

ACBH is pleased to offer a FREE training
Considerations of Race, Ethnicity, and Immigration Status in the Treatment of Eating Disorders

Date & Time: Friday, January 17, 2025, 9:30AM -12:45PM

Location: The training is offered virtually via Zoom (link provided upon registration).

Audience: Alameda County Behavioral Health staff, and it's contracted community-based organization (CBO) providers. Those who work directly with clients who exhibit (or have exhibited) signs & symptoms of Eating Disorders are especially encouraged to attend.

Description: This course will explore the role of race, ethnicity, and immigration in the development and treatment of eating disorders. Through use of recommended readings, didactic lectures, as well as group discussion, we will increase participant's knowledge and clinical skills with this population. Emphasis will be placed on first person narratives and lived experiences of BIPOC individuals who have experienced disordered eating as well as current research informing best practice treatment interventions. Special attention will be paid to the ways implicit bias, financial barriers, and stigma impact the trajectory and treatment of eating disorders in these underrepresented groups.

Learning the core principles

- Impact of immigration and ethnic minority experience on the development of eating disorders
- The role of microaggressions, discrimination and marginalization on risk for the development of disordered eating behaviors and their attendant consequences.
- Identifying differential presentations of eating disorders in BIPOC and immigrant individuals
- Role of stigma and bias on eating disorder development and maintenance
- Disparities in access to culturally attuned treatment
- Treatment strategies & alternative interventions to improve outcomes

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

1. Describe 2 examples of how race and ethnicity can impact the development of eating disorders
2. Identify 2 examples of common differential presentations of eating disorders in BIPOC populations
3. Describe 3 examples of how stigma and bias influence the development and maintenance of eating disorders
4. Identify 3 common disparities in access to treatment and/or the successful implementation of treatment interventions for BIPOC populations
5. Describe 3 treatment strategies and alternative interventions to improve outcomes
6. Describe 2 assessment strategies to implement with their clients

Trainers: Dr. Lynn Tracy is a licensed clinical psychologist with over 25 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. Jennifer Vera, LMFT, has been involved in the research and treatment of eating disorders for over fifteen years, with a particular focus on the experiences of LGBTQ and BIPOC individuals.

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](#)

Training Accommodations: Training.Unit@acgov.org or (510) 567-8113

REGISTRATION:

[CLICK HERE](#)

For assistance with any issues, please contact Cecilia Gutierrez at:
Cecilia.Gutierrez2@acgov.org
Ph: 510-481-4207

Continuing Education (CE):

CE credit is available for completing full 3-hour class for 3 CEs

CE credit is only provided for County and ACBH contracted Provider staff. This course meets the qualifications for up to 3 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- 0626; 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 full training via Zoom**, 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 after the training.