

## **Eating Disorder Service Treatment Definitions**

**Cognitive Behavioural Therapy (CBT)** is a talking therapy that can help you manage your problems by changing the way you think and behave.

CBT is a leading evidence-based treatment for adults with eating disorders and is also adapted for use with younger people. It is based on the theory that a person's thoughts, emotions, and behaviors are interconnected and can be restructured to support new, healthier thoughts and actions.

### **Motivational Therapy**

**Motivational enhancement therapy (MET)** is a directive, person-centred approach to therapy that focuses on improving an individual's motivation to change. Those who engage in self-destructive behaviours may often be ambivalent or have little motivation to change such behaviours, despite acknowledging the negative impact of those behaviours on health, family life, or social functioning.

### **Family-Based Treatment (FBT)**

Family Based Treatment (FBT) for eating disorders is commonly known as The Maudsley Model and is used to treat adolescents with Anorexia and Bulimia Nervosa.

FBT aims to assist the family, namely the parents, to bring about recovery in their child with an eating disorder. The core principles of the Maudsley Model are:

1. No one is to blame for the development of the eating disorder
2. The eating disorder is externalised or separated from the sufferer and the eating disorder is targeted to reduce blame and criticism
3. The family are viewed as the best resource to bring about recovery
4. Hospitalisation is a short term solution for the problem
5. Each family member is assigned a specific role

FBT is suitable for people under the age of 19 who have had their eating disorder for three years or less.