

**SYLLABUS**  
**Treatment Modalities for Eating Disorders**  
iaedp Core Course 2

Description: This course is designed primarily for healthcare professionals. It offers an introduction to best practice treatment modalities for eating disorders. The course is designed to familiarize the student with individual, group, and family treatments for eating disorders. Completion of this course is intended to meet one requirement for certification by iaedp as an eating disorder specialist.

The primary textbooks for this class are:

Garner, D.M., & Garfinkel, P.E. (Eds.). (1997). *Handbook of Treatment for Eating Disorders*. New York: The Guilford Press.

Johnson, C.L. (Ed.). (1991). *Psychodynamic Treatment of Anorexia Nervosa and Bulimia*. New York: The Guilford Press.

Key supplemental texts include:

Bulik, C.M., Reba, L., Siega-Riz, A.M., & Reichborn-Kjennerud, T. (2005). Anorexia Nervosa: Definition, Epidemiology, and Cycle of Risk. *International Journal of Eating Disorders*, 37, S2-S9.

Lock, J., Le Grange, D., Agras, W.S., & Dare, C. (2001). *Treatment Manual for Anorexia Nervosa: A Family Based Approach*. New York: The Guilford Press.

Mitchell, J.E., & Peterson, C.B. (Eds.). (2005). *Assessment of Eating Disorders*. New York: The Guilford Press.

**REQUIREMENTS TO COMPLETE THIS COURSE.**

1. Please obtain the texts and articles listed above. You may obtain them from libraries or purchase it from traditional or online bookstores such as Amazon.com.
2. Read the *Handbook of Treatment for Eating Disorders* and then read *Psychodynamic Treatment of Anorexia Nervosa and Bulimia*. Develop a 1 page outline of each chapter accompanied by a 250-500 word synopsis of each chapter.
3. Read the supplemental texts. After completing each text, write a 300-500 word synopsis of each.
4. You will download three MP3 audio lectures taken from iaedp's extensive library of audio educational material. Please listen to each lecture. Each lecture lasts approximately one hour. Once you complete each lecture, write a 300-500 word synopsis of each.

- Part I - Treatment of Clients with Eating Disorders Secondary to Attachment Trauma: Utilizing Affect Intensifying Psychotherapies with Schema Change
  - Part II - Subtypes of Eating Disorders Clients and Implications for Prognosis, Treatment and Etiology, Mark Schwartz, ScD and Lori Galperin, LCSW
  - Beyond the Body Betrayed: Integrated Treatment of Eating Disorders, Kathryn Zerbe, MD
5. 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.
  6. 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](http://www.iaedp.com).

## Core Course Completion Form

Today's Date: \_\_\_\_\_

Your name (print):

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Your address:

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Your daytime telephone number: \_\_\_\_\_

Alternate phone number: \_\_\_\_\_

Your email address (REQUIRED):

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The name of the course you have just completed:

\_\_\_\_\_

**ATTESTATION. I,**

\_\_\_\_\_, attest that I have completed the coursework for this class, Nutrition Issues in Eating Disorders, including readings and audio lectures, as described in the course syllabus. I further attest that I have written all papers and completed the final exam without input from anyone else. I have not shared the final exam with anyone. My signature below attests to these declarations.

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**Signature**

**Date**