



Multidisciplinary Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID) – an online clinician update

Avoidant Restrictive Food Intake disorder (ARFID) is a persistent and disturbed pattern of feeding or eating that leads to a failure to meet nutritional needs resulting in medical and mental consequences. A multidisciplinary team approach is crucial for treating avoidant/restrictive food intake disorder (ARFID), ensuring collaboration among healthcare professionals. This presentation will provide clinicians with an update on the latest advancement in our understanding and management of ARFID.

This update will include information on:

- The latest research including a meta-analysis and lived experience studies
- Clinical management including a focus on diagnostic clarification of diagnosing ARFID

This update is suitable for any clinician of the multidisciplinary team including GPs and Psychiatrists providing support for those living with ARFID.

Date:	Wednesday 13 th November 2024
Time:	06:00PM – 07:00PM Presentation (note: virtual room will open at 5.45PM)
Location:	Online via MS Teams A link will be sent to you 1 week prior to the event
Cost:	Complimentary Register at Try Booking https://www.trybooking.com/CWNAL
Guest Speaker:	Copeland Winten



Important information to note prior to registering

This session will be held as an online event for clinicians working in rural and remote regions of WA. A concurrent in-person event for clinicians working in the Perth Metropolitan area will be held at The Harry Perkins Institute of Medical Research (North Campus) in Perth. The session will be presented live and will not be recorded.

It is likely that this update session will be running, however a minimum number of clinicians need to register for this event for it to go ahead. You will be notified 1 week prior (after the registrations have closed) to the event to confirm if it is going ahead.

You will be receiving important information about the event by email directly after booking and 1 week prior to the event. **Please ensure the email you use to register for this workshop is current and checked regularly.**

Light refreshments will be provided during the networking part. We will only be able to cater for regular, vegetarian and gluten free options and thank you for your understanding if your dietary preference is unavailable.

Guest Trainer

Copeland Winten, APD, CEDC.

She is a PhD candidate at Queensland University of Technology researching ARFID. A focus on the lived experience of ARFID in Australian treatment context and the provision of CBT-AR led by a dietitian. Copeland has worked across various clinical settings and currently works for Queensland Eating Disorders Service (QuEDS) in their day program. In 2023 she held the Massachusetts General Hospital Eating Disorders Clinical and Research Program Summer Fellowship and continues to work with the team to support provision of CBT-AR. In addition to her Masters of Dietetic Studies, Copeland holds an undergraduate degree in psychology. She is passionate about providing a weight neutral, HAES affirming and neurodivergent supporting treatment.

Should you have any enquiries, please contact us on 1300 620 208 Monday – Friday 9am – 4pm or via email at waedocs.education@health.wa.gov.au

