

FRIDAY, MAY 9, 2025

2:30 -4:30 PM

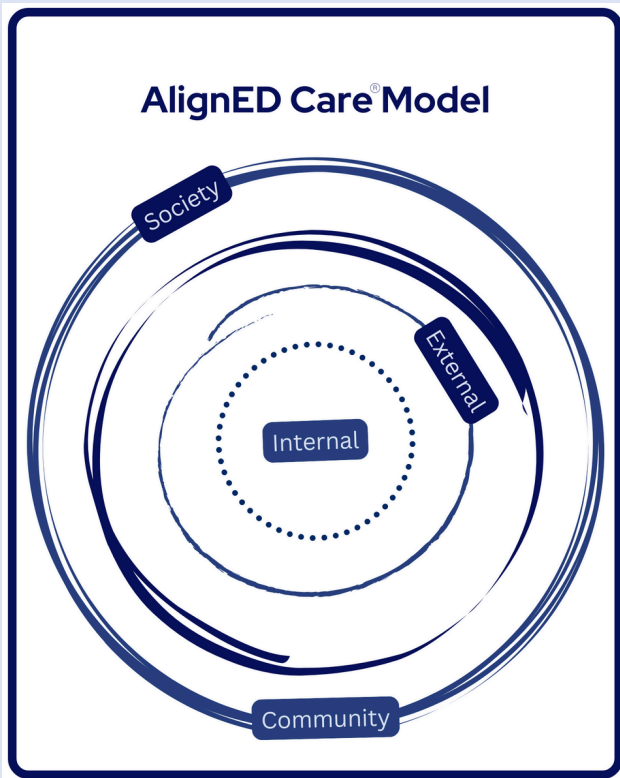
AlignED Care®
Eating Disorder & Mental Health Center

ALIGNED CARE®,
17609 Ventura Blvd. #302
Encino, CA 91316

NETWORKING AND CE EVENT:

Addressing Complexities in Eating Disorder Care Through a Multidimensional Model

Join us for a two-hour professional event hosted by **AlignED Care® Eating Disorder & Mental Health Center**. This event includes dedicated time for networking, an introduction to our team and programs, and a one-hour CE training designed for mental health professionals working in any capacity (clinical, outreach, administrative, etc.)



Course Schedule:

2:30–3:00 PM | Networking & Connection*

3:00–3:15 PM | Program Overview & Team Introductions*

3:15–4:15 PM | CE Presentation: Addressing Complexities in Eating Disorder Care Through a Multidimensional Model (1 CE Credit)

4:15–4:30 PM | Q&A*

**Networking, program overview and Q&A are not eligible for CE credit*

1 CE CREDIT (NEXT PAGE)*

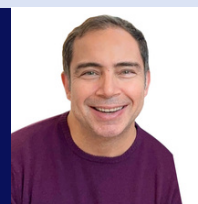
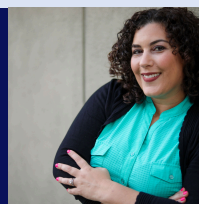
Target Audience: Mental health clinicians, administrators, outreach professionals, direct care staff.

***Course meets the qualifications for 1 hour of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences**

Course Completion Certificates will be awarded within 1 week of the course in exchange for a completed evaluation form.



RSVP:
www.alignedcarecenter.com/professionals



1 CE CREDIT*

Addressing Complexities in Eating Disorder Care Through a Multidimensional Model



Presented by:

Robyn Caruso, LMFT & Alyssa Davis, RDN

Licensed Marriage
and Family Therapist

Registered Dietitian
Nutritionist



Robyn Caruso is a Licensed Marriage and Family Therapist in California (LMFT #80168), Florida (TPMF871), Arizona (LMFT-16077), and South Carolina (LMF.8058 MFT). She is the founder of **AlignED Care® Eating Disorder and Mental Health Center**.

Robyn is a Certified Eating Disorder Specialist (CEDS-C), Certified Experiential Therapist (CET I), and iaedp Approved Consultant. She is intensively trained in DBT, Level 1 trained in Radically Open DBT (RO-DBT), and a Basic Accelerated Resolution Therapy® (ART®) practitioner. Robyn also serves as Clinical Faculty at Antioch University Los Angeles.

Alyssa Davis, MS, RD is a Registered Dietitian with over nine years of experience in eating disorder care across all levels of treatment. She brings a weight-inclusive, non-diet, and trauma-informed approach to her work, integrating mindful eating, body image healing, and the mind-body connection. Alyssa maintains a private practice and serves as faculty in the Department of Nutrition and Food Science at California State University, Los Angeles. She specializes in disordered eating, body image concerns, and performance nutrition, with a strong commitment to creating inclusive, identity-affirming care for diverse clients.

This presentation introduces the AlignED Care Model, a multidimensional clinical framework developed to support individuals experiencing eating disorders, trauma, and other mental health conditions. The model integrates six areas of alignment—functional, nutritional, medical, emotional, relational, and spiritual—across four core dimensions: Internal, External, Community, and Society.

Grounded in sociometry, DBT's biosocial theory, and feedback-informed treatment, the model equips clinicians to respond to the ways trauma, neurodivergence, identity, and systemic oppression impact emotional regulation, eating behaviors, and access to care. Participants will explore how to conceptualize client experiences across multiple domains and apply this model to guide inclusive, flexible, and sustainable treatment planning.

Note: The AlignED Care Model is a clinical framework that integrates evidence-based approaches, but is not a standalone empirically validated treatment protocol.

Following this presentation, participants will be able to:

1. Describe the four dimensions and six areas of alignment in the AlignED Care® Model.
2. Identify the key theories that inform the model, including sociometry, DBT, and feedback-informed treatment.
3. Explain how trauma, identity, and systemic factors shape eating disorder presentations.

*AlignED Care Eating Disorder and Mental Health Center is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. AlignED Care Eating Disorder and Mental Health Center maintains responsibility for this program/course and its content.

CAMFT approval Number 1032797

Visit us online to request accommodations and for grievance policy

www.alignedcarecenter.com