

**The Alameda County Behavioral Health Department is pleased to offer a FREE training on:**



## **Dialectical Behavioral Therapy Skills for Eating Disorder Treatment: An Introductory Course**

**Wednesday, March 4, 2026  
10:00 a.m. to 12:00 p.m.**

**Location:** Online

(The webinar link will be emailed to registered participants upon registration)

**Target Audience:** ACBH trainings are for Alameda County Behavioral Health staff and its contracted community-based organization (CBO) providers. Those who work directly with clients who exhibit (or have exhibited) signs and symptoms of eating disorders are especially encouraged to attend.

**Trainer(s):** 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.

**Description:** This training offers two hours of instruction for outpatient clinicians to learn how to integrate Dialectical Behavioral Therapy (DBT) Skills in the treatment of eating disorders. The course will offer an introduction on how to use DBT skills with individual clients and families.

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

1. Identify the four main DBT skills modules
2. List the key assumptions in DBT
3. Identify the eight DBT assumptions that guide treatment and apply them to the context of eating disorders
4. Name three DBT skills to use in family treatment

**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:**

For more information and to register, please use this link:  
[REGISTER HERE](#)

Questions? Contact:  
[Jennifer.Ling@acgov.org](mailto:Jennifer.Ling@acgov.org),  
Ph: 415-535-3286

### **Continuing Education (CE)**

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

*This course meets the qualifications for 2 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; 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.*



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