

Maudsley Parents Newsletter



maudsleyparents.org
family-based treatment for eating disorders

MARCH 2010

What's new at Maudsley Parents? Spotlight on treatment, some great upcoming events and new "Ask an Expert" questions! As always, we'd love to hear from you. Write us at contact@maudsleyparents.org.

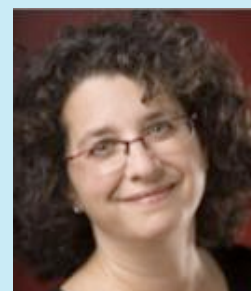
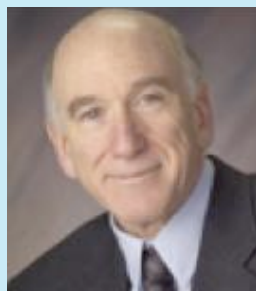
Chicago Conference on Family-based Treatment April 26, 9:30-3:00

Working Together for Recovery: Families and Professionals as Partners in Eating Disorder Treatment

Please join us for a one-day conference as we bring together families, community clinicians, and researchers to discuss the latest scientific findings on eating disorders. The program includes time for Q & As and an opportunity to meet and mingle over a light lunch. We hope to see you there!

Quadrangle Club
1155 East 57th Street
Chicago IL 60637

Register online at maudsleyparents.org



New Insights into the Neurobiology of Anorexia Nervosa

Walter Kaye, MD, Director of the Eating Disorder Treatment and Research Program
University of California, San Diego

Family-Based Treatment for Adolescent Eating Disorders: The Maudsley Approach

Daniel le Grange, PhD, Professor of Psychiatry and Director of the Eating Disorders Program
The University of Chicago

Parent Panel: Family Perspectives on Eating Disorder Recovery

Moderated by Angela Celio Doyle, PhD, The University of Chicago and our own Harriet Brown



What's new in treatment these days? One exciting development is the establishment of the Training Institute for Child and Adolescent Eating Disorders, which trains and certifies therapists in evidence-based treatment. Founded by Dr. Daniel le Grange and Dr. James Lock, co-authors of *Help Your Teenager Beat an Eating Disorder*, the Institute offers a two-day training in the basic principles of FBT. Therapists can go on to pursue certification, which includes 25 hours of supervision and case reviews.

Why does this matter? Over time, more therapists across the country will be able to offer evidence-based FBT, which is good news for families. Look for the yellow stars in our [treatment provider list](#), which mark therapists who have been certified by the institute.

Some therapists continue to offer FBT without going through the certification. And not all certified therapists offer FBT in every case. Ask any treatment provider for his or her training in FBT and philosophy about using it. Read more about finding a family-based treatment therapist [here](#).

Ask an Expert

In our "Ask an Expert" column, we turn to leading eating disorder experts for advice on parent concerns. This month, Kara Fitzpatrick, PhD answers reader questions:

My sixteen-year-old daughter has had anorexia nervosa for three years and has been in both acute care and long-term residential programs on an ongoing basis. Given the duration and severity of my daughter's illness, would it be recommended to pursue the Maudsley approach?

Our daughter has anorexia nervosa and exercises excessively (mostly with running, but also some weights). How much and what type of exercise/fitness activity is she permitted during the initial phase? Does everything stop?

My sixteen-year-old daughter is recovering from anorexia but is very rigid about what she eats. Our two treatment professionals disagree on how to handle this. What should we do?

Read her advice for parents [here](#). Do you have a question? Write us at experts@maudslleyparents.org

Dr. Fitzpatrick is a psychologist working with Eating Disorders at Stanford University/Lucile Packard Children's Hospital and serves as clinical advisor to Maudsley Parents.

Eating Disorder Coalition Lobby Day April 26th and 27th



Join EDC to build further momentum around the Federal Response to Eliminate Eating Disorders Act (FREED), the first eating disorders legislation to comprehensively promote

research, treatment, education, and prevention programs. Learn more and register for Lobby Day [here](#).

FBT News

Canadian Paediatric Society Position Statement: [Family-based treatment of children and adolescents with anorexia nervosa: Guidelines for the community physician](#)

Read a sample chapter of June Alexander's *My Kid is Back* and listen to a podcast interview with June on the [Routledge website](#).