



2. The nature and purpose of the treatment for the illness.

Does Imogen meet this criterion?

Imogen also needs to demonstrate an understanding of the nature and purpose of the treatment proposed.

Watch the clinician explain the treatment options to Imogen and her parents.

Doctor:

So let me tell you a little bit about Family Based Treatment. Um, its highly successful with young people, ah, who are recovering from anorexia. It's a focused treatment program for anorexia. I do have to mention though it can take up to twelve months or maybe even more.

Imogen:

Okay, um, yeah... That's a really long time.

Doctor:

Yeah, yeah... um, you know, generally young people see that as a very big disadvantage, but, ah, it is the treatment preference, um, and it has many advantages, um, success with young people with anorexia. So that, that would be the one we would recommend.

Imogen:

So would I just go to that one alone, or like...?

Doctor:

No, no, you'd be going um, with your parents. It's a weekly program that extends for twelve months or so. So, you'd be very much part of this together, as a family.

Imogen's Mother:

Can, can we take her to see my psychologist?

Doctor:

Ah, other treatment options, ah, have been thought about, you know, and certainly, a psychologist or a dietician might be involved. But our concern with those treatment options is that, um, the clinicians aren't trained with specialised training in eating disorders, particularly anorexia. So that's our preference is, would be um Family Based Treatment because of its success with anorexia, and you know being such a serious illness it does take a long time to recover from. It seems to be the best option.

Her understanding of the treatment proposed is now checked by the clinician.

Doctor:

So, Imogen, can you tell me your understanding of that particular option for treatment?

Imogen:

Um, so I guess it's just where my family and I go to therapy and, sort of, you know, help me become more comfortable with eating food and, recover overall I guess, and you know, for twelve months.

Doctor:

That's pretty much it, yeah, so there will be talk about food and about eating food. But there will also be a chance for you along the, along the way a little, to talk about your goals.

Imogen was able to understand that the nature of the treatment involved a focus on food and that she would be supported by her parents.

She also understood that this treatment could take up to twelve months or longer.

Imogen is capable of understanding in general terms:

2. the nature and purpose of the treatment for the illness.

