THE MAUDSLEY APPROACH
A NEW FAMILY-BASED TREATMENT FOR
ANOREXIA AND BULIMIA IN ADOLESCENTS
The trouble with parentectomies: old thinking revised

- Minuchin and colleagues (1975) found family involvement helped patients with anorexia

- Dare and Eisler at the Maudsley Hospital in London built on Minuchin et al’s work: families recruited as necessary for recovery

- Radical change and new paradigm: parents supervise eating
Research support for FBT

- Randomized controlled trials indicate **70-80% of adolescents with anorexia do well**, when treated early, with weight restoration, normalization of eating-related thoughts and behaviors, and psychosocial functioning (LeGrange et al., 1992; Eisler et al., 2000; Lock et al., 2005)

- Two large controlled trials of FBT for adolescents with bulimia support using FBT (LeGrange and Lock, 2007, LeGrange and Schmidt, 2005)
Duration of FBT

- Studies (Lock et al, 2005) and others studying FBT show treatment of AN lasts from 6 to 18 months with anywhere from 9 to 47 sessions.

- Study by Lock, Agras, Bryson, and Kraemer (2005) shows short-term course of family therapy for AN as effective as long term, regardless of intensity and duration, except in case of non-intact family and more severe eating-related obsessive-compulsive features.

- Length of each phase can vary, especially with BN: be flexible, maintain integrity of protocol (example: comorbidities with BN).
Parents united against ED
Why Family-Based Treatment?

- *Avoid separation* of parents from children during a hospitalization

- *Outpatient*: child stays in usual surroundings

- *Less need for hospitalization* and specialty care

- Allows child to *stay connected* to friends and activities

- *Less costly*

- Parents learn how to *combat the ED voice*

- Helps parents not blame themselves: *no one to blame*

- *Helps parents* overcome helplessness
Therapist as consultant

- Outpatient family therapist acts as consultant and coach
- Therapist guides, assists, encourages parents to take an active role
- Therapist involves siblings to support/encourage
- Reinvigorates when parents are discouraged
- Therapist sets up both social and food challenges to make progress thru the phases
Three phases of treatment with Maudsley approach or FBT

- **Phase I**: Establish healthy eating and curtail purge / restrictive behavior (1-10 sessions or as needed)
- **Phase II**: Return control of eating and weight management to the adolescent (Sessions 11-16 or as needed)
- **Phase III**: Address family and normal adolescent developmental issues (Sessions 17-20 or as needed)
Video of the Maudsley Method

- How to care for someone with an eating disorder – The New Maudsley Method
- The Succeed Foundation, Dr. Janet Treasure, Gillian Todd
- Meal Support vs. Meal Support with Change
- Rachel and her Mum are having dinner. You will hear the whispers of the Eating Disorder. You will see how the jellyfish and rhino style fuel the Eating Disorder and how the St. Bernard and Dolphin style support meal success
“Don’t give up too soon, as the family is the best resource for recovery.”

REFERENCES


