

***ACBH is pleased to offer a FREE training
Strengthening Families: Emotional Focused Family Coaching for Eating Disorders***

Date & Time: Friday, October 24, 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 presents research and clinical practices that support families and caregivers better care for their loved ones with eating disorders. Clinicians will be taught research validated tools and innovative strategies when working with families based on the fundamentals of emotion coaching. Didactic material will be presented along with opportunities to practice the techniques introduced. The strategies taught will take into account underserved populations and be appropriate for caregivers from diverse cultural and socioeconomic backgrounds.

Learning the core principles:

This course is designed to ensure that participants leave with the skills to support affected families and the commitment to promoting a more skilled and informed approach to eating disorder treatment.

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

1. Participants will be able to explain the benefits of adding emotion coaching to FBT with eating disorders
2. Participants will be able to demonstrate 2 techniques of emotion coaching with families
3. Participants will be able to identify 2 purposes of the caregiver led Therapeutic Apology
4. Participants will be able to name 2 caregiver blocks to effective emotional support

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.

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. Please make accommodation requests a minimum of five (5) business days prior to training to allow time to make arrangements.

Grievance policy: [ACBH Trainings](#)

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

REGISTRATION:

For more information and to register, please use this link:

[REGISTER HERE](#)

Questions? Contact:

Jennifer.Ling@acgov.org,

Ph: 415-535-3286

Continuing Education (CE)

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

*This course meets the qualifications for 3 hours of CE credit for **LMFTs, LCSWs, LPCs, 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. 04-604-0626; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040.*

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.