

## **The Eastern European Eating Disorder Network (EEEDN)**

### **Abstract submission**

Polish Group Seminar

Abstract #1

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Title:

THE POWER OF EXTERNALIZATION: THE IMPORTANCE OF NARRATIVE PRACTICES IN THE FAMILY THERAPY PROCESS OF ADOLESCENT GIRLS WITH ANOREXIA NERVOSA.

There is widespread agreement that family therapy is the method of choice for treating adolescents with anorexia nervosa. In their therapeutic work with this group of patients and their families, family therapists draw on the contributions of numerous approaches within systemic therapy with structural and strategic approaches being the most common. Family therapists also often use externalization practice in their work, sometimes overlooking the wealth of narrative practices that can be used when working with families. The authors of the presentation are experienced family therapists who have been developing the approach in working with families of patients suffering from anorexia by making narrative practices the dominant way of conducting therapeutic dialogue. Without abandoning concepts typical for systemic thinking, they suggest how to weave narrative practices into the therapeutic process making externalizing practices the foundation of therapeutic change. In their presentation, they refer to clinical examples and share an outline of treatment program for adolescents with eating disorders based on narrative practices.