

Key Tenets of Family-based Treatment

Initial focus is on presenting symptoms (= 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 & guilt

Separation of child & illness (Respect for adolescent)

- Reduce criticism of child