



iaedp™ Institute Core Courses
Core Course 1: Introduction to
Eating Disorders

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Course Information

Course Goals and Expected Learning Outcomes:

Through a social justice lens, this course will review the history of eating disorders, the Nine Truths About Eating Disorders, and differential diagnoses. Eating disorders affect people of all genders, gender identities, ages, races, ethnicities, body shapes and weights, sexual orientations, abilities, and socioeconomic statuses. Yet these disorders are frequently believed both to affect only lower weight, cisgender, heterosexual, able-bodied, middle- to upper class, young, white females and to be a function of choice and vanity. This course will explore the history and structures that contribute to these misunderstandings/myths and commonly lead to delays in accurate diagnoses and barriers to treatment—all of which can negatively impact a patient's prognoses. Further, weight stigma among professionals reduces positive treatment outcomes for patients of all sizes, and larger bodied patients are likely to experience more explicit bias than those in smaller bodies. Heath At Every Size® will be introduced as a paradigm that can support practitioners in providing weight-inclusive care for all patients. Case studies will be presented to illustrate the above issues.

Completion of this course is intended to meet one requirement for the iaedp™ Certification.

Learning Objectives - Participants will be able to:

- Be able to identify and diagnose using the DMS-5 eating disorders criteria.
- Increase their understanding of the vast sociocultural features of populations affected by eating disorders and the barriers those groups face in accessing care as well as how attending to these perspectives can improve clinical practice.
- Broaden their contextual knowledge of the genetic, psychosocial, and neurobiological influences that may contribute to an individual's vulnerability to the development of an eating disorder.

Course Materials:

RECOMMENDED READINGS:

- ❖ These books are written for a consumer audience and recommended for giving to patients.
- American Psychiatric Association. (2013). Feeding and eating disorders. In *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: American Psychiatric Association.

- Anderson, L. K., Murray, S. B., & Kaye, W. H. (Eds.). (2018). *Clinical handbook of complex and atypical eating disorders*. New York, NY: Oxford University Press.
- Fries, J. & Sullivan, V. (Eds.). (2017). *Eating disorders in special populations: medical, nutritional, and psychological treatments*. Boca Raton, FL: CRC Press.
- Gordon, A. (2021). *What we don't talk about when we talk about fat*. Boston, MA: Beacon Press.
- Schaumberg, K., Welch, E., Breithaupt, L. E., Hubel, C., Baker, J. H., Munn-Chernoff, M. A., . . . Bulik, C. M. (2017). The science behind the Academy for Eating Disorders' Nine Truths About Eating Disorders. *Eur Eat Disord Rev*, 25(6), 432-450.
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5711426/>
- DSM-V Diagnostic Criteria for Feeding and Eating Disorders
 - https://bodymatters.com.au/wp-content/uploads/2015/01/DSM_V_Diagnostic_Criteria_for_Eating_Disorders.pdf
- Small, C. & Fuller, M. (Eds.). (2020). *Treating Black women with eating disorders: a clinician's guide*. New York, NY: Routledge.
 - ❖ Spotts-De Lazzer, A. (2021). *MeaningFULL: 23 life-changing stories of conquering dieting, weight, & body image issues*: Unsolicited Press.
- Smolak, L. & Levine, M.P. (Eds.). (2015). *Wiley Handbook of Eating Disorders*. Malden, MA: Wiley-Blackwell.

Course Requirements:

1. This self-study course may be taken at the individual learner's pace but all parts (webinar, modules, and course test) must be finished within 90 days to successfully complete the course. There is no instructor contact information, however questions regarding the course can be directed to email noted at the top of the syllabus. Requests to extend the completion deadline longer than 90 days can be sent to the same emails.
2. Read/become familiar with the information presented in each of the required texts [certification only].
3. Modules - Accompanying tests require a passing score of 80%, but can be retaken to achieve this score.
 - a. Watch *Neurobiology of Eating Disorders: An Introduction for Clinicians* module
 - b. Watch the Special Populations modules:
 - i. *Treating Eating Disorders in Black Women*
 - ii. *Bringing Men to the Table*
 - iii. *Eating Disorders, Body Image Distress, and Acculturative Factors in Latina(o)s*
 - iv. *Treating LGBTQ+ Individuals Diagnosed with an Eating Disorder*
4. The last step is the Course 1 test, which includes material from the Core Course presentation and all of the modules/assignments. A passing score of 80% is required for completion of the Core Course. (Virtual symposium attendees will be given instructions on how to access the course test). The test can be retaken within the 90 day period to achieve a passing score.

5. When you are notified that you have passed, please save the notification to submit with your certification or educational designation application.

Workshop/Webinar Outline Course 1:

1. Diversity & Social Justice
 - a. Who gets eating disorders?
 - b. Treatment Accessibility Gap
 - c. Marginalized communities
2. Weight Stigma
 - a. Health at Every Size
3. Nine Truths about Eating Disorders
4. History of Eating Disorders
5. Diagnosis
 - a. Diagnostic criteria and case studies
 - i. Anorexia Nervosa
 - ii. Bulimia Nervosa
 - iii. Binge Eating Disorder
 - iv. Avoidant/Restrictive Food Intake Disorder
 - v. Rumination Disorder
 - vi. Pica
 - vii. Other Specified Feeding or Eating Disorder
 - b. Comparisons across diagnoses
6. Co-Occurring Disorders