

Trauma and Eating Disorders during a Pandemic



Instructor:
Gabriella Grant, MA

Instructor Information:

Gabriella Grant, MA trains professionals in the social services on an array of topics, including trauma, substance abuse, PTSD, eating disorders, problem gambling, domestic violence, sexual assault and child abuse. She has worked with criminal justice agencies, the courts, social service agencies and public health departments. As a trained policy analyst, Ms. Grant looks at how understanding the neurobiological effects of trauma, safety and coping can be adapted for effective programming, staff training, policies, and procedures to create a therapeutically beneficial milieu for a variety of treatment modalities and outcomes.

Course Description:

This training gives providers a research-based understand of eating disorders, cultural considerations, and how to treat eating disorders (primary, secondary and tertiary). Attendees will discuss and gain skills in working with disordered eating and exercise in safety-focused ways that also facilitate trauma recovery. Attendees will be challenged to apply these concepts to themselves first, so that they can more clearly work with clients' disordered eating and exercise issues.

***Date:* February 22, 2021 & March 1, 2021**

(**must attend both dates for CE credit**)

***Time:* 10:00am – 11:30am**

***Location:* Virtual training- link will be sent to registrants**

**RUHS-BH Staff - Please register for this course via COR at <http://corlearning.rc-hr.com>
All other interested partners, please visit www.rcdmh.org/wet**

Continuing Education Credits: This course meets the qualifications for **3** continuing education units/credits/hours. Please see the brochure for additional information.

Trauma and Eating Disorders during a Pandemic

Part 1: February 22, 2021

10:00am-11:30am

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Part 2: March 1, 2021

10:00am-11:30am

Must attend both dates for credit

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Ms. Grant started working with Dr. Najavits in 2006, when she oversaw a statewide project in California to increase access to domestic violence shelters by women with mental health and/or substance abuse issues. She coordinated the trainings on Seeking Safety and helped guide and evaluate its implementation within domestic violence shelters. She currently conducts Seeking Safety in a community setting. Ms. Grant is the director of the California Center of Excellence for Trauma Informed Care, located in Santa Cruz, California, overseeing the Center's research, program and professional development as well as policy analysis activities.

Audience: RUHS-BH staff including LMFT's, LCSW's, LPCC's, and LEP's; Registered Nurses; and substance use counselors. Audience can also include associate and support staff. Level of training intermediate – attendees need some basic understanding of ED to benefit.

Seat #: 60 seats total

Location: Virtual training- link will be sent to registrants

This is an ADA compliant course. If you require accommodations, please contact the Rustin Conference Center at (951) 955-7270 fourteen days (14) prior to the course date.

Educational Goals:

- Understand how to treat eating disorders and important cultural considerations that impact care.
- Discuss and gain skills in working with disordered eating and exercise in safety-focused ways.

Learning Objectives:

- Explain two (2) historical cultural ideals, relevant in California, that can affect eating disorders.
- List four (4) central roles that complex trauma plays and how they relate to complex eating disorders.
- Describe two (2) key findings from the Adverse Childhood Experiences (ACEs) research and explain their impact elusive body ideals.

Course outline:

Day 1 Agenda

February 22, 2021 Day 1	
10:00am-10:10am	Introductions and instructions
10:10am-10:30am	Cultural ideals
10:30am-11:00am	Elusive body ideal
11:00am-11:25am	Disordered eating and the elusive body ideal
11:25am-11:30am	Q&A

Day 2 Agenda

March 1, 2021 Day 2	
10:00am-10:10am	Introductions and instructions
10:10am-10:30am	Complex trauma and central trauma roles
10:30am-11:20am	DSM-5 Eating Disorder Diagnoses
11:00am-11:25am	Treatment: Accepting self and integrating the splits
11:25am- 11:30am	Q & A and Evaluations

This course meets the qualifications for 3 continuing education units/credits/hours.

Continuing Education: Course meets the qualifications for **3** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 100060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for 3 Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-2021 for 3 CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Manuel Pondivida via email at MPondivida@ruhealth.org. Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, continuing education certificates will be issued immediately after the completion of the course. For distance learning courses, continuing education certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Participants interested in receiving *certificates of participation* should contact Manuel Pondivida via email at MPondivida@ruhealth.org. Please include the following information in your email request: full name and title of training.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<http://corlearning.rc-hr.com/>). The enrollment deadline is three (3) calendar days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit www.rcdmh.org/wet.

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) calendar days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Taide Arias at TArias@ruhealth.org or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-

Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).