

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

BINGE EATING DISORDER: OVERVIEW AND TREATMENT



DATE and TIME: November 13, 2026 from 9:30am to 12:45pm

LOCATION: The training is offered virtually via Zoom

AUDIENCE: Alameda County Behavioral Health Department staff, and it's contracted community-based organization (CBO) providers: Therapists, Psychologists, Social Workers, Psychiatrists, mental health Interns, Post Doc Residents, Physicians, Nurses, Dietitians, and Peer Specialists.

DESCRIPTION: This course will outline the diagnostic criteria and treatment modalities for supporting individuals and their families with Binge Eating Disorder (BED). We will review the common causes of Binge Eating Disorder and focus on current, evidence-based treatment modalities. We will highlight clinical interventions and practical strategies for those struggling with BED. Special attention will be given to the latest medical treatment for BED (GLP1s). 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 such as weight stigma and diet culture impact diagnosis and treatment.

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

1. Identify 3 common precursors to a binge eating episode
2. Describe 3 intervention strategies in the CBT protocol for BED
3. Identify 3 treatment responses to overconcern about shape and weight
4. Specify 2 treatment strategies to implement with 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. 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?

Grievance policy: [ACBHD 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 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 Dept. (ACBHD) 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; and **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006.

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

Please note: To receive CE credit from an ACBHD training, it is the participant's responsibility to

- (1) attend the full training
- (2) fill in an evaluation at the end; 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.