

## Introduction

This leaflet aims to give you some background information about the treatment for Anorexia Nervosa and Atypical Anorexia Nervosa called Family Based Treatment, (FBT).

## Anorexia Nervosa/Atypical Anorexia

Anorexia Nervosa and Atypical Anorexia are eating disorders which are particularly serious for children/young people as they carry physical, psychological and social concerns which include fatigue, poor concentration, social withdrawal, anxiety and depression.

Medical complications include lowered hormone levels, risk of infertility, bone density loss, heart problems and in some cases can be fatal.

Identifying eating disorders early and starting treatment quickly is important for good recovery.

### For Anorexia Nervosa to be diagnosed the following are present:

- Extreme thinness, weighing less than 85% of recommended weight for age and height.

- Dietary restriction and possibly other behaviors aimed at weight loss
- For girls delay in starting menstruation or menstrual cycle stopping.
- An intense fear of being fat and of weight gain, irrespective of actual weight.

### For Atypical Anorexia to be diagnosed

Most but not all of the criteria for Anorexia Nervosa are present. Both diagnoses are equally serious. The Atypical form is more common in younger age groups.

### Why Family Based Treatment?

The National Institute of Clinical Excellence (NICE) 2004 firmly recommends family interventions over other treatments for children and adolescents with anorexia and atypical anorexia nervosa. It is widely recognised that Family Based Treatment (FBT) has the greatest evidence base supporting its effectiveness with children and adolescents and in NHS Greater Glasgow & Clyde FBT is the 1<sup>st</sup> line treatment for children and adolescents with anorexia nervosa and atypical anorexia nervosa.

Young people treated with Family Based Treatment are less likely to

need hospital admissions. However it is recognised that inpatient admissions are at times necessary.

FBT is delivered within an FBT clinic in Glasgow, by therapists who have been trained and are supervised in Family Based Treatment. The clinic provides opportunities for CAMHS clinicians to gain experience & expertise in the model, therefore it would be common to have clinicians screening sessions with your consent.

### What is Family based treatment?

Family Based Treatment is based on the belief that the family is a vital resource in their child's successful recovery. It was developed at the Maudsley Hospital in London in the 1980's (and is sometimes known as the "Maudsley Approach").

Family Based Treatment typically consists of 20 sessions over 6-12 months and is based on 3 phases.

The first phase focuses on empowering parents to re-feed their Child/Young Person and to take control of weight restoration.

The second phase focuses on handing control of eating back to the Child/Young Person appropriate to age.

The third phase focuses on the Child/Young Person's developmental issues.

Each week, the therapist will meet with everyone who lives with the individual with the eating disorder, which includes parents, step parents, siblings etc. The therapist might also want to meet with people who are involved in caring for/feeding the individual, for example grandparents who either live in the house or who spend a lot of time with the young person.

### **When does treatment start?**

It is important for treatment to begin as soon as possible after assessments are complete. Assessment includes psychiatric, physical health and nutritional components. It is important to start to reduce physical risk factors quickly and it is common for the early stages of treatment to include regular physical monitoring

### **What other treatments are there?**

Although Family Based Treatment is recommended you may feel it does not suit your family at this time. You will be able to discuss all treatment options with your child's case manager.

Once Family Based Treatment is complete or within the later stages, there may be a need for additional therapy such as Cognitive Behavioural Therapy.

### **How to find out more about Family Based Treatment and Anorexia Nervosa**

**Help Your Teenager Beat an Eating Disorder.** James Lock, Daniel le Grange

**Eating With Your Anorexic.** Laura Collins

**My Kid is back: Empowering parents to beat Anorexia Nervosa.** June Alexander with Daniel Le Grange

**Brave Girl Eating: A family's struggle with anorexia.** Harriet Brown

[www.maudsleyparents.org](http://www.maudsleyparents.org)  
[www.beat.co.uk](http://www.beat.co.uk)

For further information, please contact: Specialists in Family Based Treatment for Eating Disorders on 0141 277 7502 or 0141 277 7566.



## **Family Based Treatment**

**For**

## **Anorexia Nervosa & Atypical Anorexia**



[www.nhsggc.org.uk/cypss](http://www.nhsggc.org.uk/cypss)