

ACBH is pleased to offer a FREE training
**It's a Real Drag: At the Intersections of Gender
Identity, Sexual Orientation, and Eating Disorders**

Date & Time: Friday, April 24, 2026, 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 eating disorder symptomatology among LGBTQ communities. We will elucidate the intersections between sexual orientation, gender identity 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 these underrepresented groups.

Learning the core principles:

- Impact of sexual orientation and gender identity on the development of eating disorders
- Identifying differential presentations of eating disorders in LGBTQ, trans & GNC populations
- 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 sexual orientation and gender identity can impact the development of eating disorders
2. Identify 2 examples of common differential presentations of eating disorders in LGBTQ populations
3. Describe 3 examples of how stigma and bias influence the development and maintenance of eating disorders
4. Describe 3 treatment strategies and alternative interventions to improve outcomes
5. Describe 2 assessment strategies to implement with their clients

Trainer: 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. As a queer, femme, mixed-race woman, she knows firsthand the healing value of being able to show up and be seen as one's whole self. This ethos guides Jennifer's practice as a therapist, teacher and mentor. Jennifer has served as faculty at the Women's Therapy Center and The Psychotherapy Institute in Berkeley; she has taught on the subjects of eating disorders, feminism, racial justice and relational psychotherapy throughout California. LEDE was conceived out of Jennifer's determination to create and scale eating disorder care that is culturally-attuned and financially accessible. She maintains a [private practice](#), where she provides individual and family therapy.

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](#)

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 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 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. **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006.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.