

CONTACT INFORMATION:

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LOCATION / LODGING:

Renaissance Minneapolis Bloomington Hotel

5500 American Blvd., Bloomington, MN 55437

HOTEL ROOM RESERVATIONS:

Room rate: \$119 per night

Call Marriott reservation at (800) 468-3571

Room Block reference: **GPAAF**

Or use this link to register online:

[Book your group rate for Get Permission Approach to Anxious Eaters/Anxious Mealtimes](#)

TRAVEL ARRANGEMENTS:



Minneapolis-St. Paul International Airport is the closest airport.

HOTEL DIRECTIONS from MSP airport:



DRIVING: Follow 494 W for 8.8 miles and exit 7B which is Normandale Boulevard.

First stop light you will turn right onto 84th Street. Turn right at Normandale Center Drive. Hotel will be on the right hand side.



COMPLIMENTARY SHUTTLE:

Airport shuttle service: call to schedule
Mon-Sun: 05:00 AM - 11:00 PM
Shuttle Phone: +1 952 831-8000

11140 Highway 55, Suite C
Plymouth, MN 55441



**Get Permission
Approach to
Anxious Eaters /
Anxious Mealtimes**

September 13-14, 2019

**Presenter:
Marsha Dunn Klein,
MEd, OTR/L, FAOTA**

OBJECTIVES: by the end of this workshop participants will be able to:

- Identify and describe anxious eaters and how they influence entire families.
- Define the major principles of the Get Permission Approach© to pediatric feeding.
- List ways to empower the family and the child in the feeding partnership.
- Identify key factors that influence “permission” in feeding.
- Describe how stress and worry influence feeding.
- List the sensory variables that influence mealtimes and how to grade them in rehearsals and treatment.
- Describe strategies to help promote enjoyment, confidence and internal motivation at mealtimes.
- Define rehearsals and their influence on food acceptance.
- Describe how to cluster information gained in evaluations to support creation of treatment strategies that allow child and parent to be successful.
- List five different systematic de-sensitization treatment strategies.
- Define the Circle of Sensitivity and Re-Define TRY It as they relate to sensitive treatment strategies in the home or clinic environment.
- Identify strategies to support families in successful transition of therapeutic treatment strategies at home.
- List strategies to support anxious eaters / autism and their families.
- Set goals and document progress using family friendly Get Permission© vocabulary

COURSE DESCRIPTION: The focus of this course is on helping anxious eaters, worried eaters. When children are anxious eaters, mealtimes become stressful for whole families. These children may be extremely picky eaters, children with diagnosed or undiagnosed anxiety, autism spectrum disorders, or extreme mealtime worry. This practical course will discuss and demonstrate practical strategies in support of children and families who are influenced by mealtime worry. It will focus on trust, sensitive reading of cues and responding to the child’s reaction to mealtime change. Parent success will be key to the strategies presented.

AGENDA

Friday, 9/13/19

8:00 a.m. Registration
9:00 p.m. Who are Anxious Eaters? ~ Define the Get Permission Principles as they relate to Anxious Eaters /Anxious Mealtimes
10:30 a.m. Break
10:45 a.m. Continuation of GP Principles
12:00 p.m. Lunch (On Your Own)
1:00 p.m. Influences on Permission ~ Influence of Worry /Stress on eating ~ Sensory Properties of Foods ~ GP Evaluation Principles and where to start?
3:00 p.m. Break
3:15 p.m. GP Treatment Strategies ~ Re-Define Try It ~ Circle of Sensitivity
4:30 p.m. Adjourn

Saturday, 9/14/19

8:30 a.m. Registration
9:00 a.m. GP Treatment Strategies Demonstration and Practice Grade the ASK
10:30 a.m. Break
10:45 a.m. GP Treatment Strategies Demonstration and Practice
12:00 p.m. Lunch (On Your Own)
1:00 p.m. Taking Clinical Progress HOME ~ Helping Parent Succeed
3:00 p.m. Break
3:15 p.m. Continued Treatment Discussion / Q & A
4:30 p.m. Adjourn

REGISTRATION FEES: Fee includes seminar, continental breakfast, beverage breaks, handout materials, and certificate of completion.

- Early Bird Registration fee applies if postmarked at least 30 days before seminar date, 8/16/19:
\$450 individual
\$400 group of 4 from same facility
- Standard Registration fee after 8/16/19:
\$500 individual
\$450 group of 4 or more from the same facility



HOW DO I REGISTER?

By Mail: Complete registration form and mail check to Minnetonka Pediatric Therapy Center
11140 Highway 55, Suite C ~ Plymouth, MN ~ 55441



By Phone: Call 763-595-0812 and provide the information requested on the registration form

Name: _____

Discipline: _____

Clinic: _____

Home mailing address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

(to be used for confirmation of registration)

Circle: VISA MASTERCARD AMEX

Name on card: _____

Account # _____

Signature: _____

Exp Date: _____ CVC: _____ Billing Zip Code: _____

APPROVED PROVIDER



in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

American Academy of Private Practice in Speech Pathology and Audiology is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities

CONTINUING EDUCATION: This course is offered for 1.15 ASHA CEUs (Intermediate level. Professional area). All other professions should contact their respective organization for awarding of CEU credits.

FINANCIAL DISCLOSURE: Paid presenter for Get permission courses, royalties from Mealtime Notions for Duospoons and book royalties, and book royalties from Pro Ed.
Nonfinancial Disclosure – Co-founder of the non-profit Nourish, Real Food Blends advisory board.

CANCELLATION POLICY: MPTC reserves the right to cancel a course up to 14 days prior to the course, with full refund, if insufficient numbers of participants have registered for the course. Registrants may cancel up to 14 days prior to the course and receive a full refund. Any cancellations within two weeks prior to the course will receive a refund less \$50 for administrative costs.