# Contents

1 Perspectives on Anorexia Nervosa 1
2 The Psychosomatic Family 23
3 The Anorectic Family 51
4 Blueprints for Therapy 74
5 Strategies for Change 92
6 The Opening Moves 108
7 The Outcome 126
8 The Kaplan Family 139
9 The Gilbert Family 204
10 The Priestman Family 241
11 The Menotti Family 281
12 Psychotherapy for a Small Planet 323

Appendix A. The Family Task 335
Appendix B. Research in Endocrine Adaptation 338
Notes 340
Index 347
Figures

1. Linear model of psychosomatic disease 15
2. Open systems model of psychosomatic disease 21
3. Changes in FFA levels of diabetic children during family interview 47
4. Medians of parent with higher FFA response and index patient 48
5. Individual weight changes of eight anorectic patients before and after lunch session 123
6. Composite weight changes of eight anorectic patients before and after lunch session 124

Tables

1. Behavior protocol during hospitalization of anorectic patients 115
2. Weight changes of eight anorectic patients four days before and after lunch session 125
3. Characteristics of fifty-three anorectic patients prior to participation in family therapy research program 128
4. Treatment and follow-up of fifty-three anorectic patients 129
5. Medical and psychosocial assessment of fifty anorectic patients following family therapy 134
Psychosomatic Families