



Finding a Voice: Family Therapy for Young People with Anorexia

Greg Dring

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Young people develop anorexia because they are unhappy. In the process of becoming anorexic they silence themselves and distance themselves from parental support. Family therapy can help patients by improving their communication with their parents. Therapists can support parents in helping their children to find their voices. This book presents a review of the research evidence that has guided the development of family therapy for young people with anorexia. In addition, it presents the current evidence for a family model. A flexible model is proposed to meet different family scenarios and levels of treatment resistance. Greg Dring argues that the evidence indicates the need for an assertive approach to therapy, drawing on the full range of family therapy skills available, in order to re-instate a healthy relationship between parents and children. This book is intended for family therapists and other clinicians in Child and Mental Health Services who work with young people with anorexia.

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