

FAMILY BASED TREATMENT FOR EATING DISORDERS

Second and Fourth Thursday, 10:30am -11:30am



About the Event

This presentation provides an overview of Family-Based Treatment (FBT), the gold-standard, evidence-based intervention for adolescents with anorexia nervosa and bulimia nervosa. The talk begins with a brief review of diagnostic criteria, epidemiology, and the medical and psychosocial consequences of eating disorders in youth. Core principles of FBT are outlined, including parental empowerment, externalization of the illness, and the structured threephase model of treatment. Empirical support for FBT is reviewed, with emphasis on randomized controlled trials and evidence highlighting early weight gain as a key predictor of treatment response. Clinical application is discussed, including session structure, common challenges, and adaptations for families who do not respond to standard FBT. Case examples are used to illustrate practical implementation and treatment decision-making



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Thursday, February 12th, 2026
10:30am - 11:30am



Virtual Lecture:

https://www.eeds.com/sign_in.aspx?Sign_in_Code=60wise



1 CE credit hour is available free of charge to Weill Cornell Medicine Department of Psychiatry, full time and voluntary psychology, social work and LMHC faculty

Credits are available to those who sign into the lecture using the EEDS sign-in link provided, attend the entire lecture live, and complete the CE evaluation in the EEDS portal within 30 days, in accordance with NYSED and APA requirements.

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Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



Financial Disclosure: Dr. Sykes has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Speaker Biography:

Dr. Hannah Sykes earned her B.A. from Stanford University and her Psy.D. in Clinical Psychology from the PGSP-Stanford Psy.D. Consortium. She completed her clinical internship at the NYU Child Study Center and Bellevue Hospital Center, where she trained across inpatient, outpatient, and emergency settings. Following internship, Dr. Sykes completed a postdoctoral fellowship in Pediatric Psychology at Weill Cornell Medicine, working across primary care and pediatric subspecialty clinics to expand integrated behavioral health services for children and families. At Weill Cornell Medicine, Dr. Sykes works within pediatric subspecialty and primary care settings to support children, adolescents, and families navigating emotional, behavioral, developmental, and health-related concerns. Her clinical work includes the assessment and treatment of eating disorders, with specialized training in Family-Based Treatment (FBT). Her work is driven by a commitment to early identification, family-centered care, and the integration of evidence-based behavioral health services within pediatric medical settings.

Learning Objectives:

1. Describe the core principles, structure, and phases of Family-Based Treatment (FBT) for adolescents with anorexia nervosa and bulimia nervosa.
2. Explain the empirical evidence supporting FBT, including key findings from randomized controlled trials and the importance of early treatment response.
3. Apply FBT strategies to common clinical scenarios, including engaging parents, conducting the family meal, and addressing challenges during Phase 1 treatment.
4. Discuss considerations for inclusive and culturally responsive implementation of FBT across diverse family structures, identities, and treatment settings.

References:

1. Grange, D. L., Hughes, E. K., Court, A., Yeo, M., Crosby, R. D., & Sawyer, S. M. (2016). Randomized Clinical trial of Parent-Focused Treatment and Family-Based Treatment for adolescent Anorexia Nervosa. *Journal of the American Academy of Child & Adolescent Psychiatry*, 55(8), 683-692. <https://doi.org/10.1016/j.jaac.2016.05.007>
2. Rodgers, R. F., Berry, R., & Franko, D. L. (2018). Eating Disorders in Ethnic Minorities: an Update. *Current Psychiatry Reports*, 20(10), 90. <https://doi.org/10.1007/s11920-018-0938-3>
3. Stice, E., Gau, J. M., Rohde, P., & Shaw, H. (2016). Risk factors that predict future onset of each DSM-5 eating disorder: Predictive specificity in high-risk adolescent females. *Journal of Abnormal Psychology*, 126(1), 38-51. <https://doi.org/10.1037/abn0000219>