

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

Adolescent Focused Therapy (AFT) for Anorexia Nervosa

Professor James Lock, MD, PhD

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 tool 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 this model and how to practically implement the model into clinical practice.

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

The new treatment manual for AFT will be published and available in 2020.

Dates: The new date for 2021 will be announced as soon as possible

Cost: \$600.00 excl. GST (\$690.00 incl. GST)

Venue: Quality Hotel Parnell, 10 - 20 Gladstone Rd, Parnell, Auckland

Catering: Fully catered

Accommodation: Discounted rates available at Quality Hotel, Parnell

Registrations: Kathrin Kuebler, NZEDC Clinic Manager:

kathrink@nzedc.co.nz

Professor James Lock, MD, PhD

Faculty founder of the Training Institute for Child and Adolescent Eating Disorders

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.

