

Maudsley Parents Newsletter



maudsleyparents.org
family-based treatment for eating disorders

JANUARY 2010

What's new at Maudsley Parents? A new video on family-based treatment for young adults, more "Ask an Expert" questions, and news about upcoming events. As always, we'd love to hear from you. Write us at contact@maudsleyparents.org.

Chicago Conference on Family-based Treatment April 26, 9:30-3:00

Please join Maudsley Parents for a one-day conference with Daniel le Grange, PhD, Walter Kaye, MD, and our parent panel, as we bring together families, community clinicians, and researchers to discuss the latest scientific findings on eating disorders. More information and registration [here](#).

New Video: Family-Based Treatment For Young Adults



Eunice Chen, PhD

Anorexia nervosa poses some special problems when patients reach college age. Family-based treatment for adolescents shows promising results in treatment studies, but what about young adults? Can families work together to help their older kids recover?



Angela Celio Doyle, PhD

We talked with Eunice Chen, PhD and Angela Celio Doyle, PhD of the Eating Disorders Program at the University of Chicago about treating anorexia nervosa in young adults with FBT. Watch the video [here](#).



NEDAAwareness
National Eating Disorders Awareness Week
NationalEatingDisorders.org

National Eating Disorder Awareness Week 2010: February 21-27

This year, NEDA is calling for everyone to do **just one thing** to help raise awareness and provide accurate information about eating disorders. Now is the time to share your perspective! If you're interested in participating in National Eating Disorder Awareness Week, learn more, and register free at the NEDA website [here](#).

Maudsley Parents will have a table at the Eating Disorder Network of Maryland's free NEDAW event on March 7th at Towson University, UU 207, from 2-4 pm. Hope to see you there!

Ask an Expert



Worried parents often write us with concerns. In our “Ask an Expert” column, we turn to leading eating disorder experts for answers. Katharine Loeb, PhD answers

this month’s reader questions:

- My daughter is gaining weight, but eats very slowly. Should we set time limits for meals?
- My daughter needs to gain weight, but I don’t. What should I eat when we’re helping her get healthy?
- My daughter was in the hospital to be medically stabilized. She’s home now, but how do I get her to eat?

Read her advice for parents [here](#).

Dr. Loeb is Associate Professor of Psychology at Fairleigh Dickinson University, Director of Research at the Eating and Weight Disorders Program at Mount Sinai School of Medicine, and serves as Clinical Advisor to Maudsley Parents.



If you know other parents who are interested, please feel free to forward this newsletter and invite them to join our mailing list at

contact@maudsleyparents.org. We respect your privacy and your contact information will not be shared.

Have a question? Check out our “Ask an Expert” archive. Still looking for answers? Write us at experts@maudsleyparents.org.

We think our child is showing early signs of an eating disorder. How should we intervene? The reply: [here](#)

Can we use the Maudsley approach to help our college-age daughter recover from anorexia nervosa? The reply: [here](#)

Our daughter is back to a healthy weight, but she’s still very rigid about eating. How can we encourage flexibility? The reply: [here](#)

Our daughter has relapsed and is weighing herself compulsively. Should we remove the scale at home? The reply: [here](#)

I’m a teacher. A student in my class moves non-stop to burn calories. How should I handle that? The reply: [here](#)

The Maudsley approach seems geared to traditional nuclear families. What about families that are more complicated? [here](#)

We’ve started family-based treatment, but my daughter says she hates our therapist. What should I do? The reply: [here](#)

My daughter is being treated for anorexia nervosa, but she’s very depressed and we see lots of obsessive-compulsive behavior. Shouldn’t we deal with that first? The reply: [here](#)

How do I use the Maudsley approach when my daughter refuses to go to a therapist, talk to us, or admit there’s a problem? The reply: [here](#)

What is the Maudsley meal plan? Can I get a copy so I know what to feed my daughter? The reply: [here](#)

Our daughter is now at a healthy weight, but will not take ownership of her eating. She refuses to eat on her own. The reply: [here](#)

I’m worried my daughter will begin purging if we insist she eat enough to gain weight. The reply: [here](#)

How do we handle gastrointestinal symptoms of refeeding? The reply: [here](#)

Our daughter is gaining weight, but miserable. How can we support her? The reply: [here](#)

We’re just starting out and it’s so hard to get my daughter to eat! Is it all right to hide butter in her food and that kind of thing? The reply: [here](#)

We’ve having a hard time helping our vegetarian daughter gain weight. Any ideas? The reply: [here](#)

We’re relieved that my daughter has regained some lost weight but she insists on special food and only eats alone. How can we address that? The reply: [here](#)

My daughter is leaving an intensive outpatient program but still has significant eating disorders symptoms. How can we help her? The reply: [here](#)