ACBH is pleased to offer a FREE training

Avoidant Restrictive Food Intake Disorder: Overview and Treatment

Date & Time: Friday, May 1, 2026, 9:30AM -12:45PM

Location: The training is offered virtually via Zoom

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 outline the diagnostic criteria and treatment modalities for supporting individuals and their families with Avoidant Restrictive Feeding Intake Disorder (ARFID). We will highlight the differential criteria between "picky eaters" and people with ARFID, outline the three different sub-types of ARFID, discuss the impact of ARFID on family systems and on individuals with ARFID, and introduce empirically validated interventions for treatment. Through use of recommended readings, didactic lecture, as well as group discussion, we will increase participants' knowledge and clinical skills with this population. Special attention will be paid to the ways implicit bias, including ideas around "wellness" and "healthy", impact diagnosis and treatment.

Learning Objectives – at the end of the training, participants will be able to:
1. Describe 3 subtypes of ARFID
2. Identify 3 factors to consider when planning interventions
3. Describe 3 intervention strategies in working with ARFID
4. Identify 3 elements of the therapist's stance
5. Specify 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.

Dr. Elizabeth Burns Kramer is a licensed clinical psychologist with over 20 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 and consults regularly with professionals who are seeking to strengthen their skills and knowledge base in the treatment of eating disorders.

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