

SYLLABUS
Introduction to Eating Disorders
IAEDP Core Course

Description: This course is designed primarily for healthcare professionals. It offers an introduction to the critical topics in eating disorders, including anorexia nervosa, bulimia nervosa, eating disorder not otherwise specified, binge-eating disorder, obesity, the special needs of children, males, and athletes with these issues, and cultural perspectives. Completion of this course is intended to meet one requirement for certification by IAEDP as an eating disorder specialist.

The primary textbook for this class is:

Grilo, C.M. (2006). *Eating and Weight Disorders*. New York: Psychology Press.

Key supplemental texts include:

Keel, P.M. (2005). *Eating Disorders*. Upper Saddle River, NJ: Pearson.

Zerbe, K.J. (1993). *The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment*. Carlsbad, CA: Gurze.

REQUIREMENTS TO COMPLETE THIS COURSE:

1. Please obtain the three books listed above. You may obtain them from libraries or purchase them from traditional or online bookstores such as Amazon.com.
2. Begin by reading Keel's book in its entirety. This book offers a basic introduction to each topic in this class. It also contains a useful glossary.
3. Read Grilo's book. This book offers a more advanced discussion of major topics in this class. Once you complete each chapter in this book, write a 300-500 word synopsis of each chapter.
4. Read Zerbe's classic book. When finished, choose one topic discussed in this book and write a 1000 word essay either considering this topic in relation to your own life or the case histories of one or more patients whom you have treated.
5. You will listen to three MP3 audio lectures taken from IAEDP's extensive library of audio educational material. Please listen to each lecture. Once you complete each lecture, write a 300-500 word synopsis of each.

2006 Symposium, Genetics Panel Discussion, Bermudez et al. (2 hours).

2006 Symposium, The Eating Disordered Child, Woods & Wandler. (2 hours).

2006 Symposium, Eating Disorders Across the Lifespan, Cumella. (1.5 hours).

When you have completed the course, you may take the final test for the course at the same site where you posted your assignments. It is an open book test. When you finish the test, you will receive an email with your results.

When you are notified that you have passed, fill out the Core Course Completion Form available on the Quick Links Page at www.iaedp.com.