

# The Help Group's Project SAFE Birth to Five Mental Health Training Series



## **Eww Gross! A Family-Centered Approach to Picky Eating and More (Two-Part Training)**

**Mon, Sep 20 AND Mon, Sep 27, 2021  
9 – 10:30 am**

**Presented by Olivia Hsin, PhD, and  
Amanda Tyree, MA, CCC-SLP**

**TRAINING DESCRIPTION:** Many children are picky eaters but when does the picky eating go beyond what is typical? These sessions focus on normative feeding development, typical picky eating, and undereating disorders among children. While many parents have heard of picky eating, many still feel frustrated, worried, and defeated, and may wonder at what point their struggles may go beyond typical oppositional behaviors and willfulness. Providers working with families and young children may also wonder when these challenges reach a level that requires in-depth assessment or specialized intervention.

Given that picky eating, selective eating, and challenging feeding problems are common among the general population (8-50%), children with developmental disabilities (up to 80%), and children with medical conditions (40-70%), many providers have encountered families who struggle with mealtimes. Since feeding occurs multiple times a day, challenging mealtimes can negatively affect parent-child relationships. Caregivers may experience additional stress around mealtimes if their child is underweight or their once avid eater begins to refuse once accepted foods.

This session, led by a pediatric psychologist and speech-language pathologist, will focus on normative feeding development including oral motor/oral sensory milestones, typical picky eating, and undereating disorders among toddlers and preschoolers. Presenters will highlight an interdisciplinary team approach to assessing and treating feeding disorders in a community mental health program within a pediatric hospital. Participants will learn strategies to foster positive mealtimes experiences, create pleasurable experiences with eating, and promote positive associations with food and mealtimes with picky eaters and children with feeding disorders. The presenters will discuss the theoretical underpinnings to interventions and will review strategies used to promote positive family interactions during mealtime and ways to decrease child anxiety around new foods. Presenters will discuss recommendations for providers and guidance around when additional referrals are needed. Participants will become familiar with the different roles and expertise of different professionals to inform future collaborations.

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Free (Sponsored by The Help Group's Project SAFE)

**REGISTRATION LINK:**

<http://events.constantcontact.com/register/event?llr=d9m5fkqab&oeidk=a07eiddxnwi50c573cf>

ZOOM link will be provided after registration is approved

**TRAINING OBJECTIVES:**

1. Participants will be able to describe two ways in which development and feeding could be related.
2. Participants will be able to identify two types of other providers who may need to be involved in care for feeding-related concerns.
3. Participants will be able to describe two strategies for supporting children and their caregivers to improve mealtime interactions and increase food repertoire.
4. Participants will be able to describe two ways in which emotions can impact the feeding experience.

**CONTINUING EDUCATION INFORMATION:**

**You must attend training on both dates (September 20 & 27) to receive continuing education credit.**

*Board of Behavioral Sciences Licensees:* The University of Southern California is an accredited educational institution, and this training meets the qualifications for **3 hours** of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Sciences.



*Licensed Psychologists and Physicians:* Children's Hospital Los Angeles is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. Children's Hospital Los Angeles takes responsibility for the content, quality and scientific integrity of this CME activity.

This activity has been approved for **3 hours** of *AMA PRA Category 1 Credit™*

California Center for Infant-Family and Early Childhood Mental Health Endorsement:

This training provides **3 hours** of Knowledge (Domain 1) toward endorsement, including content in areas B: Biological and Psychosocial Factors Impacting Outcomes; F: Diagnosis and Intervention; G: Interdisciplinary/Multidisciplinary Collaboration. Visit <http://cacenter-ecmh.org> for more information about endorsement requirements.

**SPEAKER BIOS:**

**Olivia Hsin, Ph.D.**, is a licensed clinical psychologist who specializes in the assessment and treatment of diverse youths who have medical, psychiatric, and developmental disorders, with a particular focus on health behaviors and family functioning. Dr. Hsin received her B.A. from Wellesley College and Ph.D. from the University of Miami. She completed her internship at Harvard Medical School / Massachusetts General Hospital where she conducted neuropsychological assessments and also provided evidence-based therapy to families who had children with comorbid medical and psychiatric conditions. She completed a postdoctoral clinical fellowship at the Center for Autism Research, Children's Hospital of Philadelphia. Dr. Hsin has taught at University of Miami, Simmons College School of Nursing and Health Sciences and College of Arts and Sciences, and Occidental College. During the past few years, Dr. Hsin served in the Developmental Evaluation Clinic and the Feeding Team at Rady Children's Hospital San Diego. She recently joined the Feeding Team within the Pediatric Psychology Program Area at Children's Hospital Los Angeles to provide assessments and treatment of children with feeding difficulties.

**Amanda Tyree, M.A, CCC-SLP** is a bilingual, licensed speech-language pathologist. She works within the Community Mental health program at the University Center for Excellence in Developmental Disabilities at CHLA and is the Associate Discipline Director for Communication Disorders for the CA-Leadership in Education and

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Neurodevelopmental and Related Disabilities (LEND) program also at CHLA. Ms. Tyree collaborates on several interdisciplinary teams including early childhood assessment teams, and feeding assessment and treatment teams within the mental health program. Ms. Tyree is also endorsed by the California Center for Infant-Family and Early Childhood Mental Health as a Transdisciplinary Mental Health Practitioner and is a Clinical Assistant Professor of Pediatrics [Clinician-Educator] at the Keck School of Medicine of University of Southern California.

**ELIGIBILITY:**

Participants must have received a direct invitation from The Help Group; please do not forward the invitation to others.

**REGISTRATION:**

\*\*Please note that this training has a maximum capacity of 50 participants. Please read the above announcement thoroughly and check your availability before registering.\*\*

**If you are confirmed to attend a training and you either no-show or cancel after the deadline, you will not be eligible to register for future trainings in the series. Any exceptional circumstances must be approved by The Help Group.**

**FOR QUESTIONS, PLEASE CONTACT:**

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