

*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    March 20, 2024, 1pm to 2:30pm  
February 21, 2024, 1pm to 2:30pm    March 27, 2024, 1pm to 2:30pm  
February 28, 2024, 1pm to 2:30pm    April 3, 2024, 1pm to 2:30pm  
March 6, 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](mailto:Training.Unit@acgov.org) and "cc" the contact person on this flyer.

Grievance policy: [ACBH Trainings](#)

**REGISTRATION:**

For more information and to register, please contact Cecilia Gutierrez at:  
[Cecilia.Gutierrez2@acgov.org](mailto:Cecilia.Gutierrez2@acgov.org)  
Ph: 510-481-4207

**Continuing Education (CE):**

CE credit is available for completing a minimum of 6 classes for 9 CEs, or may earn more for completing, 7 or 8 sessions for a maximum of 12 CE hours.

CE credit is only provided for County and ACBH contracted Provider staff. This course meets the qualifications for up to 12 hours of CE credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006; for **Addiction Professionals** by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0622; and for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040. ACBHCS maintains responsibility for this program/course and its content.

Please note: To earn CE credit, it is the **participant's responsibility to attend at minimum 6 sessions of the training in-person**, sign in and out, achieve a score of at least 70% on the post-test(s), and complete the evaluation.

CE Certificates will be emailed to qualifying participants within 30 days of the training.