ACBH is pleased to offer a FREE training:

**INTRODUCTION TO FAMILY-BASED TREATMENT FOR TREATING EATING DISORDERS IN CHILDREN AND ADOLESCENTS**

This training course will occur over eight one-and-a-half-hour sessions.

- February 14, 2024, 1pm to 2:30pm
- February 21, 2024, 1pm to 2:30pm
- February 28, 2024, 1pm to 2:30pm
- March 6, 2024, 1pm to 2:30pm
- March 20, 2024, 1pm to 2:30pm
- March 27, 2024, 1pm to 2:30pm
- April 3, 2024, 1pm to 2:30pm
- April 10, 2024, 1pm to 2:30pm

**Location:** The training is offered virtually via Zoom. Links will be provided upon registration.

**Audience:** Alameda County ACBH outpatient clinicians (county, CBO, Network) who work directly with clients who exhibit signs & symptoms of Eating Disorders are highly encouraged to attend. This course may be most useful for clinicians who are currently working with clients with eating disorders or have in the past. Participants must be able to attend at least 6 of the 8 sessions to earn CE credit.

**Description:** This training offers up to 12 hours of instruction designed for outpatient clinicians to learn and practice principles of Family Based Treatment (FBT) to treat children and adolescents with eating disorders. This training will include as follows:

- Learning the core principles of FBT
- Understanding the three phases of FBT
- Practice in applying FBT to clients
- Opportunity for case presentation for implementation of FBT

**Learning Objectives – at the end of the training, participants will be able to:**

1. Name five warning signs of eating disorders
2. Name four core principles in FBT
3. Identify the three phases of FBT
4. Identify three factors of rational for implementing FBT
5. Develop a treatment plan using three FBT-based objectives

**Trainer:** Helen Savin, LCSW, has worked in the field of eating disorders since 1995. She is currently the Alameda County BHCS Eating Disorder Consultant and provides eating disorder treatment to clients and families in Alameda and Contra Costas counties.

Do you have a reasonable accommodation request or training-related grievance for an ACBH-hosted training? Please contact: Training.Unit@acgov.org and “cc” the contact person on this flyer.

**Grievance policy:** ACBH Trainings