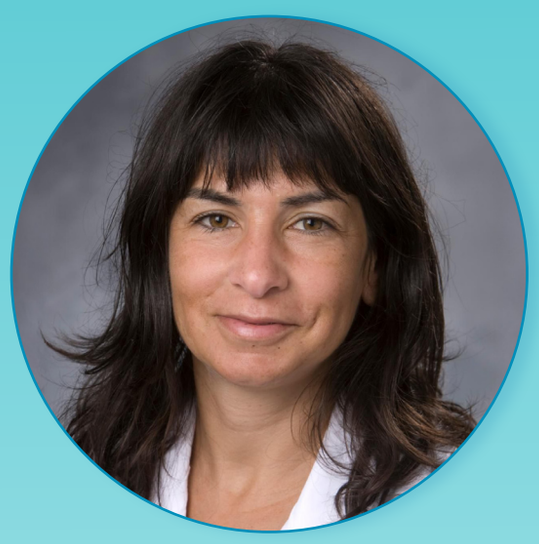
AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)



VTCPAP is proud to present a three-hour virtual training, Avoidant/Restrictive Food Intake Disorder (ARFID), led by Professor of Psychiatry and Behavioral Sciences and Psychology and Neuroscience at Duke University, Nancy Zucker, Ph.D. and Assistant Professor of Psychiatry and Behavioral Sciences at Duke University and Training Director at the Duke Center for Eating Disorders Ilana Brodzki Pilato, Ph.D.

DATE: Monday, June 15, 2026

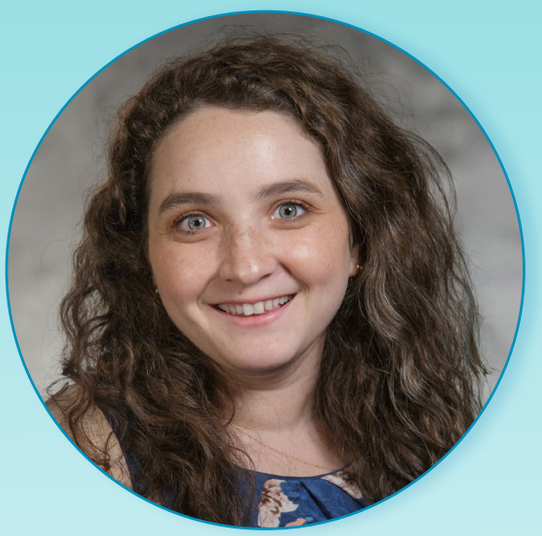
TIME: 12PM - 3PM EST

VIRTUAL: Zoom *(details will be sent to attendees after they register)*

COST: FREE

CEU's: 2.83 *(social work, allied mental health practitioners, psychological examiners and alcohol & drug counselors)*

WHO IT'S FOR: Mental health clinicians and pediatric medical providers seeking to expand knowledge and skills in this area.



This practical, 3 hour, evidence-informed training prepares providers to identify and treat Avoidant/Restrictive Food Intake Disorder (ARFID) in young children.

Hour 1: Overview of ARFID, including early identification, core features, and highlights from recent clinical findings. **PCPs are welcome to attend the full 3-hour training or join just this first hour if that better fits their schedules.**

Hours 2–3: Skills-based strategies, including the Family Assisted Diet (a trauma-informed, family-centered approach) and Feeling & Body Investigators techniques to help children build food confidence, recognize hunger/fullness cues, and reduce anxiety around eating.

The training includes **two optional follow-up consultation calls** for providers implementing ARFID strategies, providing an opportunity to discuss cases. Attendees will receive a link after the training to express interest in these sessions. Please note that CEU credit is available only for the main three-hour training, not for the optional follow-up calls.

VERMONT Consultation & Psychiatry Access PROGRAM

CLICK HERE TO REGISTER!

If you have questions, please contact Ellen Arrowsmith, VTCPAP Program Director at earrowsmith@vtcpap.com.

This program is supported by the VT DMH Pediatric Mental Health Care Access Program (PMHCA), the VT Dept of Health Maternal Mental Health and Substance Use Disorders Program (MMHSUD), and the Four Pines Fund. The Health Resources and Services Administration (HRSA), Department of Health and Human Services (HHS) provided financial support for this program. The award provided 83% of total costs and totaled $375,999. HRSA also provided financial support for the VT MMHSUD program as part of an award totaling $666,666 with 10% financed with non-governmental sources and matched Medicaid administrative funds. The contents are those of the author. They may not reflect the policies of HRSA, HHS, or the U.S. Government.