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Titolo	Finding a voice : family therapy for young people with anorexia // by Greg Dring
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Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; CHAPTER ONE The challenge of finding a voice; CHAPTER TWO The roots of family therapy for young people with anorexia; CHAPTER THREE The development of Maudsley Model Family Therapy; CHAPTER FOUR Family-Based Treatment; CHAPTER FIVE Anorexia is not an inherited disorder; CHAPTER SIX How should we understand anorexia?; CHAPTER SEVEN Family interaction research; CHAPTER EIGHT The emotional life of the family; CHAPTER NINE Parental authority; CHAPTER TEN Family attitudes to eating and weight; CHAPTER ELEVEN Beyond the Maudsley Model CHAPTER TWELVE Treatment in contextREFERENCES; INDEX
Sommario/riassunto	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.
