

FAMILY BASED TREATMENT

Key Tenets



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

INITIAL FOCUS IS ON PRESENTING SYMPTOM (= OUR CHILD IS NOT EATING) **PRAGMATIC**

- Weight restoration / gain is the primary outcome measure
- Urgency
- Return responsibility for eating to child after AN resolved & tackle adolescent tasks delayed by AN

PARENTS ARE RESPONSIBLE FOR WEIGHT RESTORATION (**EMPOWERMENT**)

- Parents have the skills, ability & motivation to undertake weight restoration
- Parents are asked to join & work together to take up the task of feeding & weight restoration

NON-AUTHORITARIAN THERAPEUTIC STANCE (**JOINING**)

- Empathic, collaborative, authoritative, sensitive to the challenge of treatment

AGNOSTIC VIEW OF CAUSE OF ILLNESS (**PARENTS ARE NOT TO BLAME**)

- Reduce blame and guilt

SEPARATION OF CHILD & ILLNESS (**RESPECT FOR ADOLESCENT**)

- Reduce criticism of child