

# BACA

Clinique des  
troubles  
alimentaires

Eating Disorder  
Treatment  
Clinic

## CLINICAL TRAINING ON SPECIALIZED INTERVENTIONS FOR INDIVIDUALS WITH EATING DISORDERS

Many healthcare professionals have shared their concerns about intervening with an increasingly large clientele suffering from eating disorders (EDs). Indeed, the severity of physical and psychological symptoms associated with EDs, their frequent comorbidities, and the often-characterized resistance to change in this clientele underscore the importance of better understanding the illness and equipping oneself effectively to better assist those who suffer from it. Since 2001, Clinique BACA has been offering a training program for mental health professionals who feel the need to enhance their skills to intervene more effectively with individuals presenting with EDs. Join us for our training; we would be delighted to share our knowledge with you!

**Content:** A two day training that outlines a wealth of evidence-based information, integrating clinical skills workshops covering psychological, nutritional and medical aspects of eating disorders

**Facilitator:** Tania Lemoine, PsyD, MSSW, CEDS, Founder and Director of the BACA clinic, author of “l’Espoir a table”.

**Cost:** The total cost for the training is 600\$ plus taxes. Total of 13 hours of training over 2 days.

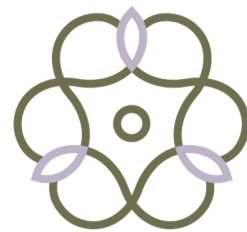
**Dates:** June 12 and 19, 2026,

**Lieu:** 2121 Crescent, Suite 200, Mtl, QC, H3G 1L5

**Registration:**

In order to reserve your place, please return the enclosed registration form to [info@cliniquebaca.com](mailto:info@cliniquebaca.com) and transfer 300\$ to [recevables@cliniquebaca.com](mailto:recevables@cliniquebaca.com), before the deadline (2 weeks before the selected training). The second installment will be due via transfer on the first day of training.





## Curriculum Day 1

01

### 9AM TO 12PM: PSYCHOEDUCATION OF EATING DISORDERS:

- The BACA model
- Psycho-education: Overview of definitions, Statistics, DSM-5 Criteria, Causes: predisposing - perpetuating and maintenance factors
- Clinical workshop 1: (various clinical case presentations covered throughout the training: Anorexia, Bulimia, Binge Eating Disorder, Eating Disorders Not Otherwise Specified, etc.)
- Q & A

*12PM TO 1:30PM: LUNCH*

02

### 1:30PM TO 3:30PM: NUTRITION AND EATING DISORDERS

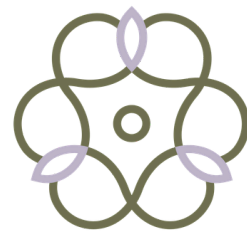
- Who, when, why, and how to work the symptoms of the eating disorder
- When and why implicate the family
- Psychological and physiological effects linked to eating disorder behaviours
- Setpoint and other issues linked to weight and weighing
- Mechanical vs. intuitive eating
- Specific nutritional Interventions and objectives targeting anorexia, excessive exercising, bulimia, bingeing and compulsive eating
- Clinical workshop 2
- Nutritional intervention tools;
- Q & A

*3:30PM TO 3:45PM: BREAK*

03

### 3:45PM TO 5PM: MEDICAL ASPECTS

- Medical information: signs and symptoms, medical danger vs. minimal health vs. optimal health
- Types of hospitalisations (medical/psychiatric/home hospitalisation)
- Psychopharmacology
- The importance of nutritional supplements
- Daily review



## Curriculum Day 2

01

### 9AM TO 10:45AM: GLOBAL ASSESSMENT

- Conducting an assessment: different types of evaluations
- Adult assessments vs. adolescent (family) assessments
- Evaluating the symptomatology and the severity of the eating disorder
- Psychometric testing
- Evaluating comorbidities: psychological disorders, learning disabilities, and physical conditions; what to prioritize and how
- Knowing when to refer.

*10:45AM TO 11AM: BREAK*

02

### 11AM TO 12:00PM: TREATMENT

- Assessing motivation to change, eating disorder stages and functions
- Multidisciplinary treatment plans and Therapeutic contracts
- The importance of multidisciplinary and interdisciplinary work
- Treatment modalities and recommended intensity of services
- Clinical workshop 3

*12PM TO 1:30PM: LUNCH*

03

### 1:30PM TO 2:30PM: TREATMENT (CONTINUED)

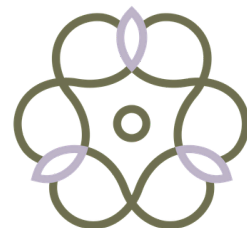
- Integration of different theoretical approaches to treatment: Psycho-education, CBT, DBT, Psychodynamic, Systemic, Trauma centered
- Family approaches
- Clinical workshop 4: (presentation of different types of family follow-ups)

*2:30PM TO 2:45PM: BREAK*

04

### 2:45 TO 5PM: PUTTING IT ALL TOGETHER

- Full vs. partial recovery: process, stages, slip vs. relapse
- Clinical workshop 5: (examples of recovered patients);
- Complete array of psychological intervention tools
- Ressources
- Q & A and review and feedback of the training



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## REGISTER NOW

A receipt, a training certificate, as well as numerous clinical tools and references will be provided on-site. Please note that spaces are limited, and a maximum of 15 people can attend each training session. Your spot is reserved only upon receipt of the form along with payment. For more information, please contact Stéphanie Joyal at 514-544-2323 or by email at [info@cliniquebaca.com](mailto:info@cliniquebaca.com).



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*Join Us!*