

Play with Your Food: An Integrative Approach to the Most Difficult Feeding Challenges

Susan L. Roberts MDiv, OTR/L

Faculty

Susan L. Roberts, MDiv, OTR/L, author, educator, and occupational therapy clinician uses a body, mind, spirit approach developed over four decades of practice. Susan studied occupational therapy at Boston University, theology at Harvard, nutrition at the Institute of Integrative Nutrition, and Five Element Theory of Traditional Chinese Medicine at the Tao of Healing Center in NYC. She worked in psychiatric hospitals, physical rehabilitation centers, skilled nursing facilities, schools, and home care. Her private pediatric clinic in Arizona uses play as the focus for healing. Susan taught occupational therapy theory and practice at Eastern Kentucky University and New York Institute of Technology and has authored several books.

Financial: Susan Roberts receives an honorarium from ERI, PESI and Cross County Education. She receives royalties from Elsevier Publishing and CreateSpace. Non-Financial: She has no non-relevant financial relationships to disclose.

About this Course

Learn to view mealtime struggles in a new light, and help parents and caregivers navigate medical, sensory, nutritional, and emotional feeding issues. Participants will learn to engage the family to reduce mealtime stress, understand allergies and sensitivities, utilize a holistic approach, and create fun, child-centered treatment plans to improve feeding.

Objectives

- 1 Identify how stress affects food acceptance, digestion, absorption of nutrients, auto-immune conditions and common inflammatory syndromes associated with poor nutrition and picky eating
- 2 Describe common misconceptions about nutrition that can exacerbate mealtime stress and lead to feeding disorders
- 3 Summarize a child-centered approach that improves nutrition and reduces stress at mealtimes
- 4 Demonstrate two observational assessments for play and mealtimes and discuss their interrelationships and correlation with emotional development
- 5 Illustrate how to use a Healing Compass to integrate sensory processing, self-regulation, and learning during mealtimes, daily activities, and play

Audience

This course is designed for OTs, OTAs, PTs, PTAs, SLPs, Registered Dietitians, and Special Educators. Eating affects the entire lifespan and problems occur at all ages. Most commonly we see food refusals and other maladaptive eating behaviors in autism spectrum disorders, however disordered eating and food refusals occur frequently in ADHD, developmental delays, and even with typically developing children.

Schedule – Day 1

8:00-8:30	Registration/Continental Breakfast
8:30-10:00	An Integrative Approach to Nutrition <ul style="list-style-type: none"> • Science Quantum physics, epigenetics, laws of small numbers • Theory Self-regulation and polyvagal theory Sensory processing and sensory integration Role of stress and inflammation in chronic disease • Beyond Food Nourishing body, mind, and spirit
10:00-11:30	Using the Healing Compass Physiology, senses, emotions, and occupations
11:30-12:30	Lunch (on your own)
12:30-2:00	An Integrative Approach to Digestion <ul style="list-style-type: none"> • Hunger and satiety • Basic physiology of the GI system • Emotions, neurotransmitters and hormones affecting digestion • Co-regulation of feeding, eating, and play
2:00-3:30	Determining Developmental Readiness <ul style="list-style-type: none"> • Using the Rainbow Kids Play Scale • Using the Rainbow Kids Mealtime Observation • Connecting emotional development and mealtime behaviors • Greenspan, Maslow, and the power of play in neuroplasticity
3:30-5:00	What Do They Eat? <ul style="list-style-type: none"> • Analyzing nutrition based on data collection • Debunking nutritional myths with nutritional research • Analyzing sensory aspects of food for clues to behavior

Schedule – Day 2

8:00-8:30	Continental Breakfast
8:30-9:00	Case Studies
9:00-10:00	Commonsense Approach to Food Allergies and Sensitivities <ul style="list-style-type: none"> • Common inflammatory foods • Chronic health conditions related to inflammation • Is it physiology or psychology? • Overcoming sugar addiction
10:00-10:30	Mealtime experiential learning
10:30-11:30	Creating Child and Family-Centered Solutions <ul style="list-style-type: none"> • Adult expectations and responsibilities • Child's participation and interest
11:30-12:30	Lunch (on your own)
12:30-1:30	Food chaining roadmaps <ul style="list-style-type: none"> • Staying in a child's sensory comfort zone • Increasing variety • Keeping the focus on exploration
1:30-2:30	Meal planning - supporting parents <ul style="list-style-type: none"> • Cooking and mealtime chores with kids • Resources for help
2:30-3:30	Treatment sessions - making food exploration fun <ul style="list-style-type: none"> • Working with development and sensory processing • Playing with food • Writing mealtime performance objectives for school-based practice
3:30-4:00	Case Studies

Two 15 minute breaks will be given each day.

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Credits

This course meets the criteria for 13 contact hours (1.3 CEUs). Application has been made to the **MD** and **NJ** Boards of Physical Therapy Examiners. The **DC**, **DE**, **PA** and **VA** Boards of Physical Therapy accept other board approvals. This workshop meets accepted standards for continuing competence activities in **MA** and **NH**.

Approved provider by the **NY** State Board of Physical Therapy for 15.6 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13 contact hours Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. NBCOT professional development provider-13 PDUs.



Education Resources, Inc is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for up to 1.3 ASHA CEUs (Intermediate level, Professional area).

Dieticians will received 13 hours.

Please contact us with any special needs requests:
info@educationresourcesinc.com or 508-359-6533

Locations and Dates – 2019

Sept 13-14	New Brunswick, NJ	NJ Children's Specialized Hospital
Nov 8-9	Roanoke, VA	Carilion Clinic Children's Hospital



\$435 fee. Group rate (3 or more) must be mailed/faxed together \$410. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

Play with Your Food /Roberts

Sept/NJ Nov/VA

Course Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

Discipline: _____ Specialty: _____

How did you learn of this course _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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