAINDER OF PHASE 1 (SESSIONS 3-10)

- Weighing the adolescent at the beginning of each session, checking in with adolescent
- Focus discussion on what is working? What do you need to do differently next week?
- Examining how siblings support their sister/brother
PHASE 2: RETURNING CONTROL OVER EATING TO THE ADOLESCENT
SESSIONS 11-16

This phase begins when:

◆ the adolescent reaches ~90 percent of IBW
◆ the adolescent is eating without much resistance
◆ Parents report they are managing illness

PHASE 3: ESTABLISHING HEALTHY ADOLESCENT IDENTITY
(SESSIONS 17-20)

This phase begins when:

◆ Adolescent is maintaining weight above 90% IBW
TERMINATION

- Empowering family from outset makes termination less of an issue
- Decrease frequency of sessions over the course of treatment
- Referral for additional treatment if necessary