

Avoidant Restrictive Food Intake Disorder

**A Two-Day Masterclass commissioned by
Health Education England (HEE) - FREE to book**

When:

7 Cohorts for Adult services from January - June 2023

Where:

Online via video-conferencing (Zoom)

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.

Health Education England (HEE) has commissioned the Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED) to deliver a series of two-day masterclass trainings on ARFID, nationally. 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. She will be joined by other members of the MCCAED multi-disciplinary team in the delivery of training content.

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 two full-day intensive programme over two - three weeks per cohort (one full day per week). The training includes a combination of didactic and discussion components, with plenty of opportunity for questions. Illustrative examples will be discussed throughout. All participants will need to attend both full days of training.

Adult services:

Cohort 1: East of England teams

Wednesday 11th January 2023 - 9:15-16:45 (Full Day, All participants)

Thursday 19th January 2023 - 9:15-16:45 (Full Day, All participants)

Cohort 2: London teams

Thursday 12th January 2023 - 9:15-16:45 (Full Day, All participants)

Wednesday 25th January 2023 - 9:15-16:45 (Full Day, All participants)

Cohort 3: Midlands teams

Thursday 26th January 2023 - 9:15-16:45 (Full Day, All participants)

Wednesday 8th February 2023 - 9:15-16:45 (Full Day, All participants)

Cohort 4: Northeast and Yorkshire teams

Thursday 9th February 2023 - 9:15-16:45 (Full Day, All participants)

Wednesday 22nd February 2023- 9:15-16:45 (Full Day, All participants)

Cohort 5: North West teams

Wednesday 7th June 2023- 9:15-16:45 (Full Day, All participants)

Thursday 15th June 2023 - 9:15-16:45 (Full Day, All participants)

Cohort 6: South East teams

Thursday 8th June 2023- 9:15-16:45 (Full Day, All participants)

Wednesday 21st June 2023 - 9:15-16:45 (Full Day, All participants)

Cohort 7: South West teams

Wednesday 14th June 2023- 9:15-16:45 (Full Day, All participants)

Thursday 22nd June 2023 - 9:15-16:45 (Full Day, All participants)

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.

Who can Apply:

The Adult service training is for adult eating disorder/mental health professionals and other healthcare professionals (e.g. physicians, dietitians, OTs, GPs, etc.) who may come in contact with adults 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.

How to book:

Your Regional/ Team lead should get in contact as to when and how to book onto this course.

Please follow the link below and fill out the form to request your team onto their cohort's training. We will then get in contact if and when your team are confirmed onto this training.

<https://forms.office.com/e/j54FxyEN04>

For enquiries, please contact the training administrator

Email: MCCAEDtraining@slam.nhs.uk

Training Manager:

Stamatoula Voulgari,

Principal Systemic Family Psychotherapist