

## RCH Eating Disorders Service

### Family Based Treatment

The eating disorders team is family and outpatient focused. The treatment of choice is Family Based Treatment (FBT), also known as Maudsley Approach. FBT is provided by trained mental health clinicians, who consult with the other members of the multidisciplinary team. The treatment comprises 3 phases:

- Phase 1: Re-feeding the young person
- Phase 2: Gradual handing back of responsibility to young person
- Phase 3: Addressing adolescent developmental concerns and termination

The goals of FBT are:

- Restore physical health
- Return to independent eating
- Resume normal adolescent development

FBT runs for approximately six months with parents/carers required to attend each appointment.

The aim of FBT is to help the whole family come together to assist the adolescent with the eating disorder to regain their health and control over their life. Where necessary vital signs and physical wellbeing will be monitored by the clinical nurse consultants of paediatricians.

### After the six months

It is not necessarily expected that patients will have fully recovered after the six months. It is however expected that parents/carers will have the skills and experience to continue to care for their adolescent towards recovery and keep them well.

To support this, families will return for three additional 'booster' sessions in the six months following the completion of Family Based Treatment.

### Struggling during the six months

If you are really struggling during the course of FBT and not making expected progress, the eating disorders team will identify this and decide if additional treatment is necessary.

Remember that even when it's working it can be a struggle.

## More info . . .

There is a lot of information in the internet about anorexia nervosa. However if you want to know a bit more, the RCH Eating Disorders Team recommends:

### BOOKS:

Anorexia and other eating disorders - how to help your child eat well and be well - Eva Musby

Helping Your Teenager Beat an Eating Disorder – James Lock and Daniel le Grange

(Available on ground floor at 'Kids Health Info' at RCH)

Brave Girl Eating – Harriet Brown

Decoding Anorexia - Carrie Arnold

My Kid is Back- June Alexander & Daniel le Grange

Throwing Starfish across the Sea - [Laura Collins & Charlotte Bevan](#)

Other books can be found at: [http://evamusby.co.uk/anorexia-nvc-mindfulness-links/anorexia-books-links-review/#Laura\\_Collins\\_Lyster-Mensh](http://evamusby.co.uk/anorexia-nvc-mindfulness-links/anorexia-books-links-review/#Laura_Collins_Lyster-Mensh)

All books are available <https://www.bookdepository.com/> with free shipping

### WEBSITES:

[www.maudsleyparents.org](http://www.maudsleyparents.org) Website explaining Family Based Treatment (FBT).

<http://evamusby.co.uk/anorexia-help-your-child-eat-with-trust-not-logic/> &

<http://evamusby.co.uk/videos-eating-disorder-anxiety-child/> Practice short videos for parents for meal support and how to engage in the eating disorder debate.

[www.feast-ed.org](http://www.feast-ed.org) International organization for caregivers of eating disorder patients. Serves families by providing information and mutual support.

- [FACT SHEETS - http://www.feast-ed.org/?page=PrintableResources](http://www.feast-ed.org/?page=PrintableResources)

- [GUIDE BOOKS - http://www.feast-ed.org/donations/fund.asp?id=8621](http://www.feast-ed.org/donations/fund.asp?id=8621)

[www.aroundthedinertable.org](http://www.aroundthedinertable.org) Forum with parents of children with eating disorders sharing strategies and stories

<http://www.eatingdisorders.org.au/> Eating Disorders Victoria. Eating Disorders Victoria (EDV) provides a comprehensive support and information service on all aspects of eating disorders.

<https://www.youtube.com/watch?v=pPSLdUUITWE> & <http://keltyeatingdisorders.ca/> Kelty Eating Disorder Meal support video and support resources

[www.mindfulnessforteens.com](http://www.mindfulnessforteens.com) Mindfulness Resources for young people.

### APPS:

Smiling Mind