

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

**Family Based Treatment (FBT)
for Adolescents with Anorexia Nervosa
(using updated training material)**

with Kellie Lavender

FBT is recommended by the 2014 RANZCP guidelines for eating disorders as the first line treatment of choice for anorexia nervosa of children and adolescents under the age of 18 with an illness duration of less than three years. FBT is a behavioural treatment empowering parents to manage their child's eating disorder through a firm, compassionate focus on renourishment efforts and extinction of eating disorder behaviours with gradual transition of control over eating back to the adolescent to enable a quick return to normal child or adolescent development, reflected in both eating behaviour and daily life. This training is based on the revised and expanded 3rd Edition of the Training Manual and incorporates the teaching of a new empirically based adjunctive treatment intervention for identifiable specific families to improve treatment outcomes.

The workshop is suitable for clinicians working with children and adolescents with eating disorders, including psychiatrists, psychologists, psychotherapists, social workers, occupational therapists and medical practitioners. This workshop is accredited towards certification as FBT therapist. It will provide a thorough understanding of the background, theory and application of FBT. It will utilise an interactive format, including clinical discussion, role play and lecture.

Thursday 15 and Friday 16 October 2026

9:00am – 5:30pm (NZ time)

Online via Zoom

Cost

New Zealand: NZ\$780 +GST (\$897.00)

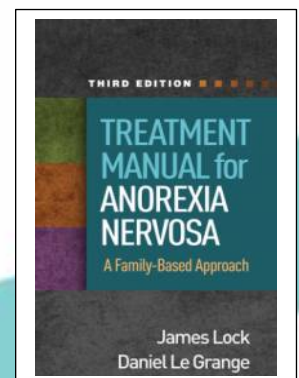
Australia: AU\$780

Registrations

Online registration form:

OR scan completed form to NZEDC Administrator

Ruby Jelich, rubyj@nzedc.co.nz



Kellie Lavender

BEd, MHS (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 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.

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.

