

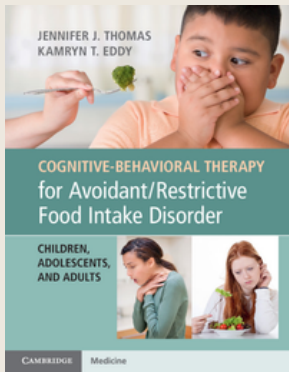


ARFID CONTINUOUS PROFESSIONAL DEVELOPMENT

Where to find support for your ongoing ARFID learning and development across the North East, North Cumbria and Yorkshire

PRACTICAL GUIDES

For those working with CBT for ARFID, the manual approach is:



With the free CBT-AR workbook available:

https://www.cambridge.org/files/1015/4408/8646/CBT-AR_workbook_12.4.18.pdf

Locala also offer practical sensory toolkits for use with schools, young people and families: <https://www.locala.org.uk>

CONSULTATION

Yorkshire and Humber offer a 'community of practice' consultation support model open to all across the North East, North Cumbria and Yorkshire. To access this contact: jenna.wallhead@nhs.net

The North East and Cumbria offer a monthly Virtual ARFID Consultation Support Pod. To find out more this pilot and access it, contact: clare.ellison@cntw.nhs.uk

BEAT host an Eating Disorders Community of Practice for nurses, GP's and the primary care workforce. For more info: <https://www.beateatingdisorders.org.uk/training-events/find-training/community-of-practice-sessions/>

Becoming part of a network

If you wish to become part of a dissemination network for further CPD opportunities, national updates and resources, please contact [Jenna](#) or [Clare](#) on the contact email addresses above

ONLINE LEARNING & RESOURCES

FutureNHS (Free Learning)

FutureNHS is a collaboration platform that empowers everyone working in health and social care to safely connect, share and learn across boundaries.

Register with FutureNHS: <https://future.nhs.uk>

And then register with the Yorkshire & Humber Clinical Network: <https://future.nhs.uk/YorkshireHumberMentalHealth>

From there, follow:

Children & Young Peoples Mental Health --> Eating Disorders --> ARFID to access 1 hour modules on:

- ARFID early identification training
- Assessment, diagnosis & identification of risk
- Nutritional strategies for ARFID
- Paediatric management of ARFID
- ARFID treatment options
- Managing emetophobia and choking phobia in ARFID
- Family Based Treatment in ARFID

Through the Y&H Clinical Network on FutureNHS you will also find:

- National webinars on all-age services and delivering support to adults and older adults
- Service showcase examples from across the country
- A 3-hour introduction to ARFID training module
- A 1-hour learning event on communication and language for working with autistic people
- Training on autism and eating disorders
- Training on how to use CCI guided self-help worksheets
- Motivational interviewing training

Funded Online Training

The University of Winchester also offers a 5-10 hour CPD Introduction to diagnosis and Management of ARFID course available online for £95 <https://www.winchester.ac.uk/study/further-study-options/short-courses/arfid/>

Additional online learning modules

BeBodyPositive also hosts learning modules and resources for professionals available from: https://bebodypositive.org.uk/module/avoidant-restrictive-food-intake-disorder/session-1/#1553_1

Dietitians

Dietitians are able to access a national ARFID Specialist Interest Group as part of the British Dietetic Association. To join this, please contact: clare.ellison@cntw.nhs.uk