Psychosocial Treatments for ARFID

Nancy Zucker

Duke University



Parent energy and emotional resources

Need for parent facilitation of feeding from a developmental standpoint

Age of Onset

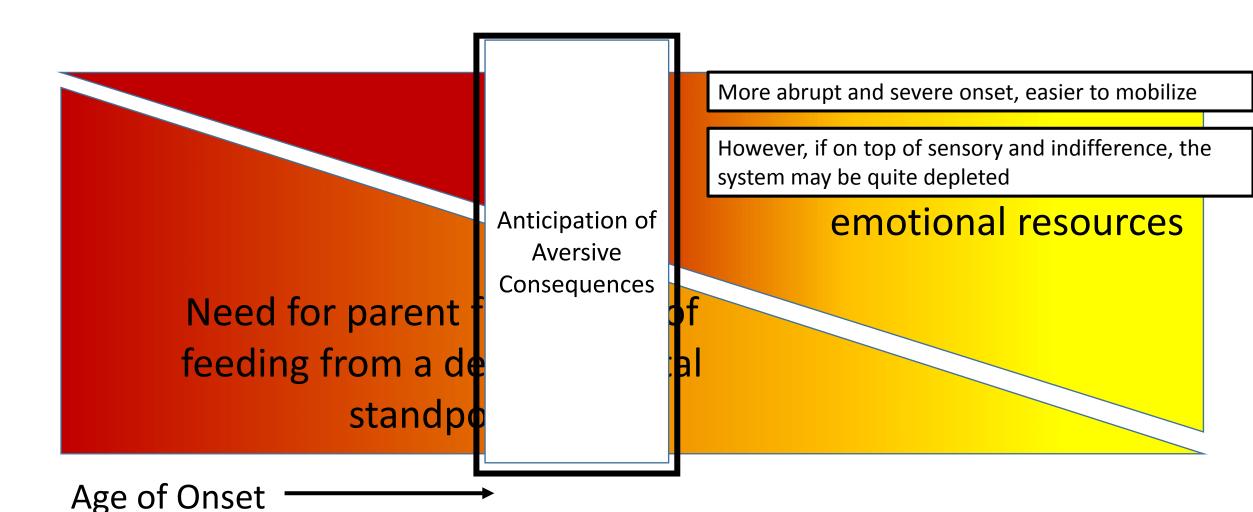
Need for parent facilitation of feeding from a developmental standpoint

Parent energy and emotional resources

Age of Onset

No positive memories of meal contexts to draw upon No reinforcement for food as nurturance Parent energy and Fragile developmental period Sensory emotional resources **Aversions** Confusion about normative vs. pathological Indifference eed for parent facilitation of eding from a developmental standpoint

Age of Onset ——



Parent Support
Within Cognitive and
Behavioral
Treatments:
Conceptual Issues

Fear vs. Disgust Conditioning

Early in exposure...



Late in Exposure

Caring for Vulnerable

Humiliation Vomit, feces



Mobilization/Alignment

Re-conditioning

Creating a passionate context

References

- Lock, J., Robinson, A., Sadeh-Sharvit, S., Rosania, K., Osipov, L., Kirz, N., . .

 Utzinger, L. (2018). Applying family-based treatment (FBT) to three clinical presentations of avoidant/restrictive food intake disorder: Similarities and differences from FBT for anorexia nervosa. *Int J Eat Disord*. doi:10.1002/eat.22994
- 2. Thomas, J. J., Wons, O. B., & Eddy, K. T. (2018). Cognitive-behavioral treatment of avoidant/restrictive food intake disorder. *Curr Opin Psychiatry*, 31(6), 425-430. doi:10.1097/yco.0000000000000454
- 3. Spettigue, W., Norris, M. L., Santos, A., & Obeid, N. (2018). Treatment of children and adolescents with avoidant/restrictive food intake disorder: a case series examining the feasibility of family therapy and adjunctive treatments. *J Eat Disord*, 6, 20. doi:10.1186/s40337-018-0205-3