

Keynote lecture three

Developing a collaborative team approach to the management of eating disorders: the power of the family.

Janet Treasure OBE PhD FRCP FRCPsych Kings college London, and South London and Maudsley NHS Trust and Jenny Langley; Experienced Carer. Trained by and working as a volunteer in collaboration with Beat, the Maudsley and Kings College London.

Synopsis

A team approach is helpful in the management of eating disorders. The social network should be part of this team. This approach should involve three components. Working together with shared understanding and skills to foster a collaborative effort. The joint team skills include compassion, positive communication and behaviour change skills. The teams responsibility is to care for themselves so that they can avoid the traps caused by problematic emotional regulation and colluding with the illness by allowing accommodation to occur. In this talk we discuss how this is implemented and consider the benefits of working in this manner.

