

PICKY EATERS VS PROBLEM FEEDERS: The SOS Approach to Feeding

2018 WORKSHOP

SOS Basic Training Course
MELBOURNE

VENU
University of Melbourne
Parkville Campus, Copland Theatre
162 Berkeley St, Carlton
Victoria, 3053

DATES
12-15 November
(Monday—Thursday)

PLEASE NOTE
The SOS Basic Training Course
will be run over 4 full days
and full attendance is expected
for certification.

Advanced training courses
are available online for those
who have already attended the
SOS Basic Training Course.

Go to:

www.sosapproach-conferences.com



Dr Kay Toomey from Colorado in the United States is returning to Australia in 2018 to present another of her hugely successful training events for paediatric health professionals. This year she is joined by her colleague, Bethany Kortsha (paediatric occupational therapist).

THE SOS APPROACH TO FEEDING

The SOS Approach is a transdisciplinary program for assessing and treating children with feeding difficulties and poor growth (birth to 18 years of age), with a particular focus on early intervention in children from 6 months to 6 years of age. This approach integrates posture, sensory, motor, behavioural/ learning, medical, and nutritional considerations to comprehensively evaluate and manage children with feeding and growth problems.

SOS WORKSHOPS

Health professionals who attend the full SOS Basic Training Course are eligible for accreditation to run the SOS Program. Additional SOS Special Interest training modules are open to health professionals who have completed the Basic Training Course and are available online.



WHO SHOULD ATTEND

The SOS workshops are designed for speech pathologists, occupational therapists, psychologists, dietitians/nutritionists, GPs, paediatricians, early childhood and community nurses, mental health workers, special educators, and other paediatric health professionals working with children with feeding difficulties.

RESOURCES

All participants will be provided with course notes and handouts. Additional resources developed by the presenters are available for purchase at the workshop.

REGISTRATION

Registration fees and workshop outlines are provided on the pages following. To register to attend the workshop, please go to www.feedingworkshops.com

Additional information including directions to the venues, public transport options, parking, accommodation, and additional information about the workshops can also be found on the website, or can be obtained by emailing the host info@feedingworkshops.com

The SOS Approach to Feeding

Dr Kay A. Toomey, PhD, is a Pediatric Psychologist who has worked with children who don't eat for almost 30 years. She has developed the SOS Approach to Feeding as a family centered program for assessing and treating children with feeding problems. Dr Toomey speaks nationally and internationally about her approach. She also acts as a consultant to Gerber Products. Dr Toomey helped to form The Children's Hospital – Denver's Pediatric Oral Feeding Clinic, as well as the Rose Medical Center's Pediatric Feeding Center. Dr Toomey co-chaired the Pediatric Therapy Services Department at Rose Medical Center prior to entering private practice. Dr Toomey acted as the Clinical Director for Toomey & Associates, Inc.'s Feeding Clinic for six years and SOS Feeding Solutions at STAR Institute for eight years. Dr Toomey is currently the President of Toomey & Associates, Inc., and acts as a Clinical Consultant to the Feeding Clinic at STAR Institute.

Bethany CF Kortsha, OTR/L, is an Occupational Therapist and completed her Master's thesis on Autism and feeding challenges using the SOS Approach to Feeding. Bethany currently works as a Pediatric Feeding Specialist at the Feeding Clinic at STAR Institute for Sensory Processing Disorder with Dr Lucy Jane Miller. She is also the Director of Clinical Mentorship for Toomey & Associates, Inc. Prior to joining STAR Institute and Toomey & Associates, Inc., Bethany worked as a member on a multidisciplinary team in a day treatment clinic for children with Autism Spectrum Disorders, SPD, emotional/behavioral disorders, and feeding problems. Additionally, Bethany has completed the STAR Institute's Intensive Mentorship Program and is a certified DIR Floortime Provider.



The SOS Approach to Feeding is a transdisciplinary program for assessing and treating children with feeding difficulties and weight/ growth problems. It has been developed and refined through the clinical work of Dr Kay Toomey in conjunction with colleagues from several different disciplines including: paediatricians, registered dietitians, speech pathologists, and occupational therapists. This program integrates posture, sensory, motor, behavioural/ learning, social/ emotional, medical, and nutritional factors with approaches to comprehensively evaluate and manage children with feeding/ growth problems. It is based on, and grounded philosophically in, the "normal" developmental steps, stages, and skills of feeding found in typically developing children. The treatment component utilises these typical developmental steps towards feeding to create a systematic desensitisation hierarchy of skills/ behaviours necessary for children to progress with eating various textures, and achieve appropriate growth. The assessment component of the program ensures that all physical reasons for atypical feeding development. are examined and appropriately treated. The SOS Approach works to identify any nutritional deficits and to develop recommendations as appropriate to each individual child's growth parameters and needs. Skills across all developmental areas are assessed with regards to feeding, as well as an examination of learning capabilities with regards to using the SOS program. Because the SOS Approach is a family centred care program, the family is an integral part of all assessment and treatment.

Website: www.feedingworkshops.com
Email Enquiries: info@feedingworkshops.com

SOS BASIC TRAINING WORKSHOP 2018



BASIC COURSE OBJECTIVES

Identify oral, sensory, motor, cognitive and emotional developmental milestones key to feeding.

Recognize and describe the major reasons why children won't eat, as based on learning theory principles.

Identify physical, behavioral, motor, oral-motor, and sensory factors as a part of a Feeding Assessment.

Apply behavioral and social learning principles, and systematic desensitization strategies to feeding problems.

Create and implement a S.O.S feeding program for toddlers and young children, in group and individual treatment formats.

NOTE: For health professionals to be accredited in running the SOS Approach, they must attend the full basic training course. Registrants are required to sign in and sign out

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DAY 1:	
7:30am to 8:00am	Registration
8:00am to 10:00am	<i>I. Introduction</i> A. Prevalence B. What do we know from the Research? C. Tenets of SOS
10:00am to 10:20am	Break
10:20am to noon	D. Top 10 Myths <i>II. Feeding Theory</i> - How children learn to AND not to eat A. Learning Theory 1. Application to Feeding 2. Feeding Therapy options
12:00pm to 1:15pm	Lunch
1:15pm to 3:15pm	A. Learning Theory 3. Feeding Video <i>III. Feeding Skills</i> A. Myth 1 = Breathing B. Motor milestones
3:15pm to 3:35 pm	Break
3:35pm to 5:30pm	C. Oral-Motor milestones D. Neurosensory
DAY 2:	
8:00am to 10:00am	<i>III. Feeding Skills</i> - continued E. Steps to Eating F. Developmental Food Continuum
10:00am to 10:20am	Break
10:20am to noon	F. Developmental Food Continuum – continued G. Cognitive Development
12:00pm to 1:15pm	Lunch
1:15pm to 3:15pm	<i>III. Feeding Skills</i> - continued H. Psychological Developmental Stages <i>IV. General Treatment/Interventions</i> A. Strategies for Family Meals
3:15pm to 3:35pm	Break
3:35pm to 5:30pm	A. Strategies for Family Meals - continued B. Preventing Food Jags <i>V. Assessment of Feeding Problems</i> A. Assessment Process B. Referral Candidates C. Reasons Children Won't Eat
DAY 3:	
8:00am to 10:00am	<i>V. Assessment of Feeding Problems</i> - continued D. Child Factors E. Environmental Factors F. Parent Factors G. Practice Videos
10:00am to 10:20am	Break
10:20am to noon	<i>VI. The SOS Approach to Feeding – Therapy Sessions</i> A. Systematic Desensitization B. Cues to Eating
12:00pm to 1:15pm	Lunch
1:15pm to 3:15pm	C. Language Use D. Therapy Format - Child E. Therapy Format – Parent
3:15pm to 3:35pm	Break
3:35pm to 5:30pm	F. SOS Data G. Building a Food Hierarchy- using food as your therapy tools
DAY 4:	
8:00am to 10:00am	<i>VI. The SOS Approach to Feeding – Therapy Sessions</i> - continued G. Building a Food Hierarchy - continued H. Hierarchy Strategies
10:00am to 10:20am	Break
10:20am to noon	H. Hierarchy Strategies - continued
12:00pm to 1:15pm	Lunch
1:15pm to 3:15pm	I. Video Practice: Progression Within Session J. SOS Data
3:15pm to 3:35pm	Break
3:35pm to 5:30pm	<i>VII. Managing Maladaptive Behaviors</i> A. Overview B. Preventing “problem” behaviors C. Intervention strategies - basic D. Emotion Based Discipline <i>VIII. The SOS Approach to Feeding - Audience Practice</i> A. Video Practice: Progression Across Sessions

The SOS Approach to Feeding 2018 Workshop



REGISTRATION FEES 2018

REGISTRATION	BEFORE 30/06/18	FROM 01/07/18
SOS Basic Training Course	\$1155 (\$1050 + GST)	\$1320 (\$1200 + GST)

Note: A booking fee, payable directly to the ticketing agent at the time of booking, also applies. See Ozfix website for details.

Registration fees include: workshop handouts and notes and a certificate for health professionals who attend the full workshop. Morning and afternoon tea and a light lunch (finger food) will be provided. Vegetarian and non-vegetarian options will be available. Participants are welcome to bring their own snacks and/or meals, and those with special dietary requirements are encouraged to do so.

TO REGISTER:

1. Go to the website www.feedingworkshops.com
2. Click on the link to the Ozfix registration site

Have the following information available prior to registering online:

REGISTRANT DETAILS

(This section is related to the clinician who will be attending the course)

- Name of clinician attending (this is the name that will appear on the certificate of attendance):
- Clinician's profession:
- Clinician's workplace:
- Clinician's email:

PAYMENT DETAILS

(This section is related to the person who will be paying for the registration)

- Name on card:
- Credit card number, expiry date, and CCV
- Email address:
- Phone number:
- Workplace:

DISCLAIMER

Information contained in this brochure is correct at the time of publishing. The organisers reserve the right to change the program, topics, and presenters if necessary.

Registrations: There will be no refunds given should registrants be unable to attend part of the workshop or for no-shows.

Cancellation Policy: A refund on registration (less \$90 cancellation fee) will be made on cancellations received in writing before 12/10/2018. There will be no refunds after this date, although substitute delegates will be welcome.

Liability Waiver: The organisers assume no liability for any loss, injury, or other adverse event that may occur while attending the workshop or travelling to or from the workshop.