

Faculty

Kelly Barnhill, MBA, CN, CCN serves as the Nutrition Coordinator for ARI. She is also Director of the Nutrition Clinic and the Clinical Care Coordinator at Thoughtful House Center for Children. In her private practice, Kelly focuses on building appropriate dietary and supplementation protocols for children with developmental delays and disorders, siblings of affected children, and children with significant gastrointestinal disease. Kelly also has expertise in prenatal and infant nutrition. She practices in Austin, Texas.

Judy Converse MPH, RD, LD is a licensed, registered dietitian with graduate and undergraduate degrees in nutrition. She began attending Defeat Autism Now! conferences in 1999. Since then her practice has served families, hospitals, and government and private agencies in the autism community. Her book about using special diets effectively is just released: *Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive*. A New England native, she lives in Colorado with her husband and son.

Pamela J. Ferro, RN is the parent of a child with autism and the co-founder of Hopewell Associates, Inc., a nurse-owned and -operated psychopharmacologic and biomedical practice specializing in the treatment of adults and children with developmental disabilities. She is the Director of the Children's Autism Program at Hopewell, as well as a DAN! Practitioner. She is the president of the Gottschall Autism Center.

Dana Godbout Laake, RDH, MS, LDN received her Master of Science degree in nutrition from the University of Maryland. Ms. Laake maintains a preventive and therapeutic medical nutrition practice, hosts a weekly live Maryland radio show, "Essentials of Healthy Living," and has recently co-authored *The Kid-Friendly ADHD & Autism Cookbook - The Ultimate Guide to the Gluten-free Casein-free Diet*.

Liz Lipski, Ph.D, CCN, CHN is board certified in Clinical Nutrition & Holistic Nutrition, the author of *Digestive Wellness*, & *Digestive Wellness for Children*, and founder of Access to Health Experts. She's the Director of Doctoral Studies at Hawthorn University. Dr. Lipski is on faculty and on the nutrition advisory board at the Institute for Functional Medicine, and is a member of the Board of Directors for the National Association of Nutrition Professionals. She's in private practice in Asheville, NC. www.accesstohalthexperts.com and www.innovativehealing.com

Julie Matthews, CNC specializes in healthy pregnancy and babies as well as autism spectrum disorders. She has been a Defeat Autism Now!® practitioner for five years. Her work and her book, *Nourishing Hope*, are based on a scientific understanding of the biochemistry of ASDs and the role of nutrition in restoring health to those affected. Julie has a private nutrition practice, teaches applied cooking classes, and hosts a weekly radio show in San Francisco.

Melissa Olive, Ph.D., BCBA completed her doctorate at the University of Minnesota in 1999. The author of over twenty book chapters and articles in peer-reviewed publications, she serves on the Editorial Boards for the *Journal of Early Intervention*, *Topics in Early Childhood Special Education*, and *Exceptional Children*. Prior to joining the CARD staff, Missy served on the faculties of the University of Nevada, Reno, and the University of Texas at Austin.

(On occasion our core faculty will be joined by special guests.)

April 16 & 17 Atlanta, GA Renaissance Waverly Hotel
October 11 & 12 Dallas, TX Dallas Fairmont Hotel

Register now at www.DefeatAutismNow.com while space is still available.

Defeat Autism Now! 2009 Nutrition Seminars

Join us for the



AUTISM RESEARCH INSTITUTE
Autism is Treatable

4182 Adams Avenue San Diego, CA 92116

Defeat Autism Now! 2009 Nutrition Seminars



One in every 150 children is diagnosed with an Autism Spectrum Disorder.

Children in the US today are more likely to be diagnosed with autism than all types of childhood cancer, diabetes, and AIDS combined (CDC, 2007).

This new epidemic demands new training for medical professionals, in the treatment of children on the spectrum.



AUTISM RESEARCH INSTITUTE
Autism is Treatable

For the first time, the Autism Research Institute (ARI) is offering two-day nutrition seminars at the spring and fall Defeat Autism Now! conferences.



At ARI, we believe an appropriate nutrition plan is the healthcare foundation for people on the spectrum.

Dietary and nutritional interventions in autism have received much attention from the public. While knowledgeable practitioners have recommended these interventions for their affected clients for years, few nutrition professionals are available to serve this population. Appropriate counseling and support is particularly important, as children with autism have been shown to suffer from documented gastrointestinal, metabolic, and immunological issues in greater number than children in the general population.

If you are a nutritionist, dietitian, or healthcare professional, come join us in Atlanta or Dallas. CEU credits have been applied for.

Defeat Autism Now! 2009 Nutrition Seminars

April 16 & 17 **Atlanta, GA** Renaissance Waverly Hotel
October 11 & 12 **Dallas, TX** Dallas Fairmont Hotel

Registration

Complete schedule information and registration is available online at www.DefeatAutismNow.com

If you need help with registration or have questions, please e-mail Tanya@DefeatAutismNow.com or call toll-free 1-866-208-0207.

For assistance with your travel needs and hotel accommodations, please e-mail Pat@NewHopeTravel.com or call toll-free 1-800-777-1337.

Seminar Objectives

Upon completion participants will be able to:

- Identify 3 behavioral symptoms noted in children with autism
- Name 3 immunological symptoms noted in children with autism
- Name 3 gastrointestinal symptoms noted in children with autism
- Describe the components of an effective nutrition assessment for children with an autism or related diagnosis
- Identify 3 appropriate diagnostic evaluations included in a nutrition evaluation
- Differentiate between a food allergy and a food intolerance
- State the benefit of targeted nutritional support for children with an autism or related diagnosis
- State the benefit of an amino acid-support formula for children with an autism or related diagnosis
- Identify 2 appropriate laboratory evaluations for gastrointestinal disorders in children with autism
- Describe the benefits of using probiotics in treatment of gastrointestinal symptoms of children with autism
- Describe the benefits of using digestive and proteolytic enzymes in children with autism
- State the appropriate application of medical food for use in children with an autism diagnosis
- Recognize 3 factors necessitating a feeding assessment referral in children with autism
- Name 3 characteristics of a proper feeding assessment in children with autism
- State 5 strategies for successful intervention for selective and picky eaters
- Identify 5 techniques for building nutrient density in a child's diet
- Identify 4 sources of gluten in common dietary intake
- Identify 4 sources of casein in common dietary intake
- List 3 sources of phenols in common dietary intake
- Name 3 characteristics of an elimination diet protocol
- Define the term "body ecology diet"
- Define the term "specific carbohydrate diet"
- Describe 3 indicators for the application of the specific carbohydrate diet in children with autism
- Identify 3 key components of a successful specific carbohydrate diet intervention for children with autism
- Name 3 common nutrient deficiencies in children with an autism or related diagnosis
- Name 3 strategies for clinical identification of nutrient deficiency in children with an autism or related diagnosis

Lectures Include:

Comprehensive Nutrition Assessment for Children with Autism
Laboratory Assessment and Nutritional Treatment Protocols
Nutrient Support for Digestive Disorders in Children with Autism
Feeding-Disorder and Feeding-Behavior Intervention in Children with Autism
Application of Fundamental & Specific Dietary Intervention in Autism
The Specific Carbohydrate Diet
Tying it All Together: Case Study Applications

The Autism Research Institute (ARI)

is a non-profit organization founded in 1967 by Bernard Rimland, Ph.D. ARI conducts and sponsors "research that makes a difference," focusing on studies that translate into immediate benefits for today's generation of children and adults with autism. Over the past three decades ARI has pioneered a number of successful treatments supported by experimental and clinical evidence.

Defeat Autism Now!

is a project of ARI dedicated to the exploration, evaluation, and dissemination of scientifically documented biomedical interventions for individuals within the autism spectrum, through the collaborative efforts of clinicians, researchers, and parents.

Supporting Science

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