

COGNITIVE-BEHAVIORAL THERAPY FOR AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (CBT-AR)

Presented by Jennifer Thomas & Kendra Becker

TUESDAY 16 OCTOBER, 2018 / 8.00AM – 4.00PM



ANZAED
AUSTRALIA & NEW ZEALAND
ACADEMY FOR EATING DISORDERS

OVERVIEW OF THE WORKSHOP

Avoidant/Restrictive Food Intake Disorder (ARFID) was recently added to the Feeding and Eating Disorders section of *DSM-5* to describe children, adolescents, and adults who cannot meet their nutritional needs, typically because of sensory sensitivity, fear of aversive consequences, and/or apparent lack of interest in eating or food. ARFID is so new that there is currently no evidence-based treatment for the disorder.

Jenny and Kendra, in collaboration with their colleague Kamryn Eddy, have recently developed and manualized a novel treatment—Cognitive Behavioral Therapy for ARFID (CBT-AR)—that has been studied at the Massachusetts General Hospital in the United States (funded by the American Psychological Foundation and the Hilda and Preston Davis Foundation). CBT-AR can be offered in an individual or family-supported format and comprises four stages: (1) psychoeducation and early change; (2) treatment planning; (3) addressing maintaining mechanisms (including sensory sensitivity, fear of aversive consequences, and/or apparent lack of interest in eating or food); and (4) relapse prevention over 20-30 sessions. The work has been published in the *New England Journal of Medicine*, reporting a case study demonstrating the successful treatment of an 11-year-old girl with CBT-AR.

The team are actively recruiting CBT-AR trial participants from their ongoing National Institute of Mental Health-funded grant on children and young adults with ARFID entitled “Neurobiological and Behavioral Risk Mechanisms of Youth Avoidant/Restrictive Eating Trajectories” (R01MH108595). Early data from the efficacy study indicates that, on average, patients who receive CBT-AR add 17 novel foods, gain 12 lbs (if underweight), and significantly reduce food neophobia and food fussiness after treatment completion.

ABOUT THE PRESENTERS



Dr Jennifer Thomas is a clinical psychologist, specializing in the treatment of eating disorders. She is co-director of the Eating Disorders Clinical and Research Program at the Massachusetts General Hospital, where she evaluates and treats individuals of all ages with avoidant/restrictive food intake disorder, anorexia nervosa, bulimia nervosa, binge eating disorder, rumination disorder, and other feeding and eating disorders. In her academic role as Associate Professor of Psychology in the Department of Psychiatry at Harvard Medical School, her scientific research focuses on enhancing eating disorder diagnostic criteria to better reflect clinical reality. Jenny’s books *Almost Anorexic: Is My or My Loved One’s Relationship with Food a Problem?* and *Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents, and Adults*, as well as her >100 peer-reviewed articles and book chapters, describe the many forms of disordered eating that are not fully captured by current psychiatric definitions. Jenny is also Director of Annual Meetings for the Academy for Eating Disorders and an Associate Editor of the *International Journal of Eating Disorders*.



Dr Kendra R Becker is a clinical psychologist and postdoctoral fellow at the Eating Disorders Clinical and Research Program at the Massachusetts General Hospital (MGH)/Harvard Medical School with expertise and extensive training in cognitive-behavioral therapy and family-based treatment for feeding and eating disorders. She has lectured on ARFID, CBT-AR, the assessment and treatment of eating pathology, and neurobiology underlying eating disorders at the national and international level. She has published over 20 journal articles and 5 book chapters on mechanisms motivating and maintaining eating disorders. Her research has a particular focus on emotional functioning and personality traits in relation to eating behaviours and neurobiological substrates of restrictive eating disorders. She is currently also exploring the neurological and neuroendocrine features of ARFID compared to anorexia nervosa and the brain and hormonal changes that may result from successful treatment with CBT-AR.

OBJECTIVES/TARGET AUDIENCE

Combining both didactics and interactive components, Jenny and Kendra will share therapy tapes, conduct role plays, and discuss cases from their forthcoming book *Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents, and Adults* (Cambridge University Press, 2018). Prior knowledge of understanding assessing and treating eating disorders is assumed.

Target Audience: Health Professionals working with adolescents or adults with eating disorders, including mental health clinicians, dietitians, social workers, psychologists, mental health nurses, occupational therapists, psychiatrists and general practitioners
Registrations from Victorian public mental health services clinicians will be prioritised.

AGENDA

8:00 – 9:30am **Breakfast meeting** (attendance can be separate to the workshop, see cost breakdown below)
Introduction to ARFID: Assessment, Neurobiology, and Treatment

In this meeting, a novel assessment tool called the Pica, ARFID, and Rumination Disorder Interview will be introduced that can be used to confer the ARFID diagnosis and plan treatment. Preliminary findings on the neuroendocrinology that may underlie lack of appetite among individuals with low-weight ARFID who endorse lack of interest in food or eating will also be shared. Finally, a preview of a novel treatment—Cognitive Behavioral Therapy for ARFID (CBT-AR)—will be discussed.

9:50 – 11:30am CBT-AR Stage 1-2

12:30 – 2:00pm CBT-AR Stage 3

2:20 – 4:00pm CBT-AR Stage 4, CBT-AR Efficacy, Questions & Answers

VENUE & BOOKING

Venue: The Hub @ Docklands – **The Atrium**
80 Harbour Esplanade, DOCKLANDS 3008, VIC

Cost: **Workshop (inclusive of breakfast meeting, 8.00am – 4.00pm)**
Clinicians employed in VIC public mental health services \$185.00
ANZAED members: \$230.00
Other health professionals: \$259.00
Breakfast, lunch and afternoon tea will be provided

Registration link: Go to: <http://www.trybooking.com/BXKG>

Breakfast meeting only (8.00 – 9.30am)
Clinicians employed in VIC public mental health services & ANZAED members: \$25.00
Other health professionals: \$50.00

Registration link: Go to: <http://www.trybooking.com/BXKG>

Registrations close: **C.O.B. Friday 5 October, 2018**

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PLEASE NOTE: Your registered place will be confirmed via email at close of registration date.