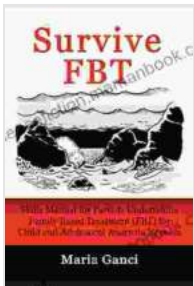


Skills Manual for Parents Undertaking Family-Based Treatment (FBT) for Child and Adolescent Eating Disorders: A Comprehensive Guide to Effective Parenting Strategies



Survive FBT: Skills Manual for Parents Undertaking Family Based Treatment (FBT) for Child and Adolescent Anorexia Nervosa by Maria Ganci

★★★★☆ 4.6 out of 5

Language	: English
File size	: 5129 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 89 pages
Lending	: Enabled



Eating disorders are serious mental illnesses that can have devastating consequences for children and adolescents. Family-Based Treatment (FBT) is an evidence-based treatment that has been shown to be effective in helping children and adolescents recover from eating disorders. This manual provides parents with the essential skills and strategies for successfully implementing FBT.

What is FBT?

FBT is a type of therapy that focuses on helping families to work together to overcome eating disorders. FBT is based on the idea that eating disorders are caused by a combination of biological, psychological, and social factors. FBT helps families to understand the underlying causes of eating disorders and to develop strategies for addressing them.

How does FBT work?

FBT is a structured treatment that typically lasts for 12 to 20 weeks. During FBT, families meet with a therapist once a week. The therapist will help families to:

- Understand the underlying causes of eating disorders
- Develop strategies for addressing the eating disorder
- Build a strong family bond
- Promote recovery

What are the benefits of FBT?

FBT has been shown to be effective in helping children and adolescents recover from eating disorders. Some of the benefits of FBT include:

- Reduced symptoms of eating disorders
- Improved weight gain
- Increased self-esteem
- Improved family relationships
- Reduced risk of relapse

Who can benefit from FBT?

FBT is appropriate for children and adolescents of all ages who are struggling with an eating disorder. FBT can also be helpful for families who are struggling to cope with the impact of an eating disorder.

How can I get started with FBT?

If you are interested in learning more about FBT, you can talk to your doctor or mental health professional. You can also find more information about FBT on the website of the National Eating Disorders Association (NEDA).

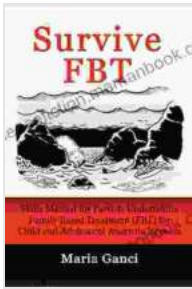
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If you are concerned that your child or adolescent may be struggling with an eating disorder, please reach out for help. FBT can help your child or adolescent to recover from their eating disorder and live a healthy, fulfilling life.

Resources

- National Eating Disorders Association (NEDA)
- FBT for Kids
- Center for Discovery

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Family Based Treatment (FBT) for Child and Adolescent**



Anorexia Nervosa by Maria Ganci

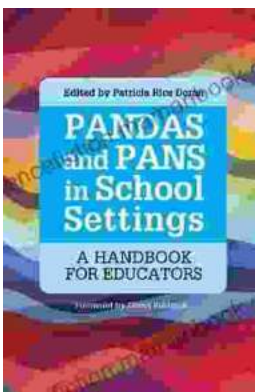
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