



Families in the cross-fire: How is family life affected and what do families need to survive FBT?

signe holm pedersen (Child- and Adolescent Mental Health Center, Copenhagen University Hospital, Mental Health Services CHP, Copenhagen, Denmark.), Dorthe Waage (Center for Eating and feeding Disorders Research (CEDaR), Psychiatric Centre Ballerup, Mental Health Services in the Capital Region of Denmark, Maglevænget 32, 2750, Ballerup, Denmark)

Abstract

OBJECTIVE:

- To present the latest knowledge on how families are impacted in their relationships when undergoing family-based treatment (FBT).
- To collectively map out initiatives for supporting/assisting parents/families in the participant's clinics/mental health services.
- To discuss how we can best support families moving forward.

WHAT THE PARTICIPANTS ARE EXPECTED TO LEARN:

The latest knowledge on how families undergoing FBT are affected, what initiatives for support and empowerment of parents are offered in the clinics/mental health services of other participants, and insight into a new design aimed at increasing carer skills in parents.

DESCRIPTION:

Family-Based treatment is founded on the recognition, that involving parents in the treatment of eating disorders in children and adolescents enhances its effectiveness. Simultaneously, it is essential to ensure that families do not become excessively burdened when parents are utilized as the primary resource in treatment.

The workshop will present findings from a recent review examining whether families undergoing FBT are more or less affected in their family function, attachment, conflict levels and parental stress, compared to families with a young person

with anorexia nervosa in treatment where parents are not instructed to take responsibility for the young person's renourishment. Additionally, preliminary results from a qualitative study consisting of interviews with parents and young persons who have undergone FBT will be presented. Lastly, the design of a serious game aimed at supporting parents will be presented.

Teaching methods will include presentations from speakers, plenary discussions, and exchanges of experiences in small groups.

Topics: Treatment

For workshops only

The workshop will involve presentations from the speakers, plenary discussions, and discussions and exchange of experiences in small groups.

The workshop will commence with participants using an audience response system to express their perceptions of how families are impacted by family-based treatment (FBT). Subsequently, the speakers will present results from a recent review, examining how families are affected in terms of family function, attachment, level of conflict, carer burden, parental stress etc. during FBT. Following this, participants will engage in small group discussion to explore what they do in their clinical practice to support families, and these experiences will be summarized in plenum to create a shared overview and "bank of ideas". Based on the presented findings from qualitative focus groups, we will foster a discussion of the cultural impact Scandinavian parenting style may have on implementing standardized and manualized treatment in the Nordic countries. Finally, the workshop will conclude with a plenary

discussion on what families need and what should be the focus in the future development of additional support for families.

Submission Format: Workshop

Is It a Student Paper? No