

# Avoidant Restrictive Food Intake Disorder

**A Two-Day Masterclass commissioned by NHS England (NHSE) - FREE to book**

**When:**

7 Cohorts for Adult services from:  
January - April 2024

&

7 Cohorts for Children and Young People services from:  
January - March 2024

**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.

NHS England (NHSE) 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:

We are delivering ARFID trainings in both Adult and Children and Young People (CYP) groups, both running a 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.

## Dates:

### Adult services:

#### Cohort 1: Midlands

Tuesday 16th January 2024 - 9:15-16:45  
Tuesday 23th January 2024 - 9:15-16:45

#### Cohort 2: North East and Yorkshire

Wednesday 17th January 2024 - 9:15-16:45  
Wednesday 24th January 2024 - 9:15-16:45

#### Cohort 3: North West

Thursday 18th January 2024 - 9:15-16:45  
Thursday 25th January 2024 - 9:15-16:45

#### Cohort 4: South West

Wednesday 31st January 2024 - 9:15-16:45  
Wednesday 7th February - 9:15-16:45

#### Cohort 5: South East

Wednesday 28th February - 9:15-16:45  
Wednesday 6th March - 9:15-16:45

#### Cohort 6: London

Tuesday 09th April - 9:15-16:45  
Tuesday 16th April - 9:15-16:45

#### Cohort 7: East of England

Wednesday 10th April - 9:15-16:45  
Wednesday 17th April - 9:15-16:45

### Children and Young People services:

#### Cohort 1: Midlands

Tuesday 30th January 2024 - 9:15-16:45  
Tuesday 6th February - 9:15-16:45

#### Cohort 2: North East and Yorkshire

Thursday 1st February - 9:15-16:45  
Thursday 8th February - 9:15-16:45

#### Cohort 3: London

Tuesday 27th February 2024 - 9:15-16:45  
Tuesday 5th March 2024 - 9:15-16:45

#### Cohort 4: North West

Thursday 29th February 2024 - 9:15-16:45  
Thursday 7th March 2024 - 9:15-16:45

#### Cohort 5: South West

Tuesday 12th March 2024 - 9:15-16:45  
Tuesday 19th March 2024 - 9:15-16:45

#### Cohort 6: East of England

Wednesday 13th March 2024 - 9:15-16:45  
Wednesday 20th March 2024 - 9:15-16:45

#### Cohort 7: South East

Thursday 14th March 2024 - 9:15-16:45  
Thursday 21st March 2024 - 9:15-16:45

## 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, Occupational Therapists, General Practitioners, etc.) who may come in contact with adults with ARFID in the course of their work.

The Children and Young People's service training is for CYP eating disorder/mental health professionals and other healthcare professionals (e.g. Paediatricians, Dietitians, Occupational Therapists, General Practitioners, 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. One month before the training, managers will be contacted and asked to notify their team. Emails will also be sent to participants with one week to confirm or reject their place. Links to the training sessions and all accompanying resources will be sent via email three weeks before the training date. To attend, participants will require a reliable Wi-Fi connection and access to Zoom.

Only those who have confirmed their attendance on the training will be admitted into the video-conference on the day. Any changes, swapping or additions to the final list of confirmed attendees will need to be approved by the training team.

### How to book:

Your Regional/ Team lead will get in contact as to when and how to book onto this course. Team managers will be required to follow the link below and fill out the form to request their team onto their cohort's training. Only requests made by team managers will be accepted. Participants will be notified that their attendance will be reported back to managers and regional leads.

Applications do not guarantee a place. Confirmation of places will be following a review, with the respective regional lead. Applicants who have been allocated a place on the training will be contacted when this decision is made. In the situation where cohorts are over-subscribed, places will be prioritised in the following order: professionals working in Adult or CYP eating disorders services; professionals working in Adult or CYP mental health services; other healthcare professionals who may come in contact with adults or child and young people with ARFID in the course of their work (e.g. General Practitioners, Dietitians, Occupational Therapists, or other voluntary or community organisations).

For booking applications, please follow the link below:

<https://forms.office.com/e/4XxXx2UGZK>

*For enquiries, please contact the training administration team:*

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

**Training Manager:**

Stamatoula Voulgari,

Principal Systemic Family Psychotherapist

