WHEN FAMILY MEMBERS SHOULD NOT BE INVOLVED

Rarely, family members can be obstructive to treatment efforts, even following repeated efforts to provide education and support. In some circumstances, family members will be facing other problems or disorders that interfere with their capacity to provide support to the person with the eating disorder. In such instances it will be important to assess the family’s capacity to provide useful support.

Evidence of emotional, physical, or sexual abuse in the family, ongoing substance use disorders, or untreated major mental disorders, are contraindications to family members’ direct involvement as treatment supports.