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## **Treatment Manual For Anorexia Nervosa**

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This indispensable manual presents the leading empirically supported treatment approach for adolescents with anorexia nervosa (AN).

What sets family-based treatment apart is the central role played by parents and siblings throughout therapy.

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"Family-based treatment is one of the few demonstrably effective interventions for anorexia nervosa. This treatment manual clearly explains the development of this approach and, even more important, provides a detailed description of how it can be implemented.

### **Treatment Manual for Anorexia Nervosa: A Family-**

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Nancy Oberdorf, MSW,  
RSW. Treatment  
Manual For Anorexia  
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Based Approach. James  
Lock, Daniel le Grange,  
W. Stewart Agras,  
Christopher Dare ,  
Guildford Press, New  
York, London. 2000.

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for anorexia is  
generally done using a  
team approach, which  
includes doctors,  
mental health  
professionals and  
dietitians, all with  
experience in eating  
disorders. Ongoing  
therapy and nutrition  
education are highly  
important to continued  
recovery. Here's a look  
at what's commonly



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involved in treating  
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Training Materials and Workshops. Family therapy for anorexia

nervosa (Dare & Eisler,

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1997) Treating  
adolescents with  
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behavioral family  
systems therapy  
(Robin & Le Grange,  
2010; In Evidence-  
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## **Family-Based Treatment for Anorexia Nervosa**

The goals of treatment  
are to stabilize weight  
loss, begin nutrition  
rehabilitation to restore

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weight, eliminate binge eating/purging behaviors and other ritualistic eating patterns, treat emotional issues such as low self-esteem, correct distorted thinking patterns, and develop long-term behavioral changes.

**Anorexia Nervosa  
Management and  
Treatment |  
Cleveland Clinic**

Anorexia, like other

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eating disorders, can take over your life and can be very difficult to overcome. But with treatment, you can gain a better sense of who you are, return to healthier eating habits and reverse some of anorexia's serious complications. The physical signs and symptoms of anorexia nervosa are related to starvation.

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## **NEVROZA PDF**

The authors report on the development of a manual for treating adolescents with anorexia nervosa modeled on a family-based intervention originating at the Maudsley Hospital in London. The manual provides the first detailed account of a clinical approach shown to be consistently efficacious in randomized clinical

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trials for this disorder.

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therapy in anorexia

nervosa: A five-year

follow-up. Archives of

General Psychiatry, 54,

1025-1030. (4) Le

Grange, D., Binford, R.,

and K.L. Loeb. 2005.

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case series. Journal of  
the American Academy  
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Product Information  
This indispensable  
manual presents the  
leading empirically  
supported treatment  
approach for

adolescents with  
anorexia nervosa (AN).

What sets family-based

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treatment apart is the central role played by parents and siblings throughout therapy.

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Treatment often involves a team of health care practitioners, including a nutritionist, who may provide specific meal plans or information about the calories

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needed to restore weight to a normal level. There are no specific drugs to treat anorexia nervosa.

However, newer antipsychotic drugs, such as olanzapine, may help people gain weight.

### **Anorexia Nervosa - Mental Health Disorders - MSD Manual ...**

This indispensable manual presents the

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leading empirically supported treatment approach for adolescents with anorexia nervosa (AN). What sets family-based treatment apart is the central role played by parents and siblings throughout therapy. The book gives practitioners a clear framework for mobilizing parents to promote their child's weight restoration and healthy eating;

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improving parent ...

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The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) was published in 2013 by the American Psychiatric Association.

1 It provides physicians and mental health professionals with the criteria for

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**Diagnostic Criteria**

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Treatment of anorexia nervosa may require life-saving short-term intervention to restore body weight. When weight loss has been severe or rapid or when weight has fallen below about 75% of

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recommended weight, prompt restoration of weight becomes critical, and hospitalization should be considered.

**Anorexia Nervosa -  
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It is estimated that 5-20% of those who have untreated anorexia nervosa will not survive the disorder. The annual

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death rate for females between 15 and 24 years old from anorexia is 12 times higher than the annual death rate for all other causes combined.

When a person receives treatment, the rate of death drops to approximately 2-3%.

## **Characteristics of Anorexia Nervosa - Eating Disorders**

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treatment is an  
efficacious treatment  
available for  
adolescents with  
anorexia nervosa. Yet  
the implementation of  
this treatment, at least  
in the United States, is  
challenging due to a  
limited number of  
trained family-based  
treatment therapists  
and the concentration  
of these therapists in a  
limited number of

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of telemedicine in the  
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