



Family treatment in Eating Disorders when FBT is not enough

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Abstract

OBJECTIVE: Family-Based Treatment (FBT) is the golden standard when treating the young patient with newly diagnosed with anorexia nervosa. FBT is also often the treatment used for ARFID and Bulimia nervosa. FBT has its limitations, after one year only 50% are recovered and many of them need intensive treatment. FBT has a very clear manual, but when it is not enough, it can be difficult to know what to do. Often the therapist continues to follow the manual, continues to do what has not been successful. Sometimes you blame the family and end up with family treatment. In this workshop we want to explore the possibility of continuing with family treatment when FBT is not enough, and find ways to individualize the treatment.

DESCRIPTION: We will describe when FBT is not enough and how you can work with the family in other ways. Patients and families who cannot cope with FBT or when FBT cannot prevent deterioration often end up in a higher level of care. We will give examples of this and discuss how to involve the family in the treatment. We will briefly describe other possible family therapy approaches that may be useful, as well as Multi-Family Therapy (MFT) and their place in treatment.

All authors have for more than ten years worked together with training in family therapy in eating disorders and Multi-Family Therapy.

Topics: Treatment

For workshops only

We will initiate reflective discussions as well as role plays.

In the first place, we try to get the participants to describe, based on their own experiences, if they have experienced the limitations of FBT that we have described, and based on these concrete examples, stage through discussion and role plays how to work with the family in a different way.

If it turns out that no one has experiences they want to share, we have prepared examples that we invite to reflection and role play. We will provide input from both systemic family therapy and emotion-focused family therapy.

Submission Format: Workshop

Is It a Student Paper? No