



# Treatment Manual for Anorexia Nervosa: A Family-Based Approach

*James Lock MD PhD, Daniel Le Grange PhD, W. Stewart Agras M.D., Christopher Dare, James Lock,  
Daniel le Grange, W. Agras*

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**Treatment Manual for Anorexia Nervosa: A Family-Based Approach** James Lock MD PhD, Daniel Le Grange PhD, W. Stewart Agras M.D., Christopher Dare, James Lock, Daniel le Grange, W. Agras  
This manual provides an authoritative and detailed description of the Maudsley approach, the leading family-based treatment for adolescents with anorexia nervosa. Unique in its focus on mobilizing parents and siblings as a resource in treatment, the approach is ideal for short-term treatment and has demonstrated effectiveness in controlled clinical trials. Featuring session-by-session intervention guidelines and in-depth case illustrations, this book will enhance the clinical armamentaria of child and adolescent psychiatrists, psychologists, family therapists, and others working with patients with eating disorders.

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