

# INTERNATIONAL ASSOCIATION OF EATING DISORDERS PROFESSIONALS



## Supervision Responsibilities For iaedp-Approved Supervisors

Providing supervision to those seeking iaedp certification carries significant professional responsibilities for both the supervisee and the iaedp-approved supervisor. The following list of responsibilities is provided to promote consistent quality and a mutually beneficial experience for both the supervisee and the iaedp-approved supervisor. Use these guidelines in addition to the other supervision documents listed on the [www.iaedp.com](http://www.iaedp.com) website on the Certification page to support the supervision process.

Although iaedp is not a licensing agency, any approved supervisor must meet the supervisor qualification guidelines for his/her/their state, if applicable. Therapist supervisors are typically required to complete an on-line or in-person seminar on the basics of supervision as part of their licensure. On the other hand, registered dietitian/nutritionists (RDNs) are not required to complete a specific seminar on supervision. Therefore, iaedp highly recommends that its Approved Supervisors take an education course on supervision even if no supervisory course is required for licensure by state law. Several supervision training course options can be found on the following websites:

[www.CE4less.com](http://www.CE4less.com)

<http://www.socialworkcoursesonline.com/active/courses/course078.php>

<http://www.genesisce.org/courses/by-topic/#supervision>

These courses are excellent resources for all treatment team clinicians practicing in the field of eating disorders. The Academy of Nutrition and Dietetics (AND) also provides ethics-related activities available for CEU credits through the Journal of the Academy of Nutrition and Dietetics (AND) or the website,

[www.eatrightpro.org/resources/career/code-of-ethics](http://www.eatrightpro.org/resources/career/code-of-ethics). iaedp has made a requirement for any new iaedp-Approved Supervisors to take the [Leading by Example](#) workshop. If you have not taken it as an iaedp- Approved Supervisor, it is highly recommended.

Once the relationship between an approved supervisor and supervisee has been established, the iaedp Certification Committee suggests that you implement the following:

1. Letter of Agreement
  - a. Introduction with contact information of both professionals
  - b. Relationship clarification

- i. If the two professionals are in the same state, the relationship is considered “supervision”
    - ii. If the two professionals are in differing states, the relationship is considered “consultation”
    - iii. Both relationships are approved for supervised patient care hours by iaedp.
  - c. Meeting times and location
  - d. Fee structure, determined by mutual agreement
  - e. Frequency of supervision, determined by mutual agreement
    - i. Varies depending on level of experience of supervisee
    - ii. May adjust as expertise increases
  - f. Record keeping (templates provided by iaedp on website)
- 2. Review of iaedp proficiencies expected upon completion of supervision
  - a. Is familiar with and knowledgeable of every diagnosis related to eating disorders as outlined by the DSM5
  - b. Possesses strong communication skills as evident in the relationships between clients and clinician
  - c. 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 disorder
  - d. Is comfortable and effective in communicating within a multi-disciplinary eating disorder treatment team
  - e. Is proficient at both individual and group patient care settings, where applicable.
- 3. Areas of knowledge/topics to address during supervision
  - a. Assessment and diagnosis
  - b. APA guidelines and levels of care
  - c. Treatment modalities
  - d. Role and referral process of multi-disciplinary team
  - e. Trends in treatment
  - f. Evaluation and aftercare as appropriate
- 4. Session format
  - a. Specific needs of supervisee based on overall skills
  - b. Challenges specific to supervisee’s areas of practice
  - c. Transference and countertransference as applicable
  - d. Ethical and legal considerations as applicable
  - e. Self-care and life balance for supervisee
  - f. Case study selection
- 5. Evaluation of the supervisory experience
  - a. Completion of the supervision documentation in the CEDS application.
  - b. Evaluation of supervisee based on the five proficiencies
  - c. Evaluation of supervisor by supervisee
  - d. Follow up as applicable