

***ACBH is pleased to offer a FREE training
Eating Disorders and the Sociopolitical Landscape: The Role of Food Insecurity and Class***

Date & Time: Friday, August 23, 2024, 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 address the problem of increased eating disorder symptomatology in those who lack physical, social, and economic access to sufficient, safe, and nutritious food to meet dietary needs and food preferences (United Nations Food and Agriculture Organization, FAO, 2009). We will elucidate the intersections between class and disordered eating, including how eating disorders are developed, maintained, and treated in this sociopolitical landscape. Through use of recommended readings, didactic lectures, as well as group discussion, we will increase participant's knowledge and clinical skills with this population. Special attention will be paid to the ways implicit bias, including weight stigma, influence identification and treatment of eating disorders in this underrepresented group.

Learning the core principles:

- Impact of class and food insecurity on the development of eating disorders
- Identifying differential presentations of eating disorders in food insecure populations
- Role of stigma and bias on eating disorder development and maintenance
- Disparities in access to treatment
- Treatment strategies & alternative interventions to improve outcomes

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

1. Describe 3 examples of how food insecurity impacts the development of eating disorders.
2. Identify 2 examples of common differential presentations of eating disorders in lower SES 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 lower SES populations.
5. Describe 3 treatment strategies and alternative interventions to improve outcomes.
6. Describe 2 assessment and/or treatment strategies to implement with their clients going forward.

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:

Please register online at:
[\[link for registration\]](#)

For registration help contact:
Cecilia Gutierrez at
Cecilia.gutierrez2@acgov.org

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 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.