

# Avoidant Restrictive Food Intake Disorder

## A One and a Half Day Masterclass

### When:

Monday 8 November 2021 Full Day

Participants will then be allocated to a small group for a half-day session on either

Tuesday 9 November 2021 AM, or

Tuesday 9 November 2021 PM,

Or Wednesday 10 November 2021 AM

9-12.30 for AM session and 1.30-5 for PM session

### Where:

Online via video-conferencing

### Programme Facilitator:

Dr Rachel Bryant-Waugh, *Consultant Clinical Psychologist,  
ARFID Service Lead*

### Background:

Avoidant restrictive food intake disorder, more commonly known as ARFID, is one of the 'feeding and eating disorders' in ICD-11 and DSM-5. It is a heterogeneous diagnostic category, which means that ARFID in one individual may take on a different presentation to ARFID in another. This can contribute to uncertainty around diagnosis and clinical management, which this course is designed to address.

The programme facilitator, Dr Rachel Bryant-Waugh, is a well-respected, internationally recognised expert on ARFID who has played a significant role in furthering understanding, assessment and management of this presentation. She has won national and international awards for her work, and has published widely. She is a specialist trainer on ARFID and teaches in many countries.

### Aims of this Programme:

- To provide the background to the introduction of ARFID as a diagnostic category and its similarities and differences to other disorders.
- To provide the rationale for key components of clinical assessment; a structured approach to information gathering and formulation.
- To discuss risk assessment and prioritisation of input; the specifics of treatment and management interventions to target factors contributing to the avoidance and restriction of food intake.
- To provide case examples of treatment in practice illustrating the multi-dimensional nature of ARFID presentations.
- To provide an update of published findings to date - assessment, prevalence and treatment.
- To reflect on areas that require further study and work on ARFID currently underway.



## ■ What the Programme Offers:

The training consists of a full-day intensive programme followed by a half-day in smaller groups. The training includes a combination of didactic and experiential components, with plenty of opportunity for questions and discussion. Illustrative examples will be discussed throughout.

## Key Outcomes:

- Participants will understand, and where appropriate be able to make, a correct diagnosis of ARFID, to include being able to distinguish between ARFID and other clinical presentations with restricted eating.
- Participants will understand the rationale for, and as appropriate be able to apply, a structured approach to clinical assessment which delivers the information required to make a diagnosis of ARFID and to plan appropriate treatment.
- Participants will develop confidence in decision making regarding the use of optimally targeted treatment and management interventions in a range of settings.
- Participants will understand the heterogeneous nature of ARFID presentations and the relevance of tailored approaches to intervention.
- Participants will acquire up to date knowledge about the published literature on ARFID.

## Cost:

### 1 and a half day Masterclass

**£320.00 per person** – including online discount and materials.

*Teams who attend with 3 or more colleagues will receive an additional 15% discount per person.*

## Who can Apply:

This training is for CAMHS professionals and other healthcare professionals (e.g. Paediatricians, OTs, GPs, etc.) who may come in contact with children and young people with ARFID in the course of their work.

## Attending the Training:

This training will take place over video-conferencing. Links to the training sessions and all accompanying resources will be emailed to participants following sign-up. To attend the video-conference, participants will require a reliable Wi-Fi connection and access to Zoom.

*For enquiries or to apply please contact the training administrator*

**Email:** [MCCAEDtraining@slam.nhs.uk](mailto:MCCAEDtraining@slam.nhs.uk)

**Telephone:** 020 3228 8141

### Training Manager:

Stamatoula Voulgari,  
Principal Systemic Family Psychotherapist

