



Family-based treatment in the Nordic countries

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Abstract

OBJECTIVE: To initiate dialogue and inspire reflections on the role of family-based treatment (FBT) in the Nordic countries, discuss shared dilemmas, and elicit joint reflections on "the how and why" of future development of FBT-inspired treatment.

DESCRIPTION: Outpatient family-based treatment (FBT) for anorexia nervosa (AN) in young persons (YP) is recommended across national guidelines. Variations of this approach, empowering parents to take on an active role in their child's recovery, are practiced in many places in the Nordic countries. The variations reflect new developments within the field as well as local organizational needs and possibilities in the effort to extend the method to more YP's with ED. Presenters will share different aspects of FBT-implementation in the Nordic countries.

Mette Bentz, Copenhagen, DK: moderator

Ulf Wallin & Karin Wallin, Lund, SE: Delivering Key component of FBT to primary care (Rocket Launch)

Erle Cecilie Tjøtta Dolvik & Kristel Furset Karlsen, Bergen NO: A model to improve coherence between outpatient and inpatient treatment for YPs with AN

Cecilie Alver & Anette Hollesen, Århus, DK: The role of active choice: Experiences with offering 2

formats of treatment to families with a YP with AN

Maria Mehre, Göteborg, SE, Mary Slevin, Borås, SE, Jeanette Skjønhaug & Anne Lise Kvakland, Oslo, NO: Training FBT therapists: examples of FBT-training program designed to integrate theoretical knowledge and hands-on skills to deliver FBT.

Topics: Treatment

For workshops only

This workshop is offered jointly by members of the "Nordic Network of supervisors in family based-treatment". All presenters as well as additional members of "The Nordic Network of supervisors in family based-treatment" will form a panel and initiate a debate between themselves and with the audience on challenges and new directions of FBT in the Nordic countries. Topics may be for example: FBT in the context of a modern parental style; adapting FBT to the special needs of transitional youth; youth with autism or another comorbidity; securing quality of FBT delivery when a specialized unit is geographically far away; what are the key components to actively keep in place when working with variations of FBT; FBT across different levels of care; what is good and sufficient FBT therapist training?

Submission Format: Workshop

Is It a Student Paper? No