

ACBH Training Unit is pleased to offer a **FREE** training on:



# Eating Disorder Treatment: Best Practices

Friday, December 1, 2023

9:00 a.m. to 4:30 p.m.

**Location:** Online

(The webinar link will be emailed to registered participants a few days before the training)

**Target Audience:** ACBH trainings are for Alameda County Behavioral Health staff, and it's contracted provider/CBO staff.

**Trainer(s):** Lynn Tracy, PhD.

Dr. Lynn Tracy is a licensed clinical psychologist with over 20 years of experience treating and training in the field of eating disorders. She holds a Certified Eating Disorder Specialist (CEDs) credential through the International Association of Eating Disorder Professionals, and is qualified as a CEDs Supervisor, guiding professionals through the rigorous practice of gaining certification.

**Description:** This course is designed to provide an overview of the best practices for psychological care for eating disorders including diagnosis, assessment, and treatment strategies. The course will integrate current research and theory on the development and maintenance of disordered eating including the impact of implicit bias against body diversity, trauma, and racism. Training goals are that participants will leave with an understanding of eating disorders, the skills to support affected individuals, and the commitment to promoting a more compassionate and informed approach to eating disorder treatment.

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

1. Recognize 2 signs and symptoms each of anorexia nervosa, bulimia nervosa, and binge eating disorder.
2. Be able to differentiate between anorexia, bulimia, and ARFID by identifying at least 2 DSM5 diagnostic criteria which distinguish them from each other.
3. List 2 assessment techniques used to flag a potential eating disorder in a clinical setting.
4. Identify 2 sociocultural contributors to eating disorders.
5. Describe 2 common treatment approaches used to treat eating disorders.
6. Describe 2 actions clinicians can take to support a climate of body acceptance.

**To fulfill an ACBH sponsored virtual training for both attendance completion and/or CE credit, attendees must achieve a score of at least 70% on the post-test.**

**Accommodations or Grievance?:** For disability or reasonable accommodation requests, or a grievance about an ACBH training, please contact the person listed on this flyer and cc the Training Unit at [training.unit@acgov.org](mailto:training.unit@acgov.org). Please make accommodation requests a minimum of five (5) business days prior to training in order to allow time to make arrangements.

## REGISTRATION:

Please register online at:

<https://www.surveymonkey.com/r/12-1-23EatingDisorderReg>

For registration help contact:  
Behavioral Health  
[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

**When emailing, include training Date and Title in Subject Line.**

For questions, general assistance, or to cancel contact:  
[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

## Continuing Education (CE)

**CE credit is ONLY provided for County and ACBH contracted Provider staff.**

*This course meets the qualifications for 6 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 **Addiction Professionals** by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0624; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040; and for **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006.*

*ACBH maintains responsibility for this program/course and its content.*

**Please note: in order to receive CE credit from an ACBH virtual training it is the participant's responsibility to (1) attend the full training (2) fill in an evaluation, and (3) complete a post-test with a passing score of at least 70%.**

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