



Birmingham  
Food Refusal Services



**Brackenfield School are pleased to be able to host  
Dr Gillian Harris and Dr Elizabeth Shea and their workshop for professionals.**

## **ARFID (Avoidant & Restrictive Food Intake Disorder);**

**Diagnosing, understanding and intervening;  
a workshop for Professionals.**

**Dr Gillian Harris & Dr Elizabeth Shea.**

**Friday 7<sup>th</sup> February 2020**

**Arrival time: 9.15; Start time 9.30; Finish time 16.15.**

**£105 per participant (lunch is provided)**

The workshop comprises:-

- Defining and diagnosing ARFID (Avoidant and Restrictive Food Intake Disorder).
- Co-morbid conditions; ASD, Pica.
- Differential diagnoses in toddlers; allergies, lack of early experience with foods.
- Differential diagnosis in later childhood; Anorexia Nervosa.
- Planning interventions for children and young adults (according to age and co-existing diagnoses).

Dr Elizabeth Shea is a Clinical Psychologist who has worked with children and young people who refuse and avoid foods for almost two decades. Previously a Primary School Teacher and a Counsellor with Childline UK, she started her Psychology career with the National Autistic Society where she developed a career-long interest in eating difficulties in autism. Her clinical and research interest is Avoidant and Restrictive eating in both autistic and neuro-typical populations and she is a recognised writer, trainer and speaker on this subject across the UK and Ireland

Dr Gillian Harris has carried out research into infant and child feeding behaviour and appetite regulation at the University of Birmingham, School of Psychology, UK, for the past 38 years. She was also a Consultant Paediatric Clinical Psychologist for 30 years, and led a feeding clinic at The Children's Hospital, Birmingham, UK, where she worked with infants and children who were food averse. She is frequently asked to talk and train in various national and international contexts.

Dr Shea and Dr Harris have recently written a well accepted book on diagnosis and interventions in ARFID.



**To book or for more information please email:**

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