

SYLLABUS

Nutritional Issues in Eating Disorders (Course 3)

Description: This course is designed primarily for healthcare professionals. It offers an introduction to nutrition issues in eating disorders. The course is designed to familiarize the student with nutrition science essentials, medical nutrition therapy and counseling, and the non-diet approach to weight management. 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:

Whitney, Cataldo, DeBruyne, and Rolfes. *Nutrition For Health And Health Care*, 4th Edition, 2006
Herrin M, *Nutrition Counseling in the Treatment of Eating Disorders*, 2002.

Key supplemental texts include:

Tribole E, Resch E. *Intuitive Eating, 2nd Ed.*, 2003.

There are two MP3 audio lectures for this course After registering you will be taken to the download page for these audios. These are 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 200-300 word synopsis of each.

1. From 2006 IAEDP Symposium, General Nutrition Education for the Eating Disorders Professional, Mowafy, Part 1
2. From 2006 IAEDP Symposium, Nutrition Intervention Therapy in Eating Disorders, Mowafy, Part 2

REQUIREMENTS TO COMPLETE THIS COURSE

1. Please obtain the texts and articles listed above. You may obtain them from libraries or purchase them from traditional or online bookstores such as Gurze.com or Amazon.com. (Gurze offers an additional discount for **iaedp**[™] members.)
2. Read the Herrin book in entirety. For the Herrin book, write a 200 - 300 word synopsis of each chapter.
3. For the Whitney et al book, read chapters 1-9, 11, and 13-17. Write a 200 – 300 word synopsis of each chapter. Also read pages 492 – 494 of chapter 18 (no synopsis needed).
4. Read Tribole/Resch book in its entirety. When finished, choose one topic discussed in the 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. When you have completed this assignment, you will need to go to our online testing site and select the test for this book. You will then cut and paste your text into the appropriate box.
5. There are two MP3 audio lectures for this course After registering you will be taken to the download page for these audios. These are taken from **iaedp**[™]'s extensive library of audio educational material. Please listen to each lecture. Once you complete each lecture, write a 200-300 word synopsis of each, save them in electronic format on your computer. You will later receive instructions on going to the online testing center and pasting your synopses into the appropriate document.
6. 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.
7. 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.