



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center



Eating Disorders and Trauma in Youth

Presented by:
Maria Fernanda Bayron Vazquez M.S.

Wednesday, June 11, 2025

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

No CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/T8W8N77>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on June 10, 2025

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

This presentation explores eating disorders in youth, emphasizing symptoms, prevalence, and cultural influences. It highlights the unique challenges faced by vulnerable groups, especially LGBTQ youth and males, focusing on how self-esteem, body image, and identity development affect risk and recovery. While trauma is acknowledged as a contributing factor, the main focus is on recognizing, diagnosing, and supporting affected young people. Evidence-based treatments such as trauma-informed care, cognitive behavioral therapy, dialectical behavior therapy, and family-based interventions are reviewed. The presentation also stresses the importance of accessible mental health services and shares information about free therapy resources available in Palm Beach County. Designed for mental health professionals, it offers practical tools and a comprehensive framework to better understand, identify, and intervene in eating disorders, aiming to foster healthy self-esteem and resilience in at-risk youth.

Learning Objectives:

At the conclusion of the training, participants will be able to:

- 1) Define various types of eating disorders and identify statistics related to prevalence rates in various populations.
- 2) Explain the interrelationship between eating disorders and trauma.
- 3) Describe different types of treatment settings and clinical approaches to treating eating disorders.

Presenter:



Maria Fernanda Bayron Vazquez, M.S. is a dedicated doctoral candidate in Clinical Psychology at Albizu University, Miami Campus, specializing in Clinical Psychology within an APA-accredited program. She is currently completing her doctoral internship at the Youth Services Department. Maria has worked in diverse settings, including residential treatment centers, outpatient facilities, and private practices, focusing on trauma-informed care, eating disorders, neurodevelopmental disorders, and psychological assessments. Her expertise in treating eating disorders includes utilizing evidence-based therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance Commitment Therapy (ACT). Maria has presented on topics such as Acceptance Commitment Therapy (ACT), case conceptualization, and integrative report writing, showcasing her ability to translate theoretical knowledge into practical applications. Fluent in English and Spanish, she is an active member of the American Psychological Association and has earned multiple academic honors, reflecting her commitment to advancing psychological science and clinical practice.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

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www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460