



Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach

James Lock MD PhD, Daniel Le Grange PhD

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This indispensable manual presents the leading empirically supported treatment approach for adolescents with anorexia nervosa (AN). What sets family-based treatment apart is the central role played by parents and siblings throughout therapy. The book gives practitioners a clear framework for mobilizing parents to promote their child's weight restoration and healthy eating; improving parent-child relationships; and getting adolescent development back on track. Each phase of therapy is described in session-by-session detail. In-depth case illustrations show how to engage clients while flexibly implementing the validated treatment procedures.

New to This Edition

- *Reflects the latest knowledge on AN and its treatment, including additional research supporting the approach.
- *Clarifies key concepts and techniques.
- *Chapter on emerging directions in training and treatment dissemination.
- *Many new clinical strategies.

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