

## **Family Based Treatment (FBT) for Eating Disorders**

Family Based Treatment (FBT) is a short-term treatment to help your child start to get better from their eating disorder. FBT focuses on how to help your child eat and get the nutrition that they need. FBT happens outpatient and usually lasts 6 to 12 months. There are 3 phases to FBT that need to happen in a specific order.

### **Key aspects of FBT**

- Treatment is focused on getting your child better from their eating disorder.
- Treatment focuses on physical recovery first, then behavioral recovery, then cognitive and emotional recovery.
- FBT does not try to figure out why the eating disorder happened – we don't know why.
- FBT focuses on stopping the things that keep the eating disorder going – like not eating.
- All parents and siblings are asked to come to treatment sessions.
- The role of siblings is to help support your ill child and provide a sense of normalcy during a difficult time.
- Treatment happens once a week for the first 3 to 4 months. After that it can move to every other week, then monthly until you are done.
- FBT is an intensive treatment. Some parents need to take time off work to supervise their child's meals.
- FBT requires a team. Your doctor and psychologist are part of your team and so are you.

### **Phase 1**

- This phase focuses on re-nourishment and weight gain for your child.
- Treatment sessions will focus on meals, food intake, and weight gain.
- Parents make all decisions about their child's meals and snacks.
- Parents cook all meals and snacks.
- Parents plate all the food.
- Parents watch their child eat all the food they are given.
- Meals may be bigger, have more calories, and happen more often.
- Treatment sessions are every week.

### **Phase 2**

- Responsibility around eating is slowly returned to your child in a way that makes sense for your family.
- Working with your therapist, parents decide how to do this.
- Treatment sessions will be about problem solving and helping parents make decisions about meals and activities.
- Treatment sessions are usually every 2 weeks.

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### Phase 3

- Treatment focuses on return to healthy living and relapse prevention.
- Treatment sessions can be once a month.
- In this phase, it may be time to think about if an individual therapist is needed or if your child has other concerns.
- Once things are “back to normal” treatment ends.