

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*.

PRICING

Early-Bird Rate: \$395/registrant

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

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

Standard Rate: \$425/registrant

Discounts are available for parents, please call Allison at 919-844-1100 or email 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.

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.

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FEBRUARY 7-8, 2020

RALEIGH, NC

McKimmon Conference Center

NC State University
1101 Gorman Street
Raleigh, NC 27606

HOW TO REGISTER

Register online or download paper registration form at

www.pediatricpossibilities.com

Registrants will receive an email confirmation

REGISTER HERE

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



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)



**APPROVED PROVIDER of
CONTINUING EDUCATION**

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

Participants will receive 12.0 contact hours or 1.2 AOTA CEUs for this course.



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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.