



Certification: The iaedp™ Core Curriculum
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iaedp™ Certification Committee Co-Chairperson

To qualify for a CEDS (Certified Eating Disorders Specialist) or CEDS-RD (Certified Eating Disorders Specialist-Registered Dietitian) from iaedp™, candidates must demonstrate eating disorder expertise through a range of professional activities, achievements, supervised experience, and testing. One aspect of competency demonstration involves the iaedp™ Core Curriculum. The Core Curriculum includes four courses:

- Course 1 – Introduction to Eating Disorders
- Course 2 – Treatment Modalities for Eating Disorders
- Course 3 – Medical Aspects of Eating Disorders
- Course 4 – Nutritional Aspects of Eating Disorders

The iaedp™ Core Curriculum is designed to accomplish two goals: 1) to endow the candidate with advanced, practical, graduate-level knowledge considered essential to eating disorder expertise; and 2) to prepare the candidate to successfully pass the iaedp™ Certification Examination. Candidates for the CEDS must satisfactorily complete all four Core Courses. Candidates for the CEDS-RD, because of their existing advanced training and experience with nutrition and dietetics, must satisfactorily complete Courses 1, 2, and 3 only.

iaedp™'s Core Curriculum is offered online through iaedp.com. Each Core Course costs \$100 for iaedp™ members and \$125 for non-members.

Candidates who have satisfactorily completed what they believe to be a substantially equivalent graduate-level course at an accredited institution of higher learning and wish to substitute this course for an iaedp™ Core Course can assemble documentation to demonstrate this equivalency. iaedp™'s Certification Committee will review the documentation and determine whether or not to grant the individual equivalency. If equivalency is established, the candidate need not complete that particular Core Course directly through iaedp™.

Each Core Course involves purchase of one or more textbooks, and oftentimes additional readings and videos of professional presentations made available through iaedp™. The candidate follows a detailed syllabus for each Core Course, completing the required readings and/or videos, and writing various essays to demonstrate in-depth application of key concepts. Once the candidate has completed the above, s/he will take an online final exam for each Core Course, and must pass each exam with a grade of 75% or higher. Exams contain 40-50 multiple choice and true/false questions, some testing knowledge acquisition and others testing knowledge application.

Upon satisfactory completion of the Core Courses, combined with a completed and approved application for the CEDS or CEDS-RD, the candidate should be adequately prepared and may sit for the iaedp™ Certification Examination—the final, comprehensive demonstration of competency in eating disorder expertise. Upon successful completion of this Certification Examination, iaedp™ will award the candidate the CEDS or CEDS-RD, as appropriate to their profession, and the candidate can join the influential group of professionals in North America who have demonstrated their eating disorder expertise and commitment by meeting the rigorous standards of the CEDS or CEDS-RD.

For more information regarding certification, please contact Julie Holland, MHS, CEDS, Certification Director, at iaedpmembers@earthlink.net.

