



Case Study – Adolescent Violence & Aggression in Eating Disorder Treatment

Meet Sally

- Sally is a 14-year-old female presenting with restrictive anorexia nervosa, she was recently referred for FBT with her parents.
- Sally previously had a settled home life and positive relationships with her parents & younger brother and sister. There is no previous family violence, or violence from Sally at assessment.
- Sally used to engage in running, ballet, and spending time with close friends.
- Sally's parents (Jane & Tim) describe Sally as being perfectionistic, high-achieving, active, sensitive, and kind.
- Following increasing her meals, Sally became highly distressed and began hitting herself. Jane was so shocked and scared that she stopped refeeding for that meal.
- Tim feels like he can't do anything to help Jane/Sally. Tim is often needing to work late and misses dinner time. When he is home, Sally doesn't want him to serve her food.
- Jane disclosed at the initial assessment that she witnessed violent and aggressive behaviour from her father towards her mother when growing up, and described her father as being an alcoholic.