

## **Family Based Treatment for Adolescent Anorexia Nervosa –**

### **A training workshop with Professor James Lock**

21<sup>st</sup> – 22<sup>nd</sup> July 2016

UCL Institute of Child Health, London

I am a Cognitive Behavioural Therapist having achieved accreditation in 2008. At the time of this workshop I was continuing to work in an adolescent inpatient setting for people suffering with eating disorders. My role had centred around treating patients with eating disorders since 2008. My main current role was to assess and treat patients on an individual basis. However, in order for me to work within a more evidenced based method, it became more important for me to develop my training within family work for this field. Whilst, at times, I also saw families within the context of treating their loved one, it was important to me to consolidate and enhance my understanding.

This two-day course run by the expert in family therapy for anorexia was the perfect way to enhance my skills.

Initially the programme covered the scientific support for the model. It then led on to how the model is implemented. This became a very active session, involving lots of role play whilst Professor Lock demonstrated passing control back to the parents, supporting them with appropriate control whilst moving the therapist to a more supportive role for the parents. The importance of empowering the family from the start was of highest importance. Although being aware of this, it became more evident to me just how important this was when working on an inpatient setting where control is taken away from the parents, often willingly due to their own exhaustions.

The cause raised questions for me around how we could engage the parents and families more within the inpatient setting. That engagement with the families happened right from the moment of referral and that the families were aware of their active role to play within the team of supporting their child towards health, even prior to walking through the hospital door.

A highly motivational course that has led to me feeling more confident involving families in my adolescent work regardless of diagnosis.

I was hugely grateful to the FPSA for funding this vital two-day workshop for me.