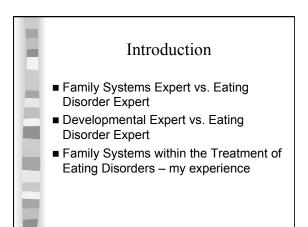
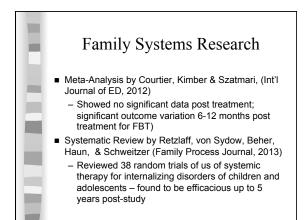
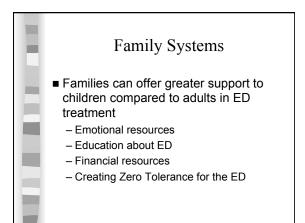
Utilizing Family Systems Therapy in the Treatment of Eating Disorders

Amy W. Stoeber, PhD 10001 SE Sunnyside Rd, 140 Clackamas, OR 503.653.5205



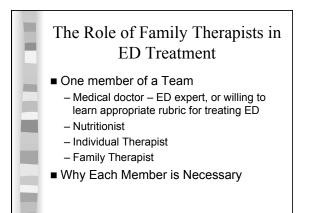


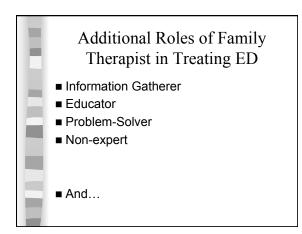


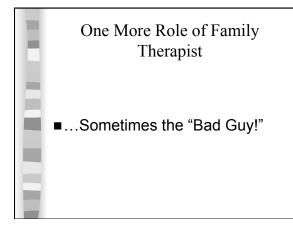


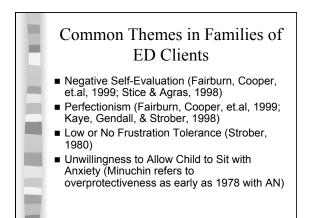
Family System Research

Adolescent-onset Anorexia has relatively high rates of eventual recovery; yet the illness is often protracted, and even after recovery from the eating disorder there is an ongoing vulnerability to psychosocial problems in later life (Espie and Eisler, Adolescent Health, Medicine, and Therapeutics, 2015)



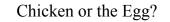








- Excuse-Making (e.g. too busy, mom dieting too, allow for tx non-compliance)
- Alignment with Child versus Co-Parenting (Enmeshment often occurs)
- Secondary Gain related to ED (e.g. beauty, treatment, distraction from larger problems) (Fairburn, et.al, 1997; Strober, 1995)
- It should be noted that some of these observations have been questioned as to be the cause or the consequence of ED



Eisler (2005)

- Points out that family therapy is most effective when problems are seen as a response and adaptation to the ED versus the other way around. It shapes a better starting point.
 - Decreases blame and guilt
 - Values family strengths
 - Increases confidence in the parents' ability to help
 - · Increases empowerment
 - Increases symptom management

