

Rachel Lawson

Consultant Clinical Psychologist & Clinical Head, South Island Eating Disorders Service, Canterbury District Health Board, **CHRISTCHURCH**

Rachel Lawson is a Consultant Clinical Psychologist and Clinical Head of the South Island Eating Disorders Service for the Canterbury District Health Board, Christchurch, New Zealand.

She was made a Fellow of the New Zealand College of Clinical Psychologists (NZCCP) in 2017 in recognition of her work in the field of eating disorders.

Ms Lawson has extensive experience in the treatment of eating disorders in both New Zealand and the United Kingdom.

She supervises, consults and trains local and national audiences, and presents at both national and international conferences. Furthermore, she has an interest in workforce development, for which she has held both national and Australasian-wide project roles.



Ms Lawson is also the co-author of two books – *Beating Your Eating Disorder: A Cognitive-Behavioral Self-Help Guide for Adult Sufferers and their Carers*, and *Cognitive Behavioral Therapy for Eating Disorders: A Comprehensive Treatment Guide*. She has also written journal articles on eating disorders.

Ms Lawson has served as a member of the executive board of the Australian and New Zealand Academy of Eating Disorders (ANZAED) for four years, and chaired the ANZAED annual conference in 2016. She has presented at various ANZAED skills workshops on evidence-based treatment and evidenced-based prevention programmes and support available to the carers of young people living with eating disorders.

She previously worked as a Senior Clinical Psychologist and Honorary Research Associate with the Eating Disorders Division of the Institute of Psychiatry, King's College, London. In addition, she has served as a project leader in eating disorders for the Werry Centre in New Zealand where she rolled out Maudsley Family-Based therapy across New Zealand.

Ms Lawson is an advocate for EGDI with firm beliefs the benefits of obtaining important knowledge on the genetics of eating disorders has the potential to revolutionise future research and improve the treatments offered. The costs of eating disorders are significant for those with a lived experience and their families/whanau and this research can positively change the lives of all those affected.

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