

In order to qualify for a CEDS (Certified Eating Disorders Specialist), from iaedp™, candidates must demonstrate eating disorder expertise through a range of professional activities, achievements, supervised experience, and testing. One aspect of competency required for certification involves the preparation of a written case study of an eating disorder patient or client with whom the professional has completed treatment.

The targeted word count is a minimum of 1,500 words. DO NOT include information that could compromise patient confidentiality. You must comply with all Health Insurance Portability and Accountability Act (HIPAA) Privacy Rules and any other applicable laws and ethical codes.

Required format is to upload information under the following headings:

- **Presenting & Biopsychosocial History.** *In 1-2 detailed paragraphs, describe the patient's presenting problem(s) (attitudinal, behavioral, and physiological symptoms). Also include pertinent biopsychosocial history (e.g. prior treatment, significant life events, medical concerns, etc.).*
- **Diagnosis.** *In 1 detailed paragraph, identify both the complete Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) diagnoses on intake and the American Psychiatric Association's current admitting criteria supporting the selected level of care.*
- **Treatment.** *In 2-3 detailed paragraphs, describe your role in the patient's evaluation and treatment. Include your treatment recommendations and implementation, obstacles encountered and how each was managed, relevant pharmacology, and the outcome(s) of treatment.*
- **Collaborative Care.** *In 1-2 detailed paragraphs, describe collaborative care approaches. Include multidisciplinary team members. Provide an assessment of the contributions, strengths, and limitations of the teamwork that occurred during the patient's treatment.*
- **Discharge.** *In 1 detailed paragraph, identify the complete DSM-5 diagnoses on discharge/at termination, and summarize the discharge planning/follow-up recommendations you provided. Include additional treatment advised, referral sources offered, and recommendations/plans made in collaboration with the treatment team (e.g., living accommodations, relationships, work, and/or academic goals).*

- ***Personal Reactions.*** *In 1-2 detailed paragraphs, describe the personal reactions or emotions that your patient's case elicited from you. Include how you processed these reactions, along with any supervision or peer consultation that may have occurred, the issues identified, and how you may have modified your work with the patient as a result.*

The Certification Committee reviews the candidate's written case study for completeness, professionally competent conceptualization and treatment choices, and ethics. Upon review of the case study, the Certification Committee determines that the case study reveals eating disorder competency indicative of the expertise. Upon successful completion of all of the certification requirements, including an approved case study, iaedp™ will award the candidate the certification designation.

We look forward to having you join our group of interested and involved CEDS experts. For more information regarding certification, please contact the Certification Team by emailing certification@iaedp.com.