

## Treatment of Anorexia Nervosa - The Maudsley Model

The scientifically-validated Maudsley model of Family Therapy is used to effectively treat young people with disordered eating behaviours which may come under the diagnoses of anorexia.

### Who is the Maudsley Model suitable for?

The Maudsley Model of family based treatment is a community treatment that activates the whole family to help the young person recover from their disordered eating behaviour. The treatment involves at least 20 sessions over 9-12 months. It is suitable for young people who have had a short course of illness (less than 3 years) and are under 19 years of age. The Maudsley model involves 3 clearly defined phases.

### What does the Maudsley Model involve?

*Initial assessment:* interview with all family members to assess the situation and set goals for the therapy.

**Phase 1:** weekly family therapy sessions, aimed at re-feeding the young person

**Phase 2:** fortnightly family and or individual therapy sessions, aimed at helping the young person to re-gain control

**Phase 3:** monthly family therapy sessions to address any family issues and prepare for family life after therapy

### Helpful resources

Parents of a child or teen with an eating disordered behaviour and considering family based therapy may find this website useful:

<http://www.maudsleyparents.org/welcome.html>