



## Supporting your adolescent in Anorexia Recovery



### Zoom education series

#### **Session 1: Understanding FBT and Neuroscience of Anorexia**

**Kellie Lavender and Dr Roger Mysliwicz**

**Tuesday 22 March 10:00am – 11:30am + question time**

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**

**Tuesday 29 March 10:00am – 11:00 + question time**

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**

**Tuesday 5 April 10:00 – 11:00pm + question time**

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:** This is a sponsored event by Key to Life Charitable Trust.

**Payment:** Cost is free for participants.

Numbers are strictly limited.

**Registration:** Name and email to Kellie Lavender [Kelliel@nzedc.co.nz](mailto:Kelliel@nzedc.co.nz)