

Sample Letter to (Former) Clinician:

Date:

Dear Dr. _____,

I'm sure you will be happy to hear that (our son/daughter) has recovered from her eating disorder, and has maintained her weight in a healthy range for _____ time. He/She eats a varied diet independently, and participates fully in school and extracurricular activities. He/She is no longer obsessed with eating or not eating or her body image, although we help her deal with those intrusive thoughts or threatened relapses when they occur. Our relationships in the family have normalized, and we are optimistic for the future.

We believe strongly that our child's recovery was due to returning her to full and sustained nutrition. We accomplished this at home, using the "FBT" (Family-Based Treatment) or "Maudsley Method," supported by clinicians at _____. Although this is challenging to achieve, it is far easier than watching him/her suffer for years. He/She achieved a healthy weight range in _____ months, and it took some months of support and treatment after that for the disordered thoughts and behaviors to subside. Before we began this treatment, he/she had been diagnosed as (anorexic/bulimic/EDNOS) and treated using traditional psychiatric methods for _____ time, with limited success.

The success of this treatment model, recognized as an evidence-based model by the AAP and NICE, reflects the importance of nutrition to brain function, and that the brain must be adequately nourished to recover from the disorders caused by starvation for even a short period. It also speaks to the positive role a family can have during recovery and keeping a patient in his or her familiar surroundings.

We know that you are devoted to helping sufferers of eating disorders recover and live healthy lives, so we hope that you are open to learning about emerging treatments with powerful evidence for their effectiveness. We invite you to visit the F.E.A.S.T. website (www.feast-ed.org) for further information and resources. This organization was instrumental in empowering our family to seek out evidence-based treatment and gave us the support we needed to successfully implement the FBT or Maudsley model.

Sincerely,

Recovering parents