

Birmingham Food Refusal Services



Services offered – post COVID19

1) ARFID diagnosis consultation (up to two hours) via zoom, child/young person must be present. Prior assessment will be made before this option is offered, based on a completed consultation form and a three day dietary diary.

Outcome:- In depth report with recommendations on interventions and letter for school/college and three follow up emails.

Prior to the assessment we will need at least one of the following:- brief referral letter from a health professional, diary of food intake from school or college, or a video recording of child's behaviour at mealtimes.

Fee £400 (Follow up appointments, £60 per hour)

2) ARFID consultation up to 2 hours, (no diagnosis) via zoom, child does not need to be present, and based on a completed consultation form and a three day dietary diary.

Outcome:- Report with recommendations for interventions, letter for school/ college and three follow up emails. This is suitable for those already have an ARFID diagnosis.

Fee £300 (Follow up appointments £60 per hour)

3) Consultation (one hour) with parent about child's eating behaviour, for strategic advice, based on a completed consultation form and a three day dietary diary.

Outcome:- Brief summary of discussion points, or brief letter for school, plus three follow up emails

Fee £200

4) Consultation (one hour) to discuss child' s eating behaviours (based on a completed consultation form).

Fee £120.

5) Parents' groups. Three hours with two therapists, maximum 5 parents/ couples per group. Presentations and discussion outlining criteria for an ARFID diagnosis, developmental stages an ARFID subtypes. Looking at individual profiles and suggested intervention plans (based on a completed consultation form).

Fee £160

