

ORAL PRESENTATION

Open Access

Adolescent bulimia nervosa (BN): a new therapeutic frontier

Kim Hurst¹, Shelly Read^{2*}, Tiegan Holtham²

From 2014 ANZAED Conference: Driven Bodies Driven Brains
Fremantle, Australia. 22-23 August 2014

Enhanced Cognitive Behaviour Therapy (CBT-E) continues to gather evidence as the first line of treatment for Bulimia Nervosa (BN) in adulthood. However, there is limited evidence for empirically validated therapies for children and adolescents, despite the serious impact of medical complications during adolescence.

In recent years, investigation into the effectiveness of Family Based Treatment (FBT) for BN has been instigated. It has been proposed that FBT may be particularly helpful for BN, by combating the secretive and shameful nature of BN, and increasing adolescent collaboration. The following case study contrasts the delivery of FBT to two adolescents presenting with BN; one is augmented with CBT-E.

In both cases, the adolescents achieved remission from BN symptoms, with a cessation of bingeing and/or compensatory behaviours at the end of treatment. Parents and adolescents reported feeling as though FBT provided a platform to work together and view BN as a family issue, rather than leaving the onus on the young person to recover independently. Both families reported higher levels of cohesion at the end of treatment, and parents reported feeling more empowered to help their offspring. The application of specific CBT-E strategies was also reported as integral in achieving recovery. Further research in this area is indicated.

This abstract was presented in the **Treatment in Community and Inpatient Settings** stream of the 2014 ANZAED Conference.

Authors' details

¹Eating Disorder Program, Gold Coast CYMHS, Robina, Australia. ²CYMHS Gold Coast, Robina, Australia.

* Correspondence: shellyreadpsychology@hotmail.com.au

²CYMHS Gold Coast, Robina, Australia

Full list of author information is available at the end of the article

Published: 24 November 2014

doi:10.1186/2050-2974-2-S1-O6

Cite this article as: Hurst et al.: Adolescent bulimia nervosa (BN): a new therapeutic frontier. *Journal of Eating Disorders* 2014 **2**(Suppl 1):O6.

Submit your next manuscript to BioMed Central
and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit

