

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



The Intersection of Eating Disorders and Trauma: An Introductory Course

Wednesday, May 20, 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: 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 Costa counties.

Description: This training offers two hours of instruction for outpatient clinicians to learn about the intersection of eating disorders and trauma. This training will discuss the connections between trauma and eating disorders and will identify evidenced based treatments used to treat trauma and eating disorders simultaneously.

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

1. Identify two screening tools for Post-Traumatic Stress Disorder
2. Identify two screening tools for eating disorders
3. Explain how untreated trauma maintains eating disorder behaviors
4. Name two evidenced-based treatments that integrate trauma and eating disorders 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. 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,

Ph: 415-535-3286

Continuing Education (CE)

CE credit is ONLY provided for County and ACBH 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: 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 training participants within 30 days after the training.

