

Multi-Family Therapy for Eating Disorders

Intensive support to help patients get back on track, challenge unhelpful thinking and eating disorder behaviours, and improve their health and functioning.



Who is the program for?

This program is designed for people aged 14 to 19 who are struggling with an eating disorder. Patients may be unable to achieve adequate weight gain and nutritional rehabilitation, and struggling to take charge of the Eating Disorder despite increased support from their family and treating team. The program provides an alternative to an inpatient admission, and may be suitable when the patient and family require more intensive support than available in outpatient treatment, for a brief period of time.

Program content

The program utilises the fundamentals of family based treatment. It includes supported meals, medical monitoring, individual psychiatric reviews, dietitian sessions, group and family therapy (e.g. cognitive behavioural therapy, distress tolerance and compassion focused therapy).

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About the program

Multiple Family Group Therapy (MFT) involves working intensively with a collection of families with shared experiences in a group setting. It:

- Focuses on family strengths and resilience to enable parents to take a central role in tackling eating problems.
- Addresses problematic family interactions that have developed around the eating problems.
- Focuses on normalisation of eating and return of healthy weight.
- Can be utilised as a standalone intervention to compliment current treatment in community.

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Program structure

- Four day intensive program for the patient and their parents (five hours per/day)
- Followed by three monthly follow up days (or as required)

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How to access the program

You will need a GP or Psychiatrist referral to a Psychiatrist with admission rights to the Hospital. Please discuss this program with your patient.

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Cost

Patients are admitted as a day patient and this can be claimed via their private health fund. Hospital staff can advise families if any out-of-pocket excess or gap costs apply.

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