



Treatment Manual for Anorexia Nervosa: A Family-Based Approach

*James Lock MD PhD, Daniel Le Grange PhD, W. Stewart Agras M.D., Christopher Dare, James Lock,
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This manual provides an authoritative and detailed description of the Maudsley approach, the leading family-based treatment for adolescents with anorexia nervosa. Unique in its focus on mobilizing parents and siblings as a resource in treatment, the approach is ideal for short-term treatment and has demonstrated effectiveness in controlled clinical trials. Featuring session-by-session intervention guidelines and in-depth case illustrations, this book will enhance the clinical armamentaria of child and adolescent psychiatrists, psychologists, family therapists, and others working with patients with eating disorders.

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