



Approved Supervisors: Options and Guidelines

Professionals pursuing the CEDS, CEDRD, CEDRN or CEDCAT designation are required to be supervised by a qualified professional who has received approval from iaedp™'s Certification Committee. Since iaedp™ has designed its certification program to insure its certified members can demonstrate expertise through a range of professional activities, achievements, and supervised activities, requirements for supervision are designed to be in line with these same competencies. It is iaedp™'s view that those who are providing supervision to Certification candidates must confirm their own extensive experience and training in the field of eating disorders by application, which is reviewed and approved by the Certification Committee.

An Approved Supervisor is defined as a professional who is not one's primary personal therapist; has a minimum of five (5) years experience treating persons with eating disorders; no fewer than 6,000 hours of approved work experience in the treatment and diagnosis of eating disorders; holds an accredited masters degree or higher in the health or behavioral science fields if mental health professional, accredited bachelor's degree with internship or master's degree or higher if Registered Dietitian, an accredited bachelor's or master's degree per state requirements in music, art or dance/movement therapy, and minimum of accredited bachelor's degree if Registered Nurse; and is licensed by his/her state licensing board as appropriate.

Approved Supervisor Options

- 1) Select an Approved Supervisor from searching the iaedp Membership database from the website www.iaedp.com, which is updated monthly. Your supervisor is not limited to your geographical area since supervision/consultation can be provided by phone, email, or Skype. See guidelines below.
- 2) Choose a qualified, licensed professional in the field of eating disorders who meets the guidelines and with whom you currently work and ask him/her to apply for iaedp Approved Supervisor status (See Approved Supervisor Application, www.iaedp.com) Your approved supervisor does not have to hold Certification status at this time. A one-time application fee of \$75 is required, as is iaedp membership. Other requirements for an iaedp Approved Supervisor are listed on the application. No renewal is necessary; however, random audits will be conducted by iaedp every two (2) years to verify qualifications, licensure and ethical standing.

Supervision Guidelines:

- 1) Up to 500 of your total 2500 supervised patient care hours can come from your internship, pre-licensure.
- 2) Of the remaining 2000 supervised patient care hours accrued post-licensure, the applicant must receive up to 75% from an Approved Supervisor within their own discipline. Up to 25% of post-licensure patient care hours can be from an approved

supervisor from another discipline. For example: CEDS applicant would seek 75% or more supervision from an experienced therapist who works with eating disorder clients; CEDRN applicant would seek 75% or more supervision from either an experienced RN or MD who works with eating disorder clients; CEDCAT would seek 75% or more supervision from an experienced creative arts therapist who works with eating disorder clients, CEDRD would seek 75% or more supervision from an experienced RD who works with eating disorder clients.

- 3) Regarding fees and frequency: Each supervisor sets his or her own fee schedule and frequency of supervision, based upon the applicant's experience and clientele.
- 4) Regarding mode of supervision: Each supervisor sets his or her own preference for either in-person, on-line or by telephone/Skype supervision, based upon the geographical location.
- 5) Upon completion of the required supervised patient care hours, the supervisor's signature indicates that the applicant has met the following areas of proficiency: 1) is familiar with and knowledgeable of every diagnosis related to eating disorders as outlined by the DSM5, 2) possesses strong communication skills as evident in the relationships between clients and clinician, 3) is aware and prepared to meet the specific needs and challenges of different ages, gender and family structure, as applicable, of each individual client presenting with an eating disorders, 4) is comfortable and effective in communicating within a multi-disciplinary eating disorder treatment team, and 5) is proficient at both individual and group patient care settings, where applicable.
- 6) The Approved Supervisor completes the "Approved Supervisor Documentation Form" (www.iaedp.com) for each applicant, which documents hours and whether individual or group supervision was provided. The applicant can use the "Applicant Log of Patient Care Hours" to keep up with personal hours during the supervision process, but the Applicant Logs do not need to be included in the completed packet mailed to iaedp.
- 7) Upon accrual of all supervised patient care hours, the applicant mails the signed supervision documentation form with his/her completed Traditional Certification Application as one unit by regular mail (no signature required) to the iaedp office:

International Association of Eating Disorders Professionals
ATTN: Certification Application
P.O. Box 1295
Pekin, IL 61555-1295