



**Heather J. Kadey, M.S., BCBA** received her Master's degree in 2006 from Georgia State University in Educational Psychology with an emphasis on Applied Behavior Analysis, where she received the Outstanding Thesis Award for her work in the treatment of feeding disorders. From 2003 to 2006, Ms Kadey worked at the Marcus Institute at Emory University in Atlanta Georgia. In 2006, she was recruited by Dr Cathleen Piazza to help develop and administer the Pediatric Feeding Disorders Program at the Munroe Meyer Institute at the University of Nebraska Medical Center. In 2009, she was recruited to develop the Family Behavior Analysis Program (FBA) at Upstate Medical University, where she is currently employed as a Clinical Supervisor and Research Scientist. Her primary role is to manage the paediatric feeding component of the program. She has served as an ad-hoc reviewer for the Journal of Applied Behavior Analysis. Her primary research interests include staff training, parent training, and treatments of paediatric feeding disorders.

***Friday 13<sup>th</sup> November 2020, Session 2 – 15:00-16:30***

***Assessing and Treating Avoidant Restrictive Food Intake Disorder in Children: Novel Approaches to Examining Selectivity, Refusal, Skill Development, and Treatment***

Avoidant restrictive food intake disorder (ARFID) is characterized by limited food intake and variety, and the presence of inappropriate mealtime behaviors. As up to 90% of children with ASD and many children with medical complications (e.g., prematurity) exhibit feeding problems. This presentation will review current research addressing to the identification and remediation of ARFID among children. Using case examples, the presentation will help attendees understand the importance of a multidisciplinary approach to treating feeding problems and the use of data-based decision making to inform treatment selection. Attendees will learn the defining features of ARFID, and assessment and treatment strategies for confronting food refusal and inappropriate mealtime behavior. Particular attention will be given to antecedent-based procedures, how to assess and modify selective food preferences, caregiver training, and adapting procedures to meet individual needs.

#### ***Learning objectives***

Upon completion of this event, attendees will be able to:

- Identify the roles of multidisciplinary providers in the treatment of feeding disorders
- Identify factors that contribute to the individualized nature of feeding interventions
- Describe how conceptualizing feeding in terms of a behavioural hierarchy can lead to effective outcomes