



# Mealtime Miseries: Management of Complex Feeding Issues

elizabeth clawson MS, Ph.D., LCP, HSPP

carol elliott BS, OTR/L

This is  
an international  
course.

ASHA and AOTA  
CEUs will not be  
provided.

## 4-part Online Workshop

February 1 · 8 · 15 · 22, 2021

6:30 am – 10:45 am AWST

January 31, 2021

February 7 · 14 · 21, 2021

5:30 pm – 9:45 pm ET

“

*This was by far the best course I've been to!  
The model taught really intertwined theories to  
treat the whole child. I learned to look at every  
aspect of feeding to problem solve and create  
individualized treatment plans. Instructors  
were very invested, realistic and helpful... and  
provided all the handouts I could possibly need!*

– A. BYARS, SLP, FAIRFIELD, IL

”

## How does feeding, a process so integral to the child's health and well-being, go awry?

The focus of this 4-day course is on the Transdisciplinary Effective Assessment and Treatment (TR-eat®) model integrating oral motor/sensory therapy techniques along with medical and behavioral management for the treatment of complex feeding problems. It will cover innovative strategies and case examples, to address oral aversion, food refusal, poor transition onto solid foods, texture grading, learning to chew, self-feeding and feeding difficulties related to autism and picky eaters.

This course is packed with practical solutions, hands on techniques and provides an extensive reproducible handout that will empower you with new treatment ideas for your most complex patients. These interventions are systematic and evidence based.

This course is appropriate for the following clinicians working with children with feeding disorders: OT, COTA, SLP, RD, RN, CSW, Psychologists.

Pediatric  
Feeding  
INSTITUTE

# Mealtime Miseries: Management of Complex Feeding Issues

## Course Objectives

Upon completion of this course, the learner will be able to:

1. Identify the foundational principles of the TR-eat® model.
2. Identify at least 3 variables/issues (medical, oral motor, sensory or behavioral) that produce a complex pediatric feeding problem.
3. Identify at least 3 therapeutic interventions to introduce oral feeding to the “new” feeder.
4. Differentiate between behavioral strategies such as reinforcement, desensitization, shaping, chaining, and fading and how these can improve feeding skill development ranging from the “new” feeder to “selective” eaters.
5. Identify at least 3 therapeutic interventions for texture grading, chewing and progression to age appropriate feeding skills for the “advanced” feeder.
6. Demonstrate competence for spoon handling, squeeze bottle use and facilitative chewing strategies.

Pediatric  
Feeding  
INSTITUTE



**Elizabeth Clawson**, MS, Ph.D., LCP, HSPP is an internationally renowned pediatric clinical psychologist known for her extensive work in the field of pediatric feeding disorders.

Dr. Clawson is a Licensed Clinical Child Psychologist and Director for the Pediatric Feeding Program at St. Vincent Hospital Center for Children in Evansville, Indiana. Elizabeth received her M.S. and Ph.D. degrees from Virginia Commonwealth University in 1996. She completed

her internship at the Kennedy Krieger Institute/Johns Hopkins University School of Medicine with rotations in pediatric feeding therapy and hospital consultation/liaison intervention. Dr. Clawson has worked in the area of pediatric psychology since 1992 and specialized in treating children with feeding disorders since 1996. She has been committed to establishing clinical data and research. She co-developed the TR-eat® Model with Carol Elliott, OTR/L in 2009 and has multiple research publications, presentations, and consultation contracts in the area of pediatric feeding therapy.

**Carol Elliott**, B.S., OTR/L is an internationally recognized and energetic speaker. She is

the owner of her private practice Pediatric Feeding Services and co-owner of the Pediatric Feeding Institute. She was employed at Children's Hospital of Richmond at VCU for 23 years, 19 of which she worked full time in the Children's Feeding Program. Carol began her career in the area of pediatric Occupational Therapy in 1987 after receiving her degree at Elizabethtown College, Elizabethtown, PA. Prior to specializing in feeding disorders, her clinical areas of expertise were pediatric brain injury, splinting/casting, burns and sensory integration. Since 1998 Carol has devoted her career to developing and implementing treatment techniques for children with complex feeding disorders including the development of the TR-eat® Model with Elizabeth Clawson, PhD in 2009. Along with her full time clinical practice, she has published multiple articles, conducted numerous presentations and has provided consultative services to other professionals and treatment centers in the area of pediatric feeding evaluation/treatment.



# Mealtime Miseries: Management of Complex Feeding Issues

## workshop agenda

Times list below are in AWST time zone. Please adjust based on your specific time zone.

### Day One

- 6:15 - 6:30** Registration/login for online courses – check time zone
- 6:30 - 8:00** Basic principles of the TR-eat model, review of feeding development birth to 24 months (video examples), what is PFD vs ARFID, common etiologies
- 8:00 - 8:15** Break
- 8:15 - 9:30** Common etiologies, medical management
- 9:30 - 9:45** Break
- 9:45 - 10:45** Evaluation/treatment for the “new” feeder (review of formulas, positioning, sensory and oral motor assessment with video case examples)

### Day Two

- 6:15 - 6:30** Registration/login for online courses – check time zone
- 6:30 - 8:00** Continue evaluation/treatment for the “new” feeder (TOTs assessment, introducing spoon feeding, hand on practice for spoon handling/placement with video case examples)
- 8:00 - 8:15** Break
- 8:15 - 9:30** Continue evaluation/treatment for the “new” feeder (squeeze bottle use, pureed food demo); Introduction and application of behavioral principles and clinical problem solving with case examples
- 9:30 - 9:45** Break
- 9:45 - 10:45** Continue introduction and application of behavioral principles and clinical problem solving with case examples

### Day Three

- 6:15 - 6:30** Registration/login for online courses – check time zone
- 6:30 - 8:00** Continued application of behavioral principles and clinical problem-solving case study. Feeding problems and interventions for the “advanced” feeder (texture grading, teaching chewing skills) with video case examples
- 8:00 - 8:15** Break
- 8:15 - 9:30** Continue feeding problems and interventions for the “advanced” feeder (texture grading, teaching chewing skills with hands on practice, addressing packing) with video case examples
- 9:30 - 9:45** Break
- 9:45 - 10:45** Continue feeding problems and interventions for the “advanced” feeder (interventions to address packing of food, cup drinking, straw drinking and self-feeding) with video case examples

### Day Four

- 6:15 - 6:30** Registration/login for online courses – check time zone
- 6:30 - 8:00** Treatment techniques for children with autism, the “picky” eater and those diagnosed with ARFID (food fading, systematic desensitization, structured mealtimes, reward programs) with video case examples
- 8:00 - 8:15** Break
- 8:15 - 9:30** Continue treatment techniques for children with autism, the “picky” eater and those diagnosed with ARFID (food fading, systematic desensitization, structured mealtimes, reward programs) with video case examples
- 9:30 - 9:45** Break
- 9:45 - 10:45** Continue treatment techniques for children with autism, the “picky” eater and those diagnosed with ARFID (food fading, systematic desensitization, structured mealtimes, reward programs) with video case examples

# Mealtime Miseries: Management of Complex Feeding Issues

elizabeth clawson MS, Ph.D., LCP, HSPP

carol elliott BS, OTR/L

## Registration Info

4-day  
Workshop Fee

**\$425**USD

*Above cost is in USD. You may cancel your registration up to 7 days before the workshop start date to receive a refund less \$35 administrative fee. No-shows or cancellations received less than 7 days prior to the course are non-refundable but can be rescheduled for a future course date.*

**Register today!**

[pediatricfeedinginstitute.com](http://pediatricfeedinginstitute.com)

### online workshop logistics

- Ahead of the course, we will send you a welcome email with details for connecting to the course as well as links to download the course PowerPoint and corresponding handouts.
- You will need access to your microphone and camera. There will be times in the course where we will practice techniques as a group, and we will observe skills to help evaluate and assist you with technique.
- Following the conference, we will send you information for the course evaluation that must be completed prior to receiving your course certificate of attendance.
- All participants must procure the following supplies for the “hands-on practice”:
  - Washed hands or gloves (you will need to put your fingers in your mouth)
  - Ritz or club crackers
  - Veggie straws or Veggie Stix
  - Chester’s Puffcorn
  - Cheetos brand “Simply Cheetos Puffs”
  - Gum
  - Water to fill squeeze bottle
  - Napkins or paper towels

### FOR US ATTENDEES ONLY

When you register, we will request a shipping address in order to mail materials you will need to participate in the course. The shipping cost is included in your registration fee for contiguous U.S. attendees only (not Alaska or Hawaii).

### FOR INTERNATIONAL ATTENDEES

Due to the difficulties with timely arrival for materials shipped out of the US, international participants are asked to reference the PDF located on the website ([www.pediatricfeedinginstitute.com/seminars/live-courses/](http://www.pediatricfeedinginstitute.com/seminars/live-courses/)) which shows examples of materials that will be used for the hands on portion of the course. These items may be available to you locally or through an online vendor such as Amazon.