



Understanding the Certification Process:

The Top 5 Most Frequently Asked Questions

At first glance, understanding and pursuing certification can appear to be a daunting process. iaedp's goal is to provide certification that is both desirable and achievable. Both iaedp staff and Certification Committee members are available to provide you support and answer your questions along the way. Following is a list of the top 5 questions most frequently asked regarding the certification process.

I want to become certified. How do I start the process and how long will it take?

First of all, you need to determine whether the Traditional or the Equivalency route for certification is best for you. The Traditional certification route is designed for a licensed or registered clinician who has less than five years of experience in the field of eating disorders, desires to advance his/her knowledge, practice skill and expertise and become recognized as a specialist in treating eating disorders. The Equivalency certification route is designed for a licensed or registered clinician who already has five or more years of experience in the field of eating disorders and desires an advanced specialization to recognize, enhance and promote advanced practice skills. (See second question below)

Once you have determined which certification route best fits your current practice and professional expertise, visit the Certification page on our website www.iaedp.com to download the valuable information that will walk you through the process. Begin by downloading the appropriate checklist (Traditional CEDS, Traditional CEDRD, Traditional CEDCAT, Traditional CEDRN, Equivalency for CEDRD, or Equivalency for CEDS/CEDCAT/CEDRN) Make sure you do not get confused between the two routes for certification. If you are eligible only for the Traditional route, you can ignore the forms listed under Equivalency and concentrate solely on the forms and information available under the Traditional Certification heading. Same applies for Equivalency – do not get confused and look at information that only applies to the Traditional application. Follow the appropriate checklist, and all of the supporting documents are available on the website as appropriate for each section of the Traditional application, such as “Case Study”, “Core Courses” and “Approved Supervisor Options and Guidelines”. Both the Traditional and Equivalency applications will guide you through the steps to complete the entire process.

Currently, you do not pre-apply for certification. A completed application with all supporting materials and application fee is submitted at one time once all requirements have been met. There are applications (in writeable PDF format) available online specific to the designation you are applying for: CEDS, CEDRD, CEDCAT or CEDRN, Approved Supervisor or Equivalency for either CEDS/ CEDRD/ CEDCAT/ CEDRN.

Length of time to complete the certification process depends on the individual's time needed to complete the requirements. For example, the Traditional route requires 2500 direct ED patient hours (500 of which can be obtained during internship, the remaining 2000 of which must be obtained post-licensure), four (4) core courses, a written case study, and a final exam. Obviously, the Traditional route will take more time than the Equivalency route. Typically, an applicant can complete the Traditional application route within two years. The Equivalency application should not require more than a few months of time, at most, and completion of the application is most often delayed by the information you request from others, i.e.: the professional letters of recommendation.

How do I know if I qualify for the EQUIVALENCY Certification?

If you have worked in the field of eating disorders for 5 years or more, it is recommended that you review the requirements needed for Equivalency. The Equivalency Certification is not the same as grandfathering. This designation was created and implemented for those professionals seeking certification (CEDS, CEDRD, CEDCAT and CEDRN) who have the ability to demonstrate proficiency and expertise in eating disorders treatment through a range of equivalency requirements. Each category of equivalency is designed to represent each category required for the Traditional Certification route, and you are given the opportunity to report and verify what professional experiences you have had that

warrant equivalency. Each category has specific requirements to meet, although only one or two of the listed requirements are necessary, depending on the category itself.

The most pivotal category is Supervision Equivalency, which requires that you, as a licensed or registered clinician, have supervised others who treat eating disorders for at least five years. This is supervision done BY you, as a licensed clinician yourself, not FOR you, while you were obtaining your own license, and must be applicable to eating disorders only. Supervision includes formal or informal individual and/or group and peer supervision, as well as treatment team consultations regarding patient care. The only exception is if you are a licensed, masters' level clinician (LMFT, LPC, LMSW, etc) and are seeking your doctorate in the behavioral health field. Your hours in direct eating disorder care that are supervised by a PhD or PsyD towards your own advanced doctorate degree can count. If your resume/CV does not clearly indicate a full five years (accumulative) of supervision experience by quick review, the Certification Committee suggests that you list your supervision experience separately on another page. Record the following: to or for whom, the location, and the dates from start to finish. Specific names of supervisees are not necessary especially if supervision was done by group or within the treatment team itself, nor is formal one-on-one supervision required. The important issue is verification of five years or more experience in a supervisory role, which again can include formal and informal individual, group, treatment team participation, and peer supervision. More details are provided on the Equivalency application itself.

For the TRADITIONAL Certification, can my previous work history be considered for the required 2500 supervised patient care hours in the field of eating disorders?

Yes. Any direct eating disorder patient hours are applicable, including individual, group and family therapy. Five hundred (500) of the total 2500 supervised patient care hours in the field of eating disorders can come from your internship. The remaining 2000 supervised patient care hours in the field of eating disorders must come post-licensure. Up to 25% of the total 2000 post-licensure supervised hours can be supervised by an experienced iaedp approved supervisor outside of your own discipline, and the remaining 75%+ must be supervised by an experienced iaedp approved supervisor within your own discipline. (See "Approved Supervisor Options and Guidelines" for the two options from which a supervisor can be chosen). Your approved supervisor will need to complete the iaedp Approved Supervisor Documentation Form, and all of the Approved Supervisor forms and information can be found on the iaedp website under Certification or Quick Links.

For the TRADITIONAL Certification, how does supervision work, and how do I find an iaedp Approved Supervisor?

Effective June 2012, your approved supervisor does NOT have to be certified by iaedp to qualify. A new application process was created due to an increased demand for iaedp™ Approved Supervisors. This process now allows a licensed clinician with whom you work to become your approved supervisor, as long as the clinician meets the requirements and completes the application process, which includes membership in iaedp. Professionals interested in providing supervision for those seeking certification should complete the appropriate application form available on the iaedp website, along with a one-time \$75 application fee. No renewal is required; however, random audits will be conducted by iaedp™ every two years to verify qualifications, licensure and ethical standing.

Will my state (and country) recognize this certification? Do you offer an international certification?

It's important to understand certification is not licensure. Certification recognizes health care professionals who have a treatment specialty, have met rigorous educational requirements, have accumulated a minimum number of hours of qualifying work experience, have successfully passed a written examination, have made a commitment to stay abreast of current developments in the eating disorder field through ongoing continuing education, and have agreed to comply with the Association's ethical principles. Licensure requirements differ from state to state. International certification requirements provide the flexibility needed to address differences that are present from country to country. The core requirements are still in place to ensure standards of excellence for eating disorders treatment are upheld. International applicants are required to demonstrate clinical expertise through education, experience and examination similar to that of the certification requirements for U.S. applicants.