

OUTLINE

Prevalence of the Problem

Picky eating  
Problem feeding  
ARFID

The Complexity of Feeding/Eating

7 areas of human function  
How children learn to eat (or not)

How to Complete a Comprehensive Feeding Assessment

Medical/organs  
Oral-motor skills  
Sensory-motor skills  
Postural and motor skills  
Nutrition  
Learning/cognition  
Environment

Differential Diagnoses Criteria, Research and Limitations

Picky eating  
Able to tolerate new foods on plate  
Decreased range or variety of foods that will eat  
Frequently eats a different set of foods than the rest of the family  
Problem feeding  
Restricted range or variety of foods  
Refuses entire categories of food textures  
Cries and “falls apart” when presented with new foods  
ARFID  
Accept a limited diet in relation to sensory features  
Food refusal is related to aversive or fear-based experiences  
Extreme pickiness; distractible and forgetful

Treatment Approaches – Align Treatment w/ Diagnosis

Systematic desensitization  
Flooding/escape extinction  
Eating disorders

OBJECTIVES

- 1. Identify physical, motor, sensory, oral-motor, environmental, nutritional and behavior factors necessary to consider, to properly assess feeding problems.
- 2. Delineate differential criteria for determining a child’s diagnosis as a typical eater, picky eater, problem feeder or a child with ARFID.
- 3. Evaluate the diagnosis of ARFID to discover sensory sensitivity, fear of aversive consequences and/or apparent lack of interest in eating or food.
- 4. Utilize practical treatment strategies to advance children’s feeding skills, improve family meal routines and increase children’s intake of more nutritious foods.
- 5. Conduct more thorough and accurate diagnoses, to implement the right treatment approaches for the distinct types of feeding/eating problems.
- 6. Discriminate when a child needs additional evaluation and intervention by specialists for more intense treatment.

Case Studies: When Assessments Go Well, and When They Don’t

Picky eating –  
Case 1 = 2 ½ year old male with limited number of accepted foods he will eat, variable eating from one day to next, issues staying at the table  
Case 2 = 2 ½ year old female with restricted food range, over reliance on liquids for calories and swallowing assistance  
Case 3 = 9 year, 8 month old male with lack of healthy proteins per parents, and no vegetables in his food range  
Problem feeding –  
Case 1 = 3 year, 10 month old female with a G-tube, born at 26 weeks gestation, complicated medical history  
Case 2 = 4.25 year old female born with congenital Rubella, poor weight gain, restricted food range, episodes of gagging and coughing, episodes of refusing to eat  
ARFID -  
Case 1 = 15 year old male with chronic “chok-y” sensation, significant weight loss, hospitalized in an Eating Disorders program  
Case 2 = 13 year old male with difficulties eating food at school, restricted food range per parental report, refusal to eat vegetables

Practical Feeding Strategies for Pediatric Feeding Disorder

Routines and environmental supports  
Matching foods to a child’s skillset  
Reinforcement  
Management of maladaptive behaviors

When to Refer

Red Flags  
Picky Eater vs Problem Feeder criteria

Seminar & Webcast Schedule:

Times listed in Central

7:30 Registration/Morning Coffee & Tea  
8:00 Program begins  
11:50-1:00 Lunch (on your own)  
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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PICKY EATERS VS PROBLEM FEEDERS VS AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

Roseville, MN  
Thursday, January 16, 2020

Live Video Webcast  
Thursday, January 16, 2020

Bloomington, MN  
Friday, January 17, 2020

PICKY EATERS VS PROBLEM FEEDERS VS AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

- Obtain an accurate diagnosis
- Know when to treat, when to refer
- Case studies and therapeutic interventions for each diagnostic category.

Your Presenter:  
**Dr. Kay Toomey**, Pediatric Feeding Specialist, International Presenter, Developer of the SOS Approach to Feeding Program and Consultant for Gerber Products

Roseville, MN  
Thursday, January 16, 2020

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Thursday, January 16, 2020

Bloomington, MN  
Friday, January 17, 2020

# PICKY EATERS VS PROBLEM FEEDERS VS AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

Pediatric feeding disorders make it difficult or impossible for a child to eat, drink, or digest food normally, often compromising their health and development.

The limited intake seen in these children reflects concerns such as:

- Food aversions
- Lack of interest in eating or food
- Avoidance based on sensory characteristics of food
- Fear of choking or other adverse consequences

Serious medical and psychological complications consist of:

- Severe malnutrition
- Growth failure
- Marked interference with psychosocial functioning

Join feeding expert, Dr. Kay Toomey, who has over 30 years of clinical experience assessing and treating children with a wide range of feeding challenges. She will show you clear guidelines to utilize the appropriate therapy approach.

Learn practical therapeutic interventions to use with children from each diagnostic group and ways to improve family meal routines and increase children's intake of more nutritious foods.

- Identify physical, motor, sensory, oral-motor, environmental, nutritional and behavior factors necessary to consider, to properly assess feeding problems.
- Delineate differential criteria for determining a child's diagnosis as a typical eater, picky eater, problem feeder or a child with ARFID.
- Learn when to refer to a specialist for additional treatment.

Change the lives of the children you work with...Register today!



## SPEAKER

**Dr. Kay A. Toomey** is a pediatric psychologist with over 30 years of clinical experience assessing and treating children with a wide range of feeding challenges. She developed the SOS Approach to Feeding as a family-centered program for assessing and treating children with feeding problems. Dr. Toomey helped to form The Children's Hospital – Denver's Pediatric Oral Feeding Clinic, as well as the Rose Medical Center's Pediatric Feeding Center. She also acts as a consultant to Gerber Products. Dr. Toomey co-chaired the Pediatric Therapy Services Department at Rose Medical Center prior to entering private practice. She acted as the clinical director for Toomey & Associates, Inc.'s, Feeding Clinic for six years and SOS Feeding Solutions at STAR Institute for eight years, and speaks nationally and internationally about her approach. Dr. Toomey is the president of Toomey & Associates, Inc., and acts as a clinical consultant to the Feeding Clinic at STAR Institute.

Speaker Disclosure:

Financial: Kay Toomey is in private practice. She receives a consulting fee from Nestle Infant Nutrition/Gerber division. She receives a speaking fee from Education Resources, Inc.; and SPD Foundation/STAR Institute. Dr. Toomey receives a speaking honorarium from PESI, Inc. Non-financial: Kay Toomey is a member of Feeding Matters.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

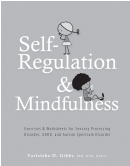
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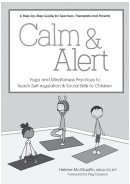
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### Self-Regulation and Mindfulness

By Varleisha Gibbs, Ph.D., OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs has created a must-have resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success. Step-by-step Dr. Gibbs provides you with clear, concise and evidence-based strategies for treating children with sensory processing disorder, autism spectrum disorder, ADHD and similar developmental challenges.



### Calm & Alert: Yoga and Mindfulness Practices to Teach Self-regulation and Social Skills to Children

By Helene McGlauffin, MED, LCPC, KYT

Calm and Alert gives classroom teachers, special needs teachers, therapists, yoga teachers and parents an innovative, step-by-step approach to teaching self-regulation and social skills to children by utilizing their body, mind and breath. Developed by an experienced counselor, educator, and yoga teacher, Helene McGlauffin, *Calm & Alert* is filled with unique mindfulness exercises, yoga poses and lesson plans to help both typically developing and special needs children.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

### Join us on January 16, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesirehab.com/webcast/76740](http://www.pesirehab.com/webcast/76740)

### TARGET AUDIENCE:

Psychologists working with Feeding Disorders, Eating Disorders and/or ARFID, Other mental health providers working with Feeding Disorders, Eating Disorders and/or ARFID (e.g. social workers, counselors), Pediatric Occupational Therapists, Pediatric Speech Pathologists, Pediatric Feeding Specialists, Physicians and/or Psychiatrists working with Feeding Disorders, Eating Disorders and/or ARFID, Registered Dietitians working with Feeding Disorders, Eating Disorders and/or ARFID, Day care providers, Teachers/Educators, Nurses

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Registered Dietitians & Dietetic Technicians:** PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2019 through June 30, 2022. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**Wisconsin Educators:** This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDPs. This course is 6.25 clock hours.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or 6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

### Psychologists & Physicians:

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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**Speech-Language Pathologists:** This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).

**\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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### ADA NEEDS

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### WALK-INS:

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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PICKY EATERS VS PROBLEM FEEDERS VS  
AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

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