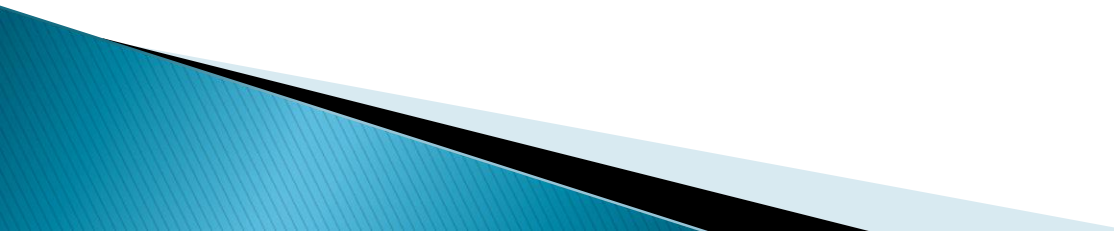


The Best of Two Worlds: Integrating EFFT and the NMM in the Treatment of ED Across the Lifespan

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Context


- ▶ ED treatments still fall short of enabling recovery for many of those afflicted by ED
 - ▶ As a field, we must be creative in order to find as many roads to recovery as possible
 - ▶ Family involvement is key and where possible, parents must be involved as “critical partners in care” – even in the context of adult ED
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Overview of EFFT

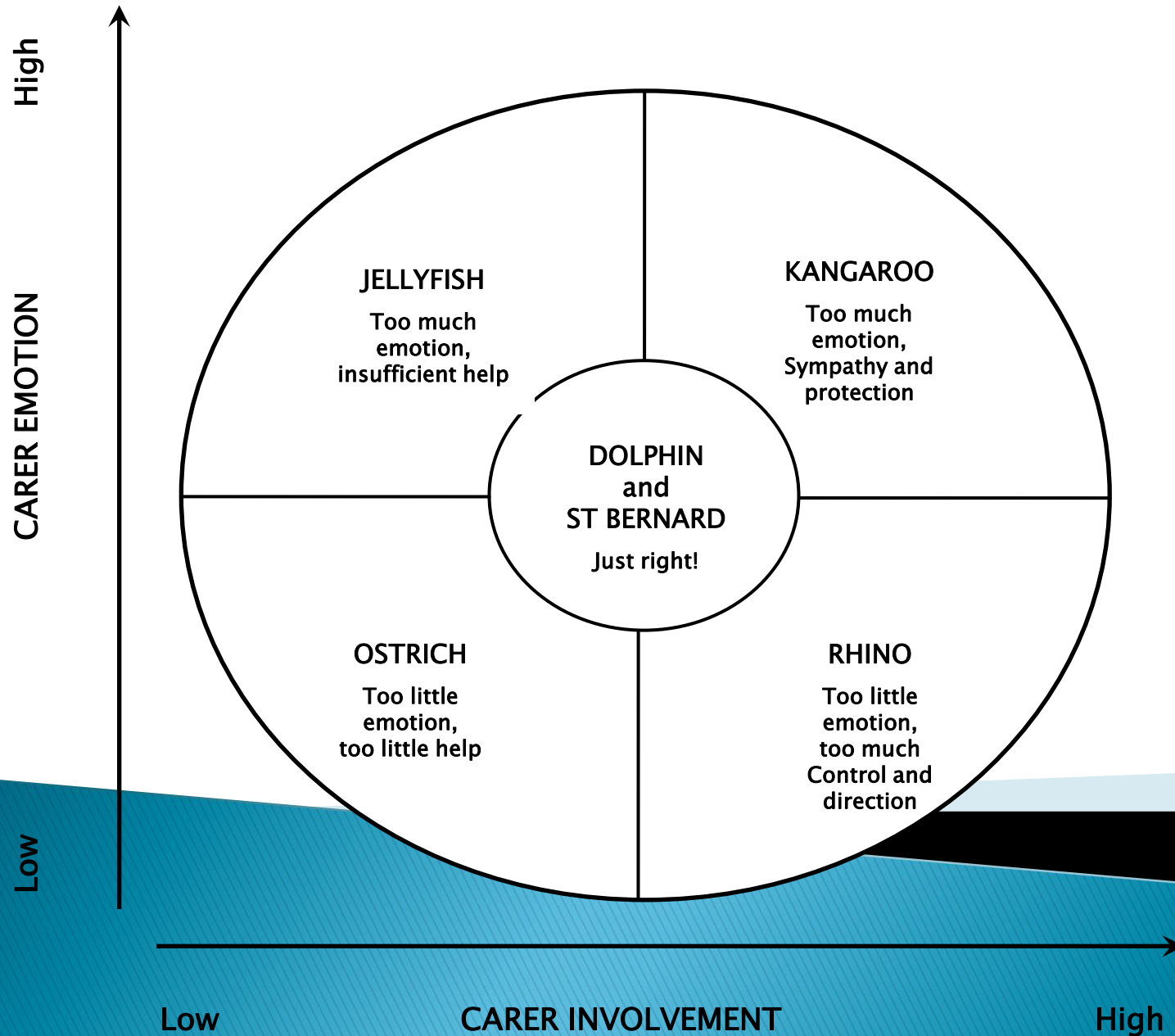
Clinicians support carers to:

1. Become their loved ones' **recovery coach** (via the support of refeeding / interruption of symptoms)
2. Become their loved ones' **emotion coach** (via the support of processing of emotion)
3. Support their loved one to **heal old wounds** (via relationship repair)
4. **Work through their fears** or emotional "blocks" (that may interfere with 1,2 and 3)

Overview of the NMM

- ▶ Use of neuroscience to help carers understand the manifestation of the ED
 - ▶ Use of Animal Models to help carers identify problematic patterns of caregiving
 - ▶ Carers are taught motivational interviewing skills for meal support and relating to their loved one
 - ▶ Expert Carers Helping Others (ECHO)
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ANIMAL METAPHORS FOR CARING



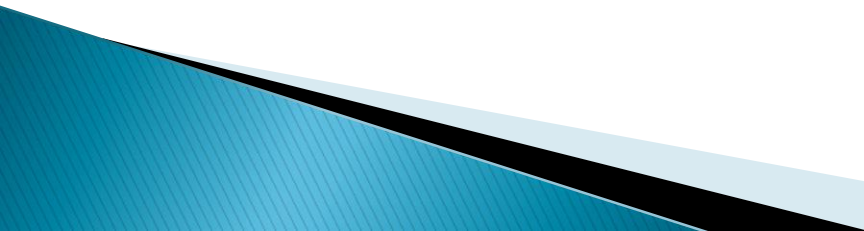
Similarities...



Family Focus

- ▶ Belief in the their healing power
 - Parents are a part of the solution as opposed to being a part of the problem
 - Parents can play a very active role in supporting recovery efforts (using EC, MI)
- ▶ Belief in their right to treatment
 - Parents are invited/welcomed to engage in tx regardless of whether 1. their child is in tx or 2. their child agrees to their involvement

Skills-Based

- ▶ Both models emphasize skills training for parents
 - ▶ Therapy interfering behaviours are viewed as manifestations of a lack of skill or a lack of confidence in skills
 - ▶ EFFT emphasizes meal support, emotion coaching and relationship repair while NMM emphasizes meal support and MI (discussed next)
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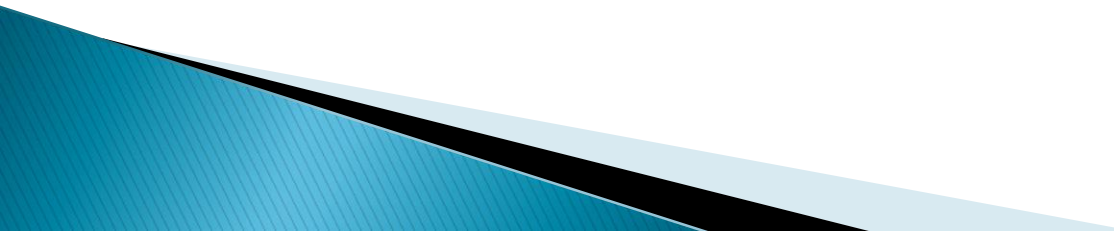
Motivation-Based

- ▶ In NMM, parents are taught MI as if they were therapists and are provided with opportunities to practise / role-play
- ▶ In EFFT – the motivation piece is embedded within the steps of emotion coaching
 - (attend, label, validate, meet the emotional need)

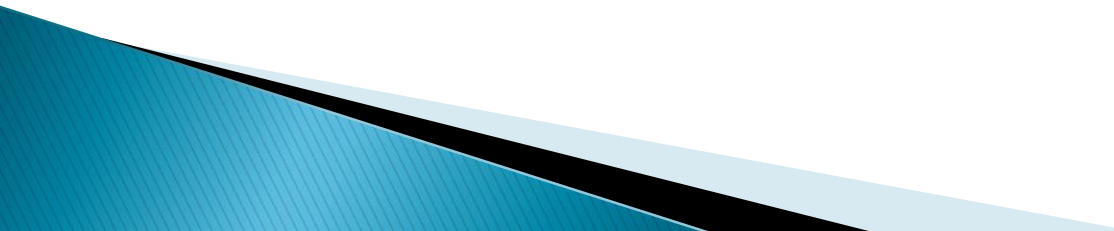
Emotion–Focus

- ▶ Emotions & emotion avoidance in the sufferer are believed to be factors related to the development and maintenance of ED
- ▶ Emotions in the family can lead to problematic patterns that can also maintain the illness
 - Although there are many factors related to the ED – these can be targeted and transformed

Contribution of NMM to EFFT

- ▶ Neuroscience underlying the concepts of super-feeler and super-sensor
 - ▶ Animal Models
 - ▶ MI as an extra tool for parents
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Contribution of EFFT to NMM

- ▶ Teaching parents to become emotion coaches
 - ▶ Steps of relationship repair
 - ▶ Method to help process emotional blocks in parents
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Looking Forward

- ▶ Ongoing collaborations
 - ▶ ECHO and ARC
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Research

- ▶ In its infancy but growing!
 - ▶ Multi-site pilot study (7 sites across Canada)
 - ▶ 2-day workshop based on the integrated model of EFFT for carers of sufferers
 - ▶ Preliminary results suggest :
 - significant changes in self-efficacy re: recovery coaching;
 - positive shift in attitudes re: the parent's role as emotion coach; and
 - a reduction in parent fears associated with their involvement in their child's treatment
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