



Kartini Clinic, P.C.

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6 - TREATMENT PHILOSOPHY

Kartini Clinic is dedicated exclusively to providing eating disorder treatment to children and young adults. We do not regard anorexia nervosa or bulimia nervosa as illness of “choice,” or as diseases a patient “controls.” A patient is **afflicted** with these diseases just as if they had been afflicted with diabetes or cancer. They did not “choose” to have an eating disorder and they cannot “unchoose” it. For this reason, although our overall treatment approach is biopsychosocial, **our core emphasis is medical.**

Eating disorders are complex medical conditions. New research in neurobiology and genetics strongly suggests that anorexia and bulimia are inherited conditions steered by powerful but poorly understood brain chemistry. Understanding the medical nature of eating disorders helps patients and their families to understand **parents do not cause this illness nor do children choose to have it.**

Kartini Clinic’s multi-disciplinary team of pediatricians, psychiatric nurse practitioners and psychotherapists seek to diagnose and control whatever environmental risk factors may precipitate or worsen an eating disorder. We use evidence-based treatment protocols to achieve medical stabilization, which combined with family, group, and individual psychotherapies, as appropriate, helps our patients achieve lasting physiological and psychological remission as well as personal healing and growth.

We know from clinical experience that an eating disorder, like any chronic illness, has interpersonal and psychological issues that can complicate treatment. Kartini Clinic practices family-based treatment (FBT) exclusively. Our patients are children and adolescents but we focus our attention on the **family as a whole** and rarely on the child as an isolated individual. Like any person afflicted with a illness, a patient’s responsibility is to trust us as providers and to focus on their own health and healing. Likewise it is essential that families support their loved ones throughout the treatment process. **Parental acceptance and involvement in their child’s treatment is crucial to a successful outcome.** Parents provide structure and support outside the treatment setting. Our family therapists work to address complicated issues of parenting a child with an eating disorder, such as: What to tell relatives? How to handle Thanksgiving or Christmas or Birthdays? How to manage all the cooking? What to tell the brothers and sisters of the child? Family therapy focuses on developing **strategies** your family can use to make the recovery plan - **designed for your particular child** - fit the needs of your particular family.

Please sign that you have read and understand the above statement.

Patient Name

Date

Signature of Guarantor

Guarantor name (please print)