

Table 3.2 From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

Main Points Made When Describing CBT-E to the Young Underweight Patients

Cognitive behavioral therapy, or CBT, is one of the most promising treatment for adolescents with an eating problem.

Our data indicate that about two-thirds of people who complete treatment make an excellent response. There is no reason why you should not be in this group so long as you throw yourself into treatment and give it priority.

The treatment is a one-to-one talking-type of treatment that primarily focuses on what is keeping the eating problem going. It is therefore mainly concerned with the present and future. It addresses the origins of the problem as needed.

The treatment will be tailored to your specific eating problem and your needs. You and your therapist will need to become experts on your eating problem and what is keeping it going.

Treatment will involve about 30-40 sessions over approximately 30-40 weeks, the first 20 or so sessions being twice a week. Thereafter they will spread out.

Treatment will also include one session only with your parents and some brief sessions with you and your parents together immediately after an individual session. The aim of these sessions is to help your parents to create a home environment that help your attempt to change. However, the nature of their help will be previously agreed between you and your therapist.

It is important that there are as few breaks in treatment as possible. This is because we want to establish what we call "momentum" in which we work from session to session to break into your eating problem. Breaks in treatment are very disruptive as momentum is lost. It is especially important that there are no breaks in the first six weeks and no longer than two-week breaks thereafter. We need to take this into account when thinking when it would be best for your treatment to start.

Each appointment will last just under one hour, with the exception of the session#0 which will take more than one hour. For everyone's sake it is important that appointments start and end on time. Your therapist will make sure he or she is ready at the due time and we request that you do the same. It is also advisable to arrive 15 minutes in advance to have the time to prepare the topics that you wish to discuss with you.

The patient and the therapist work together as a team to address the eating problem, agreeing at the end of each session on specific homework to do between sessions. These homework are of fundamental importance and you will have to give them the highest priority. It is just what you do between the sessions that will determine the limits or benefits of treatment.

Treatment should be considered as a special opportunity to start a new and more fulfilling life. Like any change there are some risks, but the benefits that can be obtained are enormous and include thinking more freely without being continually oppressed by thoughts on food, weight and body shape, developing a broader mental perspective, becoming happier, less irritable and rigid, being able to form a family and achieve better health conditions.

Treatment will be hard work, but it will be worth it. The more you put in, the more you will get out of it.
