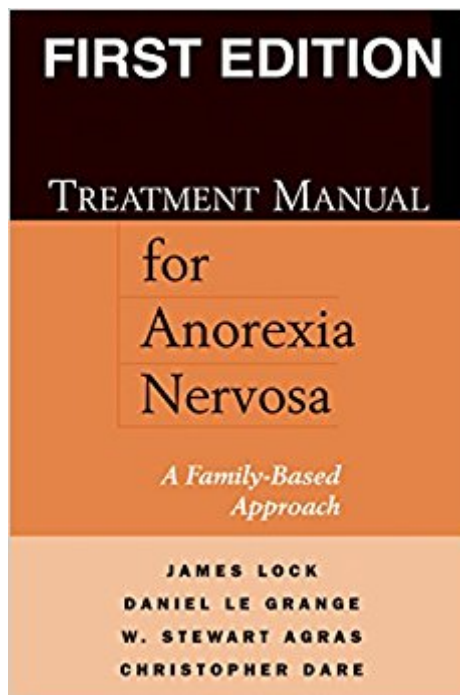




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# Treatment Manual For Anorexia Nervosa, First Edition: A Family-Based Approach



## 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

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## Customer Reviews

"This book is an important addition to the literature on the treatment of anorexia nervosa. It provides an authoritative and detailed description of the 'Maudsley method,' the leading family-based treatment for adolescents with anorexia nervosa. The book will be an invaluable resource for clinicians for years to come." --Christopher G. Fairburn, DM, FRCPsych, Professor of Psychiatry, University of Oxford

"Family-based treatment is one of the few demonstrably effective interventions for anorexia nervosa. This treatment manual clearly explains the development of this approach and, even more important, provides a detailed description of how it can be implemented. Lock and his colleagues have provided practitioners with a most useful tool to assist their patients. This book will be required reading for all who treat youngsters with anorexia nervosa." --B. Timothy Walsh, MD, Ruane Professor of Psychiatry, Columbia University College of Physicians and Surgeons; Director,

Eating Disorders Research Unit, New York State Psychiatric Institute"During the past decade, progress in the mental health sciences has been reflected in the increasing refinement of empirically based treatment techniques that can be manualized for general application. This book is a fine example of this type of progress, which has been exciting to witness. Lock and his coauthors are to be congratulated for putting together such an excellent and much-needed treatment manual. The authors manage to compress detailed instruction and rich, relevant case material into a powerful volume that delights by its erudition and persuasiveness. Highly recommended for all who are serious about bringing their therapeutic skills to the cutting edge." --Hans Steiner, MD, Professor of Psychiatry, Stanford University School of Medicine

James Lock, MD, PhD, is Assistant Professor of Child Psychiatry in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. He is also the chief of psychiatric inpatient services at Lucile Salter Packard Children's Hospital at Stanford. Daniel Le Grange, PhD, is the Benioff UCSF Professor in Children's Health in the Departments of Psychiatry and Pediatrics and Joint Director of the Eating Disorders Program at the University of California, San Francisco. W. Stewart Agras, MD, is Professor and Associate Chair of the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. Christopher Dare, MD, is a Reader in Psychotherapy and Head of the Section of Psychotherapy at the Department of Psychiatry, Institute of Psychiatry, at the Maudsley Hospital in London. He is also Consultant Psychiatrist to the Adolescent Eating Disorder Clinic, South London, and Maudsley NHS Trust.

This text is written to assist the clinician with the Maudsley approach. For that reason it is not well suited as a primary source of reference for patients or their families. But, I felt it was an excellent view of the clinical perspective and goals and helped me to understand and better implement the Maudsley method. My own daughter has anorexia and has made remarkable progress after we committed ourselves to the Maudsley method. I strongly suggest Lock's *How to Help Your Teenager Beat An Eating Disorder* for any family going through this.

This is an excellent book for clinicians treating teens struggling with Anorexia. This model taps into the power of the family to successfully fight this horrible disorder. I also highly recommend *Help Your Teenager Beat An Eating Disorder*, a well-written guide for the clinician and an outstanding resource for parents!!

The book is good and what I hoped for. I found it to be very clear, very helpful and very descriptive. I recommend it to mental health professionals.

This book is a must have for therapists who work with adolescents with anorexia and their families. Currently our only evidence based treatment for adolescent AN.

Important new wrinkles on tx. Opens up new possibilities. Surprisingly for a professional manual, a page-turner.

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 effective 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 supervise all her meals - to the hard and fast rule that all family 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. According to the authors, restoring appropriate body weight with the Maudesley Model takes 20-30 weeks, at which point the patient enters Phase 2, a transition phase in which she begins to re-take responsibility for her own eating. After four to six months of transition, the patient enters Phase 3, in which the patient begins work on social issues linked to anorexia, an all-consuming affliction that leads most teenagers to withdraw from normal healthy relationships. By

Dr Stuart Jeanne Bramhall, author of THE MOST REVOLUTIONARY ACT: MEMOIR OF AN AMERICAN REFUGEE

This treatment manual has an amazingly simple structure for such a complex problem. Keeping to the symptoms at hand, starting with what is attainable and streamlining the treatment are key-words in this book. Although purchased at , it actually is something for the professional setting though. Excellent book, something to recommend to therapists involved in the treatment of AN.

I had heard about the Maudsley Method from an article about Johns Hopkins' Eating Disorder program so I ordered this book along with "Skills-based Learning for Caring for a Loved One with an Eating Disorder." Unfortunately, this book, "Treatment Manual for Anorexia Nervosa: A Family-Based Approach" was much less helpful than I thought it would be. It gives a good overview of the conceptual basis for the Maudsley Method, but for the non-professional is not very helpful or informative. That being said, the two books put together make an excellent overview of the program.

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