



**Eating Disorders Association New Zealand (EDANZ)
New Zealand Eating Disorders Clinic (NZEDC)**

Question and Answer Session for Parents

Family Based Treatment (FBT)

Kellie Lavender

Family Based Treatment (FBT) is the leading evidence-based treatment for adolescents with anorexia nervosa. Yet, there remain many myths and questions about what FBT is (and what it is not), what it does, and how it is done. Join us to discuss and clarify some of these myths so that you can be empowered further to help your loved one.

- **Why FBT?**
- **What is FBT and what is not FBT**
- **FBT vs. other treatments – what about ‘individual support’?**
- **But our daughter/son is so distressed: Is FBT making things worse?**
- **And any related questions you might have**

Date: Saturday, 7 August 2021, 10.30am – 12.30pm
Cost: Koha
**Venue: The Community of Saint Luke, Presbyterian Church
130 Remuera Rd, Auckland 1050**

Please register interest by email to: kathrink@nzedc.co.nz



Kellie Lavender



Kellie has worked in the field of eating disorders for over 20 years with individuals of all ages presenting disordered eating behaviour. Over the past twelve years, Kellie has specialised further in working with adolescents and young adults suffering from anorexia nervosa. She is co-director of NZEDC.

She is also a faculty member of the Training Institute for Child and Adolescent Eating Disorders (Stanford, USA, www.train2treat4ed.com) She is the only clinician in New Zealand endorsed by the Institute to provide certifiable training and supervision of Family Based Treatment (FBT).