The Best of Two Worlds:

Integrating EFFT and the NMM in the Treatment of ED Across the Lifespan

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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
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)
ANIMAL METAPHORS FOR CARING

- **JELLYFISH**: Too much emotion, insufficient help
- **KANGAROO**: Too much emotion, sympathy and protection
- **OSTRICH**: Too little emotion, too little help
- **RHINO**: Too little emotion, too much control and direction
- **DOLPHIN and ST BERNARD**: Just right!

![Diagram showing the relationship between carer emotion and involvement](image-url)
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
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).
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)
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
Contribution of EFFT to NMM

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

- Ongoing collaborations
- ECHO and ARC
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