Multi Family Therapy Programme for Eating Disorders

Information for Families
TEDS – MULTI FAMILY THERAPY PROGRAMME

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

It is an innovative way of working with anyone up to age 18, and their families, where anorexia nervosa has "taken hold of their lives". It is also helpful for some other eating disorders. By participating in this intensive, therapeutic group treatment programme alongside 4-8 other families with similar problems, young people and their families can reach a significant turning point- where real recovery becomes achievable.

The MFT group encourages everybody, parents included, to play critical roles in helping to promote change. MFT can facilitate a new way of thinking about habits and behaviours leading to positive improvements.

How does the programme run?
We invite families to first attend an introductory meeting which usually takes place the week before the full programme during a late afternoon/early evening. This give families the opportunity to meet the facilitators and team who will be running the programme. There will be a presentation from one of our medic's and there may be a "graduate" family who have completed the MFT Programme to talk about their experiences first hand. There will also be the opportunity to discuss the nature of eating disorders and hear about what the programme will entail.

All families then attend the three day programme the following week. Siblings are often invited to one of these days. Here, we work closely together to guide every person through the structured programme, which includes eating together in a supported environment.

There are then three further MFT follow-up days/workshops over the next 6 months usually spaced out a month, two months and three months after the initial programme. Each family member get a journal to fill out on their MFT programme journey.
The MFT Team
The team facilitating our MFT Programme consists of two or three lead therapists who have official MFT training and up to four additional supportive therapists.

Our facilitators are multi-disciplinary and so their roles vary 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

• Parents and significant adults - we regularly invite step parents, grandparents and partners and are open to any family set-up. We will discuss with each family what would be the most useful family constellation.

• Siblings - We will most likely ask siblings to attend a specific day. Our team will discuss with families about siblings under the age of 7.

What happens in MFT?
MFT combines group therapy, family therapy, psycho-education with creative and supportive activities and interventions.

There are exercises for the group as a whole as well as family groups and separate groups of young people / siblings / parents and significant adults to work on specific activities from their role perspectives. Each activity gives different opportunities to share experiences and ideas to support one another.

Our experience has shown that working together to beat anorexia really does work.
A typical MFT workshop day

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Family introductions, ice breaker and take part in a whole group task</td>
</tr>
<tr>
<td>10:30</td>
<td>Morning snack (parents to bring snacks &amp; lunch according to meal plan)</td>
</tr>
<tr>
<td>11:00</td>
<td>Group Activities: Family/Parent/Young people/Siblings groups</td>
</tr>
<tr>
<td>12:30</td>
<td>Lunch- families eating together and helping each other</td>
</tr>
<tr>
<td>13:30</td>
<td>Break</td>
</tr>
<tr>
<td>14:00</td>
<td>Group feedback for morning’s activities and lunch</td>
</tr>
<tr>
<td></td>
<td>Group Activities: Family/Parent/Young people/Siblings groups</td>
</tr>
<tr>
<td>15:00</td>
<td>Afternoon snack</td>
</tr>
<tr>
<td>15:30</td>
<td>Main group reflection and mindfulness exercise</td>
</tr>
</tbody>
</table>

How does MFT help?

"We thought the eating disorder had beaten but now we’re fighting back..."

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!

We are confident that committed participation in the MFT programme offers young people and their families a real hope of overcoming anorexia, even where other, more traditional treatments have failed.
INFORMATION FOR FAMILIES

“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 and 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 & Lucy Begnor, Mother and Daughter

"The group was immensely helpful to both me and my family. It benefited me because I was given the opportunity to voice my opinions to other people who were not necessarily biased like my parents.”

“It was also comforting to meet other people in a similar situation. I hope that some of the insights we shared and I gave them will have helped them realise things about what they were doing etc. that no one else could.”

Molly, 17, young person

"It helped my family, my parents most of all, because it gave them a chance to share and discuss their problems with people in a similar boat and to vent their frustration on someone other than me. The activities we did provided good talking points and allowed us to discuss subjects that may have been too awkward or difficult otherwise."

Matthew, 15, young person

"For siblings who are struggling to accept and understand the illness, I think it is reassuring to see that their family is not the only anomaly and that if they have harsh words to say then the group meetings are the place.”

Ben, 12, sibling

“More than anything I would say to just 'go for it' with an open mind."

Louise, 15, young person
TEDS – MULTI FAMILY THERAPY PROGRAMME

Concerns & Complaints?
We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on free phone 0800 328 7971.

Contact details

BANES TEDS
Temple House, Temple Court, Temple Street, Keynsham, Bristol, BS31 1HA
Tel: 01865 903 889, Fax: 01865 261721

MELKSHAM TEDS
Melksham Hospital, Spa Road, Melksham, Wiltshire, SN12 7NZ
Tel: 01865 903777, Fax: 01865 261703

SALISBURY TEDS
Block 132, Salisbury District Hospital, Salisbury, Wiltshire, SP2 8BJ
Tel: 01722 336262 Ext: 2779, Fax: 01722 341390

SWINDON TEDS
Marlborough House, Okus Road, Swindon, SN1 4JS
Tel No: 01865 903422, Fax: 01865 261705

MARLBOROUGH TEDS
The Lavington Centre, Savernake Hospital, London Road, Marlborough
SN8 3HL, Tel: 01865 904 666, Fax: 01865 337452

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford, OX3 7JX
Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk