

# The Get Permission Approach to Anxious Eaters/Anxious Mealtimes

FEBRUARY 7-8, 2020

RALEIGH, NC

A conference for therapists (speech language pathologists, occupational therapists, physical therapists), physicians, dietitians, mental health professionals, parents and students.

## COURSE DESCRIPTION

The focus of this course is on identifying and supporting anxious eaters and their families through the Get Permission Approach®. These children may have diagnoses of autism, picky eating, anxiety, sensory challenges, or no diagnosis at all. But they all have very narrow diets and worry about change in food presentation. The approach to mealtimes and feeding treatment for these children is based on the foundation of trust in a feeding relationship. At its core, it supports child success and parent success. To find success, we look at multiple tiny steps of treatment strategies based on kind, systematic desensitization. We will explore ways to cluster evaluation information together to find a starting place for success. We will look at ways to Grade our Ask as we sensitively understand stress and worry at mealtimes. The Circle of Sensitivity will be discussed as a way to carefully approach a child's worry. Get Permission® supports children in finding enjoyment, confidence and internal motivation to eat. There will be lecture, demonstration, videos, case studies and group discussion.

## ABOUT THE PRESENTER



**Marsha Dunn Klein**  
MEd, OTR/L, FAOTA

Marsha Dunn Klein MEd, OTR/L is a pediatric occupational therapist who specializes in feeding with infants and young children. She has a BS in Occupational Therapy from Boston University and a Masters of Education from University of Arizona in Special Education with emphasis on Physical Disabilities. She has coauthored *PreFeeding Skills, 2nd Edition*, *Mealtime Participation Guide*, and *Homemade Blended Formula Handbook* (all with Suzanne Evans Morris), and *Feeding and Nutrition for the Child with Special Needs* (with Tracy Delaney), and is the author of the NEW book, *Anxious Eaters, Anxious Mealtimes - Practical and Compassionate Strategies for Mealtime Peace*.

Financial Disclosure: Marsha Dunn Klein is the author of several books pertaining to pediatric feeding and has developed "The DuoSpoon".

Non-financial Disclosure: Marsha Dunn Klein is the co-founder of the non-profit Nourish. She has no relevant non-financial relationships to disclose.

This course offering of "The Get Permission Approach to Anxious Eaters/ Anxious Mealtimes" is funded in its entirety by Pediatric Possibilities, located in Raleigh, NC.

Content Disclosure: This presentation will focus on treatment methods related to the use of the Get Permission Approach®. Other similar treatment approaches will receive limited or no coverage during this lecture.

## HOSTED BY

### Pediatric Possibilities - Raleigh

7209 Creedmoor Rd. Suite 101  
Raleigh, NC 27613  
(919) 844-1100

### Pediatric Possibilities - Matthews

211 W Matthews St, Ste 106  
Matthews, NC 28105  
(980) 245-2340



## OBJECTIVES

Participants will be able to:

- Identify and describe anxious eaters and how they influence entire families.
- Define the major principles of the Get Permission Approach® to pediatric feeding.
- List ways to empower the family and the child in the feeding partnership.
- Identify key factors that influence "permission" in feeding.
- Describe how stress and worry influence feeding.
- List the sensory variables that influence mealtimes and how to grade them in rehearsals and treatment.
- Describe strategies to help promote enjoyment, confidence and internal motivation at mealtimes.
- Define rehearsals and their influence on food acceptance.
- Describe how to cluster information gained in evaluations to support creation of treatment strategies that allow child and parent to be successful
- List five continua that demonstrate systematic de-sensitization in feeding treatment strategies.
- Define the Circle of Sensitivity and Re-Define TRY It as they relate to sensitive treatment strategies in the home or clinic environment.
- Identify strategies to support families in successful transition of therapeutic treatment strategies at home.
- List strategies to support anxious eaters / autism and their families.
- Set goals and document progress using family friendly Get Permission® vocabulary

## COMPANION MATERIALS

**GET  
THE  
BOOK!**

Pre-order your copy of the NEW book, *Anxious Eaters, Anxious Mealtimes - Practical and Compassionate Strategies for Mealtime Peace*. Available for purchase at time of registration.

Pre-order sales only; books will not be available for purchase at the course. Book purchase is optional and is not required with registration.

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## PRICING

Early-Bird Rate: \$395

**Early-Bird and Group  
Rates END January 10th!**

Group Rate: \$375/registrant  
(groups of 3 or more registering together)

Standard Rate: \$425

Discounts are available for parents, please call Allison at 919-844-1100  
or email [office@pediatricpossibilities.com](mailto:office@pediatricpossibilities.com) for details.

*Cancellations requesting a refund must be in writing and received by Pediatric Possibilities two weeks prior to the course; refunds will not be granted after that date. Approved refunds will be issued minus a \$50 processing fee.*

## HOW TO REGISTER

Register online or download paper  
registration form at:

**[www.pediatricpossibilities.com](http://www.pediatricpossibilities.com)**

Registrants will receive an email confirmation

**REGISTER  
HERE**

## LOCATION

**McKimmon Conference Center**

NC State University  
1101 Gorman Street  
Raleigh, NC 27606

## DAILY SCHEDULE

### Friday, February 7

- 8:00 - Registration
- 8:45 - Who Are Anxious Eaters?
  - Define the Get Permission Principles as they relate to Anxious Eaters/ Anxious Mealtimes
- 10:30 - Break
- 10:45 - Continuation of Get Permission Principles
- 12:00 - Lunch (On Your Own)
- 1:15 - Influences on Permission
  - Influence of Worry/Stress on Eating
  - Sensory Properties of Food
  - GP Evaluation Principles and Where to Start
- 3:00 - Break
- 3:15 - GP Treatment Strategies
  - Rehearsals
  - Grade the Ask
  - Re-Define Try It
  - Circle of Sensitivity
- 4:30 - Adjourn

### Saturday, February 8

- 8:30 - Registration
- 8:45 - GP Treatment Strategies
  - Demonstration and Practice
  - Grade the Ask
- 10:30 - Break
- 10:45 - Continuation of GP Treatment Strategies
  - Demonstration and Practice
- 12:00 - Lunch (On Your Own)
- 1:15 - Taking Clinical Progress Home
  - Helping Parents Succeed
- 3:00 - Break
- 3:15 - Treatment Discussion
  - Questions and Answers
- 4:30 - Adjourn

## CONTINUING EDUCATION INFORMATION



**APPROVED PROVIDER of  
CONTINUING EDUCATION**

**by The American Occupational  
Therapy Association, Inc.**

This course is offered for 1.2 AOTA CEUs



TalkTools 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.

This course is offered for 1.2 ASHA CEUs (Intermediate level, Professional area)



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<https://www.facebook.com/pediatricpossibilities/>



For more information regarding the conference, contact Allison at 919-844-1100 or email [office@pediatricpossibilities.com](mailto:office@pediatricpossibilities.com).