

## Treating Eating Disorders in Youth with Emotion Dysregulation

**DATE & TIME:**

**April 28, 2026**

**9:00AM - 4:30PM**

***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 – Zoom**

**REGISTRATION:**

**<https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13508>**

**DESCRIPTION:** This training will facilitate the understanding of the breadth of eating disorders and interventions. It will highlight how evidence-based modalities such as Cognitive Behavior Therapy for eating disorders (CBT-E), Family -Based Treatment (FBT), and Dialectical Behavior Therapy (DBT) can effectively support youth and families facing eating disorders in the face of emotion and behavior dysregulation. Information will equip clinicians with the big picture of conceptualizing DBT structure and activities with clients presenting with eating disorders and emotion dysregulation. Training will highlight the current research and provide a framework for treating food/eating related behaviors.

**TARGET AUDIENCE:** **DMH staff and contracted mental health staff rendering specialty mental health services to children and youth in the child welfare system and/or community.**

**OBJECTIVES:**

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

1. Describe the importance of cultural diversity as part of assessing, diagnosis and treatment.
2. Explain how eating disorders correlate to emotion dysregulation.
3. Describe the biosocial theory in eating disorders and DBT.
4. Summarize research supporting the use of Cognitive Behavior Therapy for eating disorders (CBT-E), Family-Based Treatment (FBT) and DBT for children and youth with eating disorders.
5. Describe the functions and modes used in DBT.
6. Explain when and how to adjust standards to resolve tensions.

**CONDUCTED BY:**

**Mudita Bahadu, Ph.D., Hollie Granato, Ph.D., Jenna DiLossi, Psy.D. & Melissa Harrison, LPCC**

**COORDINATED BY:**

**Yeni Cruz, LCSW - Training Coordinator  
[ycruz@dmh.lacounty.gov](mailto:ycruz@dmh.lacounty.gov)**

**DEADLINE:**

**April 27, 2026 or when capacity is reached.**

**CONTINUING EDUCATION:**

**None**

**COST:**

**None**