

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

Adolescent Focused Therapy (AFT) for Anorexia Nervosa

with Kellie Lavender

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.

Thursday 12 & Friday 13 November 2026

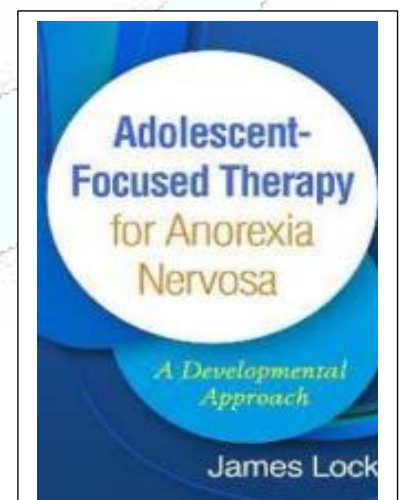
10:30am – 5:00pm (NZ time)

Online via Zoom

Cost
New Zealand NZ\$780.00 + GST (\$897.00)
Australia AU\$780.00

Registrations
Online registration form:
OR scan completed form to NZEDC Administrator
Ruby Jelichich, rubbyj@nzedc.co.nz

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



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 first started teaching Adolescent Focused Therapy (AFT) with Prof James Lock following the publication of the AFT treatment manual although has been utilising the treatment since her first training in 2014. She is one of only a few people worldwide accredited to train the AFT model. She provides individual FBT supervision for certification in NZ and internationally as well as regular specialist supervision to teams across New Zealand, Australia, Singapore and Canada for FBT and AFT.

Learning Outcomes:

- Describe the theoretical framework and evidence base of AFT, as well as clinical indicators for whom the treatment may be suited for
- Describe the developmental phases of adolescence
- Describe the treatment phases, key elements and therapeutic processes of AFT
- Describe the role of parents/family and whanau
- Demonstrate understanding of the development of the four main formulations essential to AFT

This training has been approved by NEDC as meeting the requirement of Evidence-Based Treatment Model (AFT) training as required for the ANZAED Eating Disorder Credential.



National Eating
Disorders Strategy

2023–2033