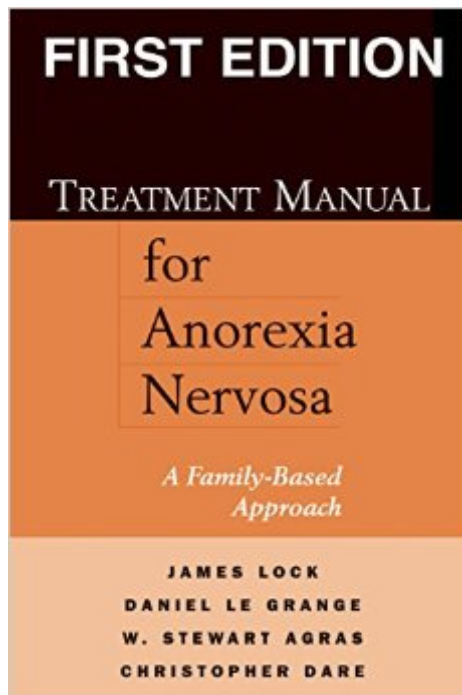


The book was found

# Treatment Manual For Anorexia Nervosa: A Family-Based Approach



## Synopsis

This manual provides an authoritative and detailed description of the Maudsley approach, the leading family-based treatment for adolescents with anorexia nervosa. Unique in its focus on mobilizing parents and siblings as a resource in treatment, the approach is ideal for short-term treatment and has demonstrated effectiveness in controlled clinical trials. Featuring session-by-session intervention guidelines and in-depth case illustrations, this book will enhance the clinical armamentaria of child and adolescent psychiatrists, psychologists, family therapists, and others working with patients with eating disorders.

## Book Information

Paperback: 270 pages

Publisher: The Guilford Press; 1 edition (August 29, 2002)

Language: English

ISBN-10: 1572308362

ISBN-13: 978-1572308367

Product Dimensions: 9.1 x 6 x 0.8 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #1,374,765 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #671 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child](#) #1205 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#)

## Customer Reviews

As a child and adolescent psychiatrist with more than 32 years experience treating anorexia nervosa, it's no exaggeration to assert that the Maudesley Model has finally given us a fighting chance of conquering this devastating disorder. It also happens to be the only approach that has a better track record than non-treatment in randomized controlled trials. Moreover now that a session by session manual is available, it becomes possible for psychiatrists, psychologists, social workers and mental health workers with a family therapy background to deliver effect treatment to anorexic teenagers and their families - with minimal additional training. The approach is very prescriptive - from the initial "intense scene" where the therapist informs the parents that their child has a fair chance of dying unless they both take a leave of absence from work to personally supervize all her meals - to the hard and fast rule that all famiy members participate in all sessions until the patient

reaches 95% of her ideal body weight. The emphasis that the father attend all sessions is especially important in families (which happens commonly in families with anorexics) where he has somehow become disengaged from the rest of the family. The focus throughout the initial phase of treatment is empowering the parents to make appropriate food choices for the teenager, until she frees herself from the spell anorexia holds over her. The second session in this highly structured approach always involves a picnic lunch the family brings to the office - enabling the therapist to "coach" the parents regarding their responsibility to get their daughter to eat. This is followed by weekly visits to ensure the family is continuing to provide close supervision of dietary choices, meals, exercise and purging.

[Download to continue reading...](#)

Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach Treatment Manual for Anorexia Nervosa: A Family-Based Approach Fasting Girls: The History of Anorexia Nervosa Hope and Recovery: A Mother-Daughter Story About Anorexia Nervosa, Bulimia, and Manic Depression Hunger for Understanding: A Workbook for helping young people to understand and overcome anorexia nervosa Demystifying Anorexia Nervosa: An Optimistic Guide to Understanding and Healing (Developmental Perspectives in Psychiatry) Anorexia Nervosa and Recovery: A Hunger for Meaning (Haworth Women's Studies) Anorexia Nervosa (Eating Disorders Book 2) Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence: 2nd Edition Treatment Plans and Interventions for Insomnia: A Case Formulation Approach (Treatment Plans and Interventions for Evidence-Based Psychot) Theory-Based Treatment Planning for Marriage and Family Therapists: Integrating Theory and Practice (Marital, Couple, & Family Counseling) Theory and Treatment Planning in Family Therapy: A Competency-Based Approach Handbook of Biblical Hebrew: An Inductive Approach Based on the Hebrew Text of Esther (An Inductive Approach Based on the Hebrew Text of Esther, 2 Vols. in 1) Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) Brain Cancer Treatment - How to Beat Brain Cancer And Get

Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Evidence-Based  
CBT for Anxiety and Depression in Children and Adolescents: A Competencies Based Approach It  
Pays to Win on Defense: A game-based soccer approach to developing highly effective defenders  
(Game-based Soccer Training) (Volume 2)

[Dmca](#)