

Alameda County Behavioral Health Department (ACBHD) is pleased to offer a FREE training

Eating Disorder Assessment and First Sessions



DATE and TIME: Friday, October 16, 2026; 9:30AM - 12:45PM

LOCATION: The training is offered virtually via Zoom

AUDIENCE: 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 & 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. This course will provide clinicians a primer on eating disorder diagnosis, assessment and treatment strategies in the first sessions, utilizing current research and clinical expertise. The course is informed by practice guidelines and research from the Academy of Eating Disorders (AED) and International Association of Eating Disorder Professionals (IAEDP).

LEARNING OBJECTIVES - at the end of the training, participants will be able to:

1. Able to name 2 reasons that all clients should be screened for eating disorders.
2. Be able to differentiate between anorexia, bulimia, BED and ARFID by identifying at least 2 DSM diagnostic criteria which distinguish them from each other.
3. List 2 assessment techniques used to flag a potential eating disorder in a clinical setting.
4. Describe 2 common barriers to care for marginalized populations and for each, a step clinicians can apply to reduce these barriers.

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.

Accommodations or Grievance?

Grievance policy: [ACBH Trainings](#)
Training Accommodations: training.unit@acgov.org or (510) 567-8113

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.

Registration

To register, please use this link:

[REGISTER HERE](#)

Questions? Contact

Jennifer.Ling@acgov.org.

Continuing Education (CE)

CE credit is ONLY provided for County and ACBHD 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. 04-604-0626; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040.

ACBHD maintains responsibility for this program/course and its content.

Please note: in order to receive CE credit from an ACBHD virtual training it is the participant's responsibility to

- (1) attend the full training
- (2) fill in an evaluation, and
- (3) for online/virtual trainings, 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.