

TEDS, CAMHS Multi Family Therapy Programme for Eating Disorders

Information for Families



What is MFT?

Multi-Family Therapy (MFT) is an evidence based treatment programme which has been used successfully with hundreds of young people from all over the country, since 2000.

It involves the young person with an eating disorder (up to 18 years of age) and their family attending an intensive, therapeutic group treatment programme, alongside 4-8 other families with similar problems.

MFT can facilitate a new way of thinking about habits and behaviours leading to positive improvements. It also encourages everybody, parents included, to play critical roles in helping to promote change and real recovery becomes achievable.

How does the programme run?

The MFT programme consists of a short introductory session followed by three consecutive full days the following week. There are then three follow-up days over the next 6 months, usually spaced out a month, two months and three months after the initial programme.



The MFT Team

Our facilitators are multi-disciplinary and may include Family Therapists, Senior Mental Health Practitioners and Support Workers.

Who comes to MFT?

We invite the young person with an eating disorder and parents and/or significant adults. Siblings over a certain age are invited to a specific day.

What happens in MFT?

MFT combines group therapy, family therapy, psycho-education with creative and supportive activities and interventions. Our experience has shown that working together to beat an eating disorder really does work.

How does MFT help?

MFT can help young people and their families:

- feel more confident and empowered
- gain a better understanding of the illness and put together a 'toolkit' of skills and techniques to beat it
- build up existing family relationships and develop new ones with other families in MFT
- take charge of the eating disorder and "boss it back"- with renewed strength

When do TEDS run these programmes?

TEDS run three MFT Programmes every year starting approximately every February, July and October. Please call Leanne McIlhinney on 01865 903889 for further information.

"MFT was a significant part in our journey to recovery as a family. It helped us, as parents, to understand what it was like for our daughter to be living with an ED and the impact it was having on her sister. It helped our daughter to understand how her illness was affecting the rest of the family. It also gave us and our children a strong network of support and friendship in other families who truly understood what we were all going through."

Gill, Gary & Lucy Begnor

Graduate family - Mother, Father and Daughter