



# **The Eating Disorder Foundation of Newfoundland and Labrador invite**

## **Healthcare Professionals to An Overview of ARFID with Dr. Kendra R Becker**

**Via Zoom**

**Monday, February 2nd, 2026**

**2:00 - 3:30 pm Newfoundland Time**



Dr. Kendra Becker, PHD, is the director of Translational Research, Eating Disorders Clinical and Research program (EDCRP) Massachusetts General Hospital; Director of Psychology Women's Sports Medicine Program, Massachusetts General Brigham; Assistant professor in Psychology, Harvard Medicine School. Her primary research interests include exploring emotional and personality influences on eating behaviors as well as investigating neurological, hormonal, and behavioral differences among restrictive eating disorders. She has received funding to explore neurobiological underpinnings of reward in low-weight avoidant/restrictive food intake disorder (ARFID) compared to anorexia nervosa, emotional functioning in those with ARFID, and hormonal and brain changes following cognitive-behavioral therapy for ARFID. Dr. Becker is the co-author of the "Picky Eaters Recovery Book"

Dr. Becker will include an overview of ARFID and its differentiation from other eating disorders, along with a brief discussion of ARFID assessment and an introduction to CBT-AR, discussing broadly the 4 phases of treatment and goals from each.

**\$20 Registration Fee due by Friday January 30th.**

**E-transfer to [info@edfnl.ca](mailto:info@edfnl.ca)**

**To register please contact Julia at [julia@edfnl.ca](mailto:julia@edfnl.ca)**

**CONTINUING EDUCATION CREDIT WILL BE PROVIDED.**