



Rebooting Failed FBT – Advanced Training in FBT

with Kellie Lavender

This workshop provides an opportunity to improve proficiency of delivering FBT and reflect on past cases that have not achieved full recovery. Many clinicians do not get the desired results due to key principles of treatment not be attended to well. These principles will be emphasised with adequate practice with role plays and discussions of managing typical scenarios where clinicians can have difficulty such as:

- How to set up treatment well so families start well and with momentum.
- When there has not been adequate weight gain progress by session 4 (including new research about the use of ICP, or Intensive Parent Coaching session)
- Addressing/helping parents understand and manage the distress of the adolescent
- Scenarios of the meal session
- Transitioning to phase two – “what to do and what not to do”
- What to do when families are struggling and “how to” help them on track again without falling into common errors e.g. becoming directive

There will also be time for supervision/discussion of current cases and issues that participants bring to the group.

Prerequisites for this workshop include:

- Attendance of an ‘Introduction to Family Based Treatment’ training
- Experience in delivering FBT

Willingness to bring cases to review and role play.

Wednesday 26 November 2025

9:00am – 5:30pm (NZ time)

Online via Zoom

Cost:

New Zealand: NZ\$450.00 +GST (\$517.50)

Registrations:

Online registration form:

<https://www.nzeatingdisordersclinic.co.nz/training/>

OR scan completed form to NZEDC Administrator

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Kellie Lavender

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Registered Psychotherapist, PBANZ, NZAP

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, Supervisor and Trainer

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 25 years with clients of all ages and almost all eating disorder presentations. Over the past fifteen years Kellie has specialised further in using FBT with adolescents and young adults, becoming accredited as a certified FBT therapist (2014), 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 has presented widely on FBT at local and international conferences and has published a paper on rebooting FBT following perceived failed attempts. Kellie provides supervision to clinicians both in the public and private setting as well as specialist FBT training and consultation to treatment teams across New Zealand and internationally. She also provides training and supervision for Adolescent Focused Therapy (AFT), a manualised, empirically evaluated individual treatment for adolescent anorexia nervosa.