

**Building the Future of Patient Education to Improve Outcomes:  
Integrating behavioral psychology and digital tools to increase dietary  
adherence in people with IEMs**

*A three-part series of online educational events*

# PART 1: PODCAST MINI-SERIES

Connecting the Dots: using behavioral  
and cognitive psychology to support  
teens with IEMs

LISTEN NOW



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# PART 1: PODCAST MINI-SERIES

## Connecting the Dots: using behavioral and cognitive psychology to support teens with IEMs

Dr. Bettina Hohnen, Dr. Jane Gilmour and Dr. Kirsten Ahring

### Description:

Deep dive into the teenage brain with Bettina Hohnen and Jane Gilmour, clinical psychologists specializing in cognitive and behavioral development during adolescence.

This podcast series will cover topics relating to teenage development, and how to use this knowledge in support of patients with IEMs through the discussion of patient case studies.

### Session objectives:

- Learn about the **development of the teenage brain** and how that can impact **communication and connection** with teenage patients.
- Discover the role of **behavioral psychology as a tool** for solving the teenage **patient education** puzzle.
- Understand the **development of social cognition and decision making in teenagers** to increase engagement.



## DR. BETTINA HOHNEN

BSc (Hons), PhD, DClinPsych, PGDip  
*Consultant Clinical Psychologist &  
Honorary Senior Teaching Fellow*

Dr. Bettina Hohnen is a clinical psychologist, author and educator who for the past 20 years has worked academically and clinically in child mental health and neurodiversity. Her rigorous training combined with her warm and approachable manner make her uniquely placed to develop and deliver powerful, evidence-based interventions for parents, teachers and young people to help them flourish. Bettina is co-author of the award winning book 'The Incredible Teenage Brain: Everything You Need to Unlock Your Teen's Potential' with Jane Gilmour and Tara Murphy. She currently splits her time between writing, lecturing (honorary position at University College London) and working with families.



## DR. JANE GILMOUR

MA, PhD, DClinPsych

*Consultant Clinical Psychologist, &  
Senior Teaching Fellow*

 @TheChildPsych

Dr. Jane Gilmour is a parent, mental health professional and author. She is a Consultant Clinical Psychologist at Great Ormond Street Hospital and Course Director for a MSc child development programme at University College London. In addition, she tutors and lectures across UCL on aspects of neuropsychology, neurodevelopmental conditions and therapeutic issues. She has published more than 30 academic articles and lectures nationally and internationally. She has appeared on the BBC, and has been commissioned by the press to give advice for parents and teachers on young people's well-being. She published (with her co-authors Bettina Hohnen and Tara Murphy) *The Incredible Teenage Brain Book (Everything You Need To Know to Unlock a Teen's Potential)* for parents and teachers. Two more books for families on communication and learning styles are due for publication early next year. She aims to deliver high quality, engaging, jargon-free information to inspire change.



## **DR. KIRSTEN AHRING**

RD, MSc, PhD

*Metabolic Dietitian*

Dr. Kirsten Ahring is a Metabolic Dietitian at the National PKU Clinic in Copenhagen University Hospital Denmark and has been working clinically with PKU patients in all ages for over 23 years. Dr Ahring has authored and co-authored over 40 publications. Her major research interests are PKU, Maternal PKU, Late-diagnosed PKU patients, large neutral amino acids (LNAAs) and c-GMP (casein-Glycomacropeptide), which was the subject for her Ph.D. thesis. Currently she is a member of the Scientific Advisory Committee and part of the European PKU Guideline group, both under the ESPKU and she is a Member of the European Nutritionist Expert Panel (ENEP).

# KEY TAKEAWAYS FROM THE SESSION

**Remember there is so much potential for change and growth during this time**, young people need support to make the necessary changes to adulthood and healthcare professionals have an important role.

**The social brain will win every time with teens** - think about ways of allowing their dietary management not to cause tension with the social world.

How adults around the young person consider PKU and IEMs is how the young person will consider the condition, **a positive growth environment is important.**

# ADDITIONAL RESOURCES

- ▶ **Dr. Hohnen and Dr. Gilmour recently published a book with another colleague;** *The Incredible Teenage Brain: Everything You Need to Know to Unlock a Teen's Potential*

This book is intended for adults who are supporting teenagers. It reviews cutting edge brain research and considers what it means in a day to day context for parents, teachers and professionals supporting young people.

**They also have a podcast;** *Incredible Conversations, a podcast for adults supporting teens.*

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## [Explore the full educational series:](#)

- ▶ **PART 2 ROUND TABLE DISCUSSION:**  
**IS SOCIAL MEDIA THE KEY TO PATIENT EDUCATION IN IEMS?**  
Join experts in inborn errors of metabolism and social media for a round table and Q&A on using social media to engage with patients and support better management of their condition.
- ▶ **PART 3 WEBINAR:**  
**THE POWER OF PERSONALIZED EDUCATION: IMPROVING ADHERENCE TO DIET AND PATIENT OUTCOMES IN IEMS**  
Join this webinar to learn more about the value of personalized patient education and discover new strategies to help improve adherence among adult patient populations.





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