

How is ARFID treated?



CBT-AR



How does Cognitive-Behavioral Therapy for ARFID work?

★ Main treatment goals:

1. Achieve or maintain a healthy weight
2. Correct any nutritional deficiencies
3. Eat foods from each of the five basic food groups (i.e., fruits, vegetables, proteins, dairy, grains)
4. Feel more comfortable eating in social situations

★ What treatment is not:

1. Trying to change your personality
2. Making you eat very unusual foods
3. Force feeding

