



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

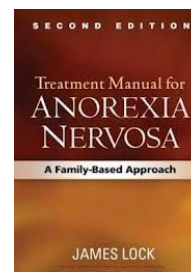
**Family Based Treatment (FBT)  
for Adolescents with Anorexia Nervosa  
(Virtual training – on zoom)  
with Kellie Lavender**

FBT has been found to be effective with children and adolescents, who have been ill for less than three years and are under age 18, with between 40 – 45% of patients achieving recovery after a year of treatment. FBT works to empower parents to manage their child's eating disorder through a firm, compassionate focus on renourishment efforts and eliminating eating disorder behaviours with gradual transition of responsibility back to the adolescent to enable a quick return to normal child or adolescent development, reflected in both eating behaviour and daily life. The importance of a return to normal development, both in eating and in the child or adolescent's daily living, is essential for preventing relapse and rounds out the end of treatment. Endorsed by the NICE guidelines as the first line of treatment for child and adolescent eating disorders.

The workshop is suitable for clinicians working with children and adolescents with eating disorders, including psychiatrists, psychologists, social workers, medical physicians and mental health nurses. This workshop will prepare you to understand the background, theory, and application of FBT. This workshop will utilise an interactive format, including clinical discussion, role plays and lecture.

This training is endorsed by the Training Institute for Child and Adolescent Eating Disorders, <http://train2treat4ed.com>

This training also includes x2 group supervision sessions with Kellie Lavender post training.



**Dates:** **Thursday 4 & Friday 5 July, 2024**  
**8:30am – 5:00pm**

**Cost:** **\$700.00 excl. GST (\$805.00 incl. GST)**

**Registrations:** **Online registration form:**  
**<https://www.nzeatingdisordersclinic.co.nz/training/>**  
**OR, scan completed form to Ruby Jelichich, NZEDC Clinic Manager:**  
**[rubyj@nzedc.co.nz](mailto:rubyj@nzedc.co.nz)**

## Kellie Lavender

**BEd, MHSc (Hons) DipTchg**  
**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

Executive Committee Member for Australia New Zealand Academy of Eating Disorders (ANZAED)

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 nearly 25 years with clients of all ages and almost all eating disorder presentations. Over the past fourteen 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.