



Advanced Practice of FBT With Kellie Lavender

This workshop provides an opportunity to improve proficiency of delivering FBT. There will be adequate practice with role plays and discussions of managing typical scenarios such as:

- What to do when the family does not want siblings to come
- When there has not been adequate weight gain progress by session 4
- Addressing/managing distress of the adolescent
- Scenarios of the meal session
- Transitioning to phase two – “what to do and what not to do”

We will review the current literature and will touch on issues such as when to use modifications or adaptations and the use of combinations of adjunctive individual treatment and how/when this should or should not be done. 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

Date: Friday, 5 May 2023, 8.30am – 4.30pm

Cost: \$440.00 excl. GST (\$506.00 incl. GST)

**Venue: The Community of Saint Luke, Presbyterian Church
130 Remuera Rd, Auckland 1050**

Catering: Morning tea and light lunch provided

Registrations: Online registration form:

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

**OR, scan completed form to Ruby Jelicich, NZEDC Clinic Manager:
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

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 thirteen 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.

