

ORAL PRESENTATION

Open Access

Case study: successful recovery from anorexia nervosa in a 19yr old patient using manualised FBT

Kellie Lavender

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

At the Regional Eating Disorders Service (REDS) in Auckland Family Based Treatment (FBT) is the first line treatment offered to adolescents and their families - and with great success. At REDS we are also offering a choice to individuals over 18 and their families between FBT and individual treatment in an adult part of the service. This presentation describes a successful example of a client case study where FBT was provided with a 19yr old Japanese woman and her family. The case presented with some initial challenges like beginning treatment with a BMI of 14.9, parents needing interpreters and the family living 40km away.

There is no evidence for the effectiveness of FBT for young adults; however in a case series published by Chen., LeGrange et al. (2010) they describe how FBT was used with 4 older clients with 3/4 at follow up being in the normal weight range. The presenter raises the question about whether services should offer FBT as a choice to those over 18 years and living at home and willing to have their family involved.

This presentation will also discuss the question about whether there is a need to consider modifications to FBT with this older age group. A summary of data of FBT cases with young adults at REDS will be provided.

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

Published: 24 November 2014

doi:10.1186/2050-2974-2-S1-O7

Cite this article as: Lavender: Case study: successful recovery from anorexia nervosa in a 19yr old patient using manualised FBT. *Journal of Eating Disorders* 2014 2(Suppl 1):O7.

Correspondence: kelliel@adhb.govt.nz
Regional Eating Disorders Service, Auckland, New Zealand



© 2014 Lavender; licensee BioMed Central Ltd. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated.

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

