

Abstract

The diploma thesis is focused on the one hand on the ways of the coordination of the multidisciplinary teams and the interdisciplinary cooperation of the professionals helping people with eating disorders (EDs) and on the other hand on the challenges that these professionals are facing and what are their solutions.

The findings of the empirical part are based on a qualitative research using mostly semi-structured interviews with 17 professionals.

Most of the professionals from the nonprofit type of organizations and from the treatment facilities had one permanent coordinator and they used regular team meetings as a part of the coordination. On the other hand the professionals with their private practice cooperating with each other were choosing the coordinator case by case or had none at all and they shared the information mostly irregularly by phone or email.

The most frequent challenges of this cooperation were its time, financial, energy and coordination consuming character, insufficient knowledge or experience of some other professionals regarding EDs or their unwillingness to cooperate, myths about EDs or a disharmony among the cooperating professionals. The recommendations for practice are: a careful selection of the colleagues according to their competence, similar views and willingness to cooperate, a continuous evaluation of the necessary type of care, an open communication and prevention of EDs and education of the public and the professionals about this issue.

Key words: eating disorders, multidisciplinary team, coordination of care