

ABOUT THE SPEAKER:

Suzanne Evans Morris, Ph.D., is a speech-language pathologist with New Visions near Charlottesville, Virginia. She is nationally and internationally known for her work in identifying and treating young children with feeding and pre-speech disorders. Dr. Morris is the director of New Visions, which sponsors innovative workshops for the teaching of feeding-related skills, and provides family-oriented clinical services. She maintains a practice which includes direct clinical work, continuing education workshops, development of clinical materials and clinical research. Dr. Morris has studied Neurodevelopmental Treatment approaches extensively in England, Switzerland, and the United States. She is the author of the *Pre-Speech Assessment Scale*, a rating scale for the measurement of pre-speech behaviors in children from birth through two years, and coauthor of *Pre-Feeding Skills: A Comprehensive Resource for Mealtime Development (2nd edition)*, the *Mealtime Participation Guide* and the *Homemade Blended Formula Handbook*.

COURSE OBJECTIVES:

This workshop will enable the participant to:

- describe the anatomy and physiology of the gastrointestinal system.
- identify ways in which gastrointestinal comfort and discomfort impact a child's desire to eat.
- identify multiple reasons why children with gastrointestinal discomfort are often reluctant eaters who experience delays in their development of feeding and mealtime skills
- describe therapeutic strategies that support mealtime comfort and feeding skill development for this group of infants and children.
- create a positive mealtime journey that will build inner-directed eating and drinking skills.

TARGET AUDIENCE:

Paediatric occupational therapists, speech-language pathologists, and other health professionals working with children with feeding issues.

COURSE DESCRIPTION:

Children are born with the inner ability to eat and to grow appropriately. During infancy they learn to interact with adults as they expand their eating skills and enjoy both the food and the mealtime environment. Some children experience a disruption of this normal cycle because of difficulties in physical, sensory, gastrointestinal, and environmental skills and opportunities.

One of the most critical variables in the success of a feeding program is the level of comfort that the child experiences in the gastrointestinal system. The presence of reflux, nausea, gagging and retching strongly influences children's relationship with food and mealtimes and makes them reluctant participants in therapy programs to enhance feeding skills. Many children develop strong aversions to eating and receive their nutrition primarily through feeding tubes. They say "No" to eating and drinking orally, to accepting a diverse diet, and to eating enough food to support their need for nutrition and growth.

The workshop will explore many of the gastrointestinal roadblocks that limit the development of eating skills and comfort. Strategies designed to increase gastrointestinal comfort and eating confidence will be explored. The emphasis will be placed on helping children learn to say "Yes" as they move from gastrointestinal discomfort to inner-directed eating and drinking.

The course will address the feeding and mealtime issues of children who eat and drink by mouth as well as those who receive their nutrition through a feeding tube.

WORKSHOP LOCATION:

Bloorview Kids Rehab:

150 Kilgour Road
Toronto, Ontario
(near Bayview and Eglinton)
416-425-6220
www.bloorview.ca

LEARNING TO SAY YES:

Moving from
gastrointestinal
discomfort to inner
directed eating.

**Presented by
Suzanne Evans Morris, Ph.D**

June 3rd and 4th, 2011
Bloorview Kids Rehab
150 Kilgour Road
Toronto, Ontario

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The Learning Workshop
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Please visit us at:
www.thelearningworkshop.ca

WORKSHOP HOURS:

8:30am-4:30pm

Lunch: 12:30pm – 1:30pm

AGENDA

Friday, June 3, 2011

8:30am Registration

9:00 **Understanding the Gastrointestinal System and the Impact of Gastrointestinal Discomfort**

Normal function

Gastrointestinal discomfort

- Reflux
- Dysmotility
- GERD and its symptoms
- Medical Management of GERD
- Side-effects of medications and surgery
- The role of stress

10:30 Break

10:45 **Frequency of gastrointestinal discomfort in children receiving therapy for feeding disorders**

Development of feeding aversion in response to gastrointestinal discomfort

12:30 Lunch

1:30 **Taking Care of the Self: Children's Functional Responses to Discomfort**

- Seeking comfort
- Moving away from discomfort
- Fear-based care of the self
 - Perpetuation through personal safety rules, resistance, increased selectivity and avoidance

3:00 Break

3:15 continued:

- Trust-based care of the self
 - Change through mealtime participation, food exploration, comfort strategies, self-knowledge, desire to eat and building eating skills.

AGENDA

Saturday, June 4, 2011

8:30am **Identifying the Feeding Challenges that Relate to Gastrointestinal Discomfort**

- Neurophysiological foundations
- Anticipation of pain and discomfort
- Increased physical tension
- Increased mucus and saliva production
- Reduced tolerance of food volume

10:30 Break

10:45 continued:

- Reduction of water intake
- Limited dietary variety and risk of allergic sensitivities
- Antibiotic use
- Feelings of powerlessness-taking control

12:30 Lunch

1:30 **Learning Strategies to Increase Comfort and Reduce Feeding Aversions**

- Building a foundation of trust and partnership
- The small steps to "YES"
- Identifying the subtle and initial signals of gastrointestinal discomfort
- Stopping food intake at the first sign of discomfort
- Reducing physical, sensory and emotional tension
- Building awareness of what helps
- Empowering the child

3:00 Break

3:15 continued:

- Increasing stomach acceptance of larger volumes of water and food
- Reducing the impact of respiratory congestion
- Exploring diet and nutritional changes
- Incorporating strategies to reduce sensory processing and integration difficulties
- Developing confidence and oral feeding mastery skills

Registration Fees:

\$522 (\$440 registration fee + \$25 course manual + \$57 HST) (includes breakfast and snacks)

Make cheque payable to "The Learning Workshop"

Cancellations made more than 4 weeks before the first day of the course will be subject to a \$50 administrative fee. **No refunds will be given for cancellations made within 4 weeks of the first day of the course.**

The Learning Workshop reserves the right to cancel a course for just cause. Cancellation due to insufficient registration will not occur less than two weeks prior to the course. In such a case, full tuition will be promptly refunded. Non-refundable airfares will not be reimbursed.

Registration Form

Name: _____

Address: _____

Phone: _____

FAX: _____

E-mail: _____

Profession: _____

Workplace: _____

Mail Registration to:
The Learning Workshop
222 Winding Lane
Thornhill, Ontario, L4J 5J6
Phone: (905) 709-3354
Fax: (905) 597-8577

All course participants will be issued a Certificate of Attendance and official Tax receipt.

*Both documents can be forwarded to the **Allied Health Professional Development Fund** for potential full reimbursement. For info/applications, visit **www.ahpdf.ca***