

Family Based Treatment (FBT)

Family Based Treatment (FBT) for eating disorders is a community-based outpatient treatment model for young people with Anorexia Nervosa, Atypical Anorexia Nervosa, Bulimia Nervosa and similar subclinical eating disorders, who are medically stable. FBT empowers and supports the family to take a leading role in the recovery of their young person. The core principles of FBT are:

1. No one is to blame for the development of the eating disorder.
2. The eating disorder is externalised or separated from the young person and the eating disorder behaviours are targeted, to reduce blame and criticism.
3. The family are viewed as the best resource to bring about recovery.
4. Hospitalisation is a short-term solution to the problem.
5. Each family member is assigned a specific role.

FBT is suitable for people under the age of 19 who have had their eating disorder for three years or less. Treatment typically occurs over a 6-18 month period and is highly structured, consisting of three phases.

Phase One: Refeeding and Weight Restoration

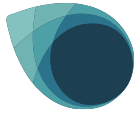
The primary carer/s are charged with the responsibility of refeeding their young person and containing eating disorder behaviours. The clinician coaches the carer/s to manage problematic eating disorder behaviours and work collaboratively in addressing barriers to refeeding.

Phase Two: Returning Control of Eating to the Young Person

The carer/s gradually hand control of eating back to their young person, whilst also continuing support and managing any lapses. Family issues and relationships are simultaneously addressed as the focus slowly moves away from weight and food.

Phase Three: Addressing Adolescent Issues and Treatment Completion

The final stage assumes that the young person is weight restored and in control of their eating behaviours. The focus is on addressing normal adolescent issues and strengthening a sense of identity without the eating disorder.



Family Based Treatment Training.

If you are a clinician working within a specialist public mental health service and would like to be trained in FBT, please go to the Training and Events section of the CEED website for training dates.

Resources

For further information on Family Based Treatment please refer to the following books and websites:

1. When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating. Lauren Muhlheim and Laura Collins Lyster-Mensh
2. Survive FBT: Skills Manual for Parents Undertaking Family Based Treatment (FBT) for Child and Adolescent Anorexia Nervosa. Maria Ganci
3. Family-Based Treatment for Eating Disorders Piece by Piece: A Practical Guide for Parents. James Lock, Aileen Whyte
4. How to Nourish Your Child Through an Eating Disorder: A Simple Plate-by-Plate Approach to rebuilding a Healthy Relationship with Food. Janet Treasure, Grainne Smith, Anna Crane
5. Skills-based Caring for a Loved One with an Eating Disorder: The New Maudsley Method. Janet Treasure, Grainne Smith, Anna Crane