

Interdisciplinary Course

The Get Permission Approach to Anxious Eaters, Anxious Mealtimes

Who should attend?

Speech therapists, nutritionists, physiotherapists, pediatric nurses, midwives, psychologists, paediatricians and other professionals in the field of nutrition

14./15. May 2021
in Berlin



Organizer
Akademie Ottenstein

(Get Permission #3)

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 or picky eating, anxiety or sensory eating, 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 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.

Lecturer

Marsha Dunn Klein, MEd, OTR/L, FAOTA
Pediatric Occupational Therapist,
Founder of Mealtime Notions, LLC

Main Topics

- 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.

Please use our **ONLINE** registration in the event calendar at www.akademie-ottenstein.de
There you can see whether the event is already fully booked or you will receive a confirmation of your registration immediately.



About Marsha Dunn Klein

Marsha is a pediatric occupational therapist who has spent her career specializing in feeding issues with infants and young children. She received her Bachelor's Degree in Occupational Therapy from Sargent College of Boston University in 1971 and a Master's Degree in Special Education from the University of Arizona in 1975. She was trained in neurodevelopmental treatment in 1980. She founded Mealtimes Notions, LLC. (www.mealtimesnotions.com) in 2003 and became a founding partner with Mealtimes Connections in 2007. Marsha shares the "Get Permission Approach" in workshops nationally and internationally. She has coauthored *Prefeeding Skills*, First and Second Editions,

Mealtimes Participation Guide and *The Homemade Blended Formula Handbook* with Suzanne Evans Morris. She coauthored *Feeding and Nutrition for the Child with Special Needs* with Tracy Delaney. She has volunteered monthly at St. Andrew's Clinic in Nogales, Arizona since 1981 supporting children with disabilities from Northern Mexico. She helped create Nourish, a 501(c)3 non-profit to support families whose children have feeding challenges (www.nourishaz.org) in 2010. She is passionate about supporting the feeding relationship with babies and their parents.

Location / Timetable

Berlin, Hotel Grenzfall

Detailed directions will be sent to you after binding registration.

1. Day 09:00 - 17:00
Lunch 12:30 - 13:30
Coffee Break 10:30 - 10:45 and 15:00 - 15:15

2. Day 09:00 - 16:30
Lunch 12:15 - 13:15
Coffee Break 10:30 - 10:45 and 14:45 - 15:00

Program changes and additions are reserved!

Continuing Education Credits

CME can be applied

16 Fortbildungspunkte im Bereich Heilmittel
Rahmenempfehlung nach § 125 Abs. 1. SGB V

CERPs for IBCLCs

Individual CERPs can be requested at IBLCE as part of the recertification:

4 hours **Lactation**, 8 hours **Related**

All other professions should contact their respective organization for awarding of CEU credits

Fees

Early Registration until 31st December 2020: 435,00 €

Registration from 1st January 2021: 495,00 €

Registration and Further Information

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Photo: M. Dunn Klein

