

A Public Health Approach: Trauma and Eating Disorders

DATE & TIME:

April 15, 2026

8:30AM - 12:30PM

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: Web Broadcast – Microsoft TEAMS

REGISTRATION: <https://eventshub.dmh.lacounty.gov>

DESCRIPTION: This 4-hour training gives providers a research-based understanding of eating disorders, their cultural role, and how to treat eating disorders (primary, secondary and tertiary). Through this training, attendees will gain skills to discuss disordered eating and exercise in safety-focused ways that also facilitate trauma recovery. Ideally, attendees apply these concepts to themselves first, so that they can more clearly work with clients' disordered eating and exercise issues.

TARGET AUDIENCE: Staff from DMH directly operated and contracted programs.

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Identify the role of the elusive body ideal in disordered food and body patterns.
2. Discuss the literature on the impact of the pandemic on eating disordered behaviors and patterns.
3. List the DSM-5 eating disorders diagnoses as well as other related diagnoses.
4. Recognize differences, if any, among different races, and genders in terms of eating disorder prevalence.
5. Describe the evidence showing trauma's role in the development of unsafe food and body patterns.
6. Name a specific intervention to support a client with unsafe food and body patterns.

CONDUCTED BY: Gabriella Grant, MA
Director of the Trauma Informed California

COORDINATED BY: Anna Perne, LCSW – Mental Health Training Coordinator
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DEADLINE: When capacity is reached.

CONTINUING EDUCATION: 4.0 hours for BBS, BRN, CCAPP-EI
4.0 CE for Psychologist

COST: NONE