

A FULL PLATE: UNDERSTANDING AND WORKING WITH EATING DISORDERS

A Workshop with Dr. Abby Blair, LICSW, CEDS



A WORKSHOP FOR MENTAL HEALTH PROFESSIONALS

This workshop aims to provide social workers and counselors with a comprehensive understanding of the most commonly seen eating disorders in clinical practice, how to assess for the presence of an eating disorder, and current treatment approaches. Through interactive discussions and clinical examples, participants will gain the knowledge and awareness needed to address eating disorders and feel comfortable referring clients to the appropriate level of care.

LIVE, INTERACTIVE VIRTUAL TRAINING VIA ZOOM
REGISTER: laceyamoscounseling.com/workshops
Registration closes 2/19 @ 10:00 am CST

**FRIDAY
FEBRUARY 20, 2026**

**3 NBCC/ABSWE HOURS
9:00AM-12:15PM**

**\$75.00 Early Registration Rate
\$90.00 after February 6, 2026**

WORKSHOP OBJECTIVES

- Understand eating disorders: define each of the major eating disorders
- Be able to identify if an ED is present and utilize an appropriate screening tool
- Understand current approaches in the treatment of eating disorders
- Identify introductory interventions
- Gain knowledge of local and national referrals and resources

DR. ABBY BLAIR

Dr. Abby Blair is a licensed clinical social worker and certified eating disorder specialist and owner of Blair Counseling & Consulting in Birmingham, AL. She has worked in varied settings in the mental health field, primarily working with adolescents and adults since 2006. Her current primary focus is working with individuals diagnosed with an eating disorder, either seeking treatment for the first time or for follow-up after completing a program. Dr. Blair is also trained in CBT-AR for individuals ages 10 and up who have been diagnosed with ARFID.

In addition to managing her clinical practice, she is an ad hoc reviewer for The Child and Adolescent Social Work Journal and a trained mitigation specialist working with defendants charged with the death penalty.



**PROGRAM PROVIDER:
LACEY AMOS, ED.S., LPC-S**

Lacey Amos, M.A., Ed.S. is a Licensed Professional Counselor-Supervisor and the owner of Lacey Amos Counseling. She holds a B.A. in Journalism and Mass Communication from Samford University and began a career in mental health in 2006 after graduating from Louisiana State University. Lacey began administrating training programs in 2019 and enjoys offering quality programs to the mental health community.



FOR MORE INFORMATION PLEASE CONTACT LACEY AMOS COUNSELING:

(205)440-3686 • 732 Montgomery Hwy. PMB 217 Vestavia Hills, AL 35216 • laceyamoscounseling.com •

laceyamos@laceyamoscounseling.com

Lacey Amos Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7549. Programs that do not qualify for NBCC credit are clearly identified. Lacey Amos Counseling is solely responsible for all aspects of the programs. Lacey Amos Counseling has been approved by the Alabama State Board of Social Work Examiners as an Approved CE Provider, Provider No.0806.