



# Eating Disorders in Trans Communities

With Dr. Sand Chang (they/them/theirs)



## Course Description

Eating disorders do not discriminate across culture, gender, or socioeconomic status, yet eating disorders assessment and treatment approaches are typically geared toward what has long been considered a “typical” client with an eating disorder: white, heterosexual, cisgender, college educated women. These stereotypes and assumptions create enormous barriers for trans people, who are 8 times more likely to be diagnosed with eating disorders than cisgender people. Eating disorders, disordered eating, and body image will be discussed as existing on a spectrum that is deeply embedded in diet culture and the obsession with body ideals that do not serve the vast majority of the population and are often harmful to trans and nonbinary people and BIPOC (Black, Indigenous, and people of Color).

## Course Objectives

After participants complete this course, they should be able to:

1. Challenge unconscious biases with respect to weight and eating disorders, including the ways in which colonialism and diet culture may have informed biases.
2. Demonstrate an ability to differentiate basic concerns related to food, body, and what is characterized as eating disorders.
3. Name two challenges in the assessment and treatment of eating disorders in trans communities, including the roles of sexism, transphobia, and fatphobia.
4. Describe two current hypotheses regarding the relationship between gender dysphoria and eating disorders in trans communities.

## Trainer Bio

**Sand Chang, PhD (they/them/their)** is a Chinese American, genderfluid, nonbinary psychologist and trauma-informed DEI consultant based in Oakland, CA. They are a Certified Body Trust provider, Certified IFS Therapist, and Certified EMDR Therapist. Their career has been dedicated to body liberation, specifically with regards to trans health, eating disorders, and trauma. Outside of work, Sand is a dancer, punoff competitor, and smooch-faced dog enthusiast.



**Dates:** Thursday, June 2nd and Friday, June 3rd, 2022  
9am-12pm both days

**Location:** Zoom (online)  
Login info to be provided. Full visual (webcam) and audio is required.

**Registration:** [sccLearn.sccgov.org](https://sccLearn.sccgov.org)

## Training Audience:

County of Santa Clara Behavioral Health Services Department staff and contracted agencies.

## Learning Partnership Details:

Please contact Learning Partnership if you need accommodations for trainings at [LPTraining@hhs.sccgov.org](mailto:LPTraining@hhs.sccgov.org).

You now can download/print your own CEU Certificates online at [sccLearn](https://sccLearn.sccgov.org) 2-4 weeks after the training date.

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