

iaedp-Tucson™ Chapter

International Association of Eating Disorder Professionals Foundation



Presents:

Katja Rowell, MD

Understanding Avoidant Restrictive Food Intake Disorder (ARFID): Etiology, Subtypes and Responsive Treatment Considerations

Date: Wednesday, October 23, 2019

Time: 7:45am - 8:15am Check In, Breakfast & Networking
8:15am – 12:00pm Announcements & Presentation

Location: Embassy Suites Tucson - Paloma Village
3110 E. Skyline Drive, Tucson, AZ 85718
(520) 352 - 4000

Registration: <http://tucsoniaedp.com>

Contact: tucsoniaedp@gmail.com



Katja Rowell, MD

IAEDP Members:	\$35	Non-Members:	\$40
Students:	\$15	At the door:	\$45

Upon completion of this intermediate/advanced level presentation you will be able to:

1. Describe factors that contribute to feeding challenges commonly associated with ARFID.
2. Describe in broad terms, different approaches to early feeding challenges, from behavioral to sensory and child-centered or 'responsive' therapies.
3. Discuss considerations for weight restoration for ARFID vs Anorexia Nervosa (AN).
4. List three strategies to reduce anxiety and support appetite for ARFID patients.

Description: Roughly one in ten children eats so little volume or variety that it impacts physical or psychosocial development, or is a major source of conflict and worry for families. ARFID (Avoidant Restrictive Food Intake Disorder) is increasingly recognized in eating disorder populations. Many older children, adolescents and likely adults with ARFID have struggled since early childhood and have "failed" pediatric feeding therapies. An understanding of the complex factors at play for children and adolescents with low intake or food aversion is critical to the prevention and treatment of more severe and ongoing problems. This workshop begins with a brief overview of typical eating: appetite, growth and development. Challenges that predispose children to struggle with eating, embedded within a relational context will be discussed. With this base of understanding, ARFID diagnostic criteria are considered. A discussion of the most common therapies; behavioral, sensory and responsive approaches informs providers of the dynamics at play and provides critical clues to further treatment considerations. A brief discussion of research, weight restoration considerations and treatment approaches in ED programs, including 'modified' FBT, response extinction, sensory focused, CBT and mindfulness will follow. The session wraps up with an exploration of treating ARFID with a "Responsive Therapy" mindset, including the STEPS+ approach, across a range of ages.

Katja Rowell MD is a family doctor and childhood feeding specialist. Described as "academic, but warm and down to earth," she is a popular speaker and blogger, and has appeared in numerous publications. Katja has developed an expertise in "extreme" picky eating, food preoccupation, and supporting foster and adopted children with feeding, nutrition and growth challenges. With Grace Wong MSc, RD, CEDRD-S, Rowell coauthored articles for NEDIC (National Eating Disorder Information Centre): *Understanding ARFID: A Developmental and Relational Perspective*, and *Understanding ARFID Part II: Responsive Feeding and Treatment Approaches*. Wong and Rowell also provide clinical supervision for RDs around responsive approaches to ARFID and related challenges. Katja is on the SPOON medical advisory board as well as an adviser to the Minnesota Trauma Project. Her books include: *Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders* (New Harbinger), *Conquer Picky Eating for Teens and Adults*, and *Love Me, Feed Me: the Adoptive Parents Guide to Ending the Worry About Weight, Picky Eating, Power Struggles and More*.

This workshop is appropriate for: Mental health professionals, physicians, nurses, dietitians, nutritionists, school counselors, school psychologists, health coordinators, and other helping professions with an interest in learning more about the prevention, treatment and recovery from an eating disorder.

3.5 Continuing Education Credits available: Psychologists - This program is co-sponsored by The Meadows and iaedp-Tucson. The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists; The Meadows maintains responsibility for this program and its content. Participants must be present for the entire presentation and complete the evaluation in order to obtain a CE certificate. This course meets criteria for 3.5 hours of continuing education credit hours for psychologists.

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