Adolescent Focussed Therapy for Adolescent Anorexia Nervosa
A training workshop with Professor James Lock
Monday 18th & Tuesday 19th September 2017
UCL Great Ormond Street Institute of Child Health, 30 Guilford St, London

James Lock, MD, Ph.D. is Professor of Child Psychiatry and Pediatrics in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine where he also serves as Director of the Eating Disorder Program for Children and Adolescents. Dr Lock has published over 150 articles, abstracts, and book chapters, and was recipient of the Academy for Eating Disorders Leadership Award for Research, 2014. He is co-author of Treatment Manual for Anorexia Nervosa: A Family-Based Approach, Help Your Teenager Beat an Eating Disorder and Treating Bulimia in Adolescents: A Family-Based Approach. He has lectured widely in the US, Canada, South America, Europe, and Australia. He has been funded by the NIH to conduct treatment research in eating disorders continuously since 1997.

The NICE guideline for Eating Disorders (2017) recommends Adolescent Focused Therapy (AFT) as an alternative to consider in the treatment of anorexia nervosa in children and young people when family based approaches are unacceptable, contraindicated or ineffective for children or young people with anorexia nervosa.

AFT is a manualised, empirically evaluated individual treatment for adolescent anorexia nervosa. It evolved out of Ego-Orientated Individual Therapy (EOIT; Robin et al., 1994, 1999), which was adapted and manualised into AFT at Stanford University for use as the control therapy for clinical trials. It was used in the largest RCT to date in the field comparing individual therapy with Family Based Treatment (FBT), (Lock, Le Grange et al. 2010). A description of the therapy can be found here: https://link.springer.com/content/pdf/10.1007/s10879-009-9123-7.pdf

AFT theory originates from a self-psychological psychodynamic model and views anorexia nervosa as a maladaptive coping strategy used by the adolescent to manage the complex developmental demands and transitions associated with adolescence. The model places particular emphasis on learning to identify emotions, and later, to tolerate negative, and even positive, affective states. The therapist stance is characterised as both nurturing and authoritative. AFT consists of three phases of treatment spread across approximately one year. Although AFT is an individual approach it includes separate parallel sessions with parents with the aim of engaging and educating them about anorexia nervosa. AFT should be delivered within the context of a multidisciplinary team so that risk and medical instability can be monitored and managed appropriately.

This workshop introduces the AFT model, its theory and application. Clinicians will gain an understanding of this model and how to practically implement the model in clinical practice. There will be opportunity to discuss how this model may be used in the rapidly developing CEDS in England.

This training is suitable for clinicians with pre-existing knowledge of eating disorders and training in a psychotherapy model, who are working in the field with adolescents with a diagnosis of anorexia nervosa.

Book online now www.ichevents.com

Course Fee: £300.00