


Avoidant/Restrictive Food Intake Disorder (ARFID)

ARFID was introduced as a new diagnosis in the DSM 5 and is characterized by significant struggles and fear around food and eating due to sensory issues, lack of appetite/interest in food, difficulties digesting foods or fear of perceived/realistic negative consequences (e.g. choking, pain, vomiting). Our occupational and speech therapists are trained under the direction of Dr. Kim DiRe, a psychologist who uses a gentle mind/body approach to decrease the presence of the body's fight/flight/freeze stress response that becomes activated around eating and mealtime routines. Once the stress response is quieted, the individual is better able to access centers of curiosity and imagination in order to make lasting changes in his/her food intake, diet and overall participation in meal time.



For more information contact one of our Capable Kids Pediatric Therapy locations:

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