

Supporting your adolescent in Anorexia Recovery

Zoom education series for parents

Session 1: Understanding FBT and Neuroscience of Anorexia **Kellie Lavender and Dr Roger Mysliwiec**

Family Based Treatment (FBT) is the leading evidence based treatment for adolescents with anorexia nervosa and bulimia nervosa. Yet, there remain many myths and questions about what FBT is and what it is not and how it is done.

Session 2: Renourishing your Child During FBT **Garalynne Stiles**

Nutritional rehabilitation is vital for recovery from an eating disorder. How this can be achieved will be discussed in this session.

Session 3: Managing Anxiety with your loved one **Kellie Lavender**

At the core of anorexia is a fear of weight gain and this can be extreme for many people in recovery. This session gives you the tools to support your loved one in managing these distressing moments.

Cost: \$70.00 + GST (\$80.50) for the 3 session series

Payment: New Zealand Eating Disorders Clinic Ltd.
06-0145-0791093-00

Contact: Please use your last name as a reference
Please email: kelliel@nzedc.co.nz
Kellie Lavender kelliel@nzedc.co.nz
Zoom details will be emailed once payment received.

There will be a follow up parent Q & A session (approx every 8 weeks).
Kellie will inform you of the next relevant date when zoom details sent.