

**New Zealand Eating Disorders Clinic (NZEDC) &
Training Institute for Child and Adolescent Eating Disorders present:**

Adolescent Focused Therapy (AFT) for Anorexia Nervosa

Kellie Lavender & Prof Dr James Lock*

Adolescent Focused Therapy (AFT) is a manualised, empirically evaluated individual treatment for adolescent anorexia nervosa. It evolved out of Ego-Orientated Individual Therapy (EOIT); (Robin et al., 1994, 1999), which was adapted and manualised into AFT at Stanford University by Fitzpatrick, Hoste et al.. It was used as the control therapy in the well-known RCT comparing this model with Family Based Treatment (FBT), (Lock, Le Grange et al. 2010).

AFT theory originates from a self-psychological model and views anorexia as a maladaptive coping mechanism used by the adolescent to manage the complex demands and transitions associated with adolescence. AFT consists of three phases of treatment spread across approximately one year. Although AFT is an individual approach it makes liberal use of separate collateral sessions with parents with the aim of engaging and educating them about anorexia.

This workshop introduces the AFT model, its theory and application. Clinicians will gain an understanding of the model and how to practically implement it into clinical practice.

This training is suitable for clinicians with pre-existing knowledge of eating disorders and who are working with adolescents and young adults with a diagnosis of Anorexia Nervosa.

The training is based on the new 2020 treatment manual for AFT.

Monday 21 and Tuesday 22 November 2022

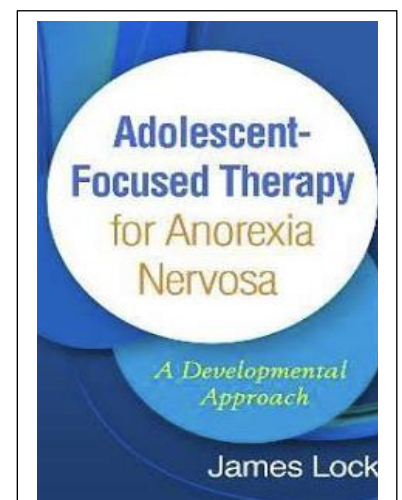
10:30am – 4:30pm (NZ time)

Online via Zoom

Cost: **New Zealand** NZ\$600.00 + GST (\$690.00)
 Australia AU\$600.00

Karen Darley, Administrator NZEDC: karend@zedc.co.nz

The new treatment manual for AFT has been published in 2020 and is now available. We strongly advise reading the book in advance of the training.



*Please note, Dr Lock will only be joining for 2 hours on day 1.

Kellie Lavender

Co-Director and Co-Founder of NZEDC

Faculty Member of the Training Institute for Child and Adolescent Eating Disorders, USA

Certified Family Based Treatment Therapist and Supervisor

Certified Member of the International Association of Applied Neuropsychotherapy (IAAN)

Kellie is co-director of the New Zealand Eating Disorders Clinic, a specialist private eating disorders clinic in Auckland. Kellie has worked in the field of eating disorders for over 20 years with clients of all ages and almost all eating disorder presentations. Over the past twelve years Kellie has specialised further in using FBT with adolescents and young adults, becoming accredited as a certified FBT therapist (2014) and supervisor (2016) and trainer (2020). She is a Faculty member of the Training Institute for Child and Adolescent Treatment of Eating Disorders, USA and is passionate about ensuring that evidence based treatments are delivered to a high standard.



She provides individual FBT supervision for certification in NZ and internationally as well as regular specialist supervision to teams across New Zealand and Australia for FBT and AFT.

Professor Dr James Lock, MD, PhD

Faculty co-director of the Training Institute for Child and Adolescent Eating Disorders

Dr James Lock, MD, Ph.D. is Professor of Child Psychiatry and Pediatrics and Associate Chair in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine where he also serves as Director of the Eating Disorder Program for Children and Adolescents. Dr Lock has published over 300 articles, abstracts, books and book chapters. He has been continuously funded by NIH since 1998. His recent research focuses on integrating treatment research with neuroscience in eating disorders, including examining neurocognitive processes and their functional and neuroanatomical correlates.



He has lectured widely in the US, Canada, Europe, South America, Asia and Australia and New Zealand. He was awarded the Price Family Foundation Award for Research Excellence in 2010 and the Leadership award from the International Academy of Eating Disorders in 2014.