

## The Benefits of Certification:

### Recognizing Clinical Excellence in Treatment of Eating Disorders

As the rate of individuals affected by eating disorders continues to grow, a greater need for qualified treatment providers in the field exists. iaedp has recognized that need by offering an advanced Certification Program, established in 2002 and continually strengthened and updated to maintain its strong reputation in the mental health field. It is iaedp's mission to promote excellence in competency assessment for professionals in the eating disorders field through offering a rigorous set of criteria for the evaluation of education, training, knowledge and experience. iaedp's goal is to provide professional certification that is obtainable and affordable without compromising the high level of standards necessary.

To determine where one is within the certification process, easy-to-follow checklists are available on our website ([www.iaedp.com](http://www.iaedp.com)) for all of iaedp's designations:

- Certified Eating Disorders Specialist (CEDs)
- Certified Eating Disorders Registered Dietitian (CEDRD)
- Certified Eating Disorders Registered Nurse (CEDRN)
- Certified Eating Disorders Creative Arts Therapist (CEDCAT)

Two routes of certification exist for all designations. The Traditional Certification requires 2500 supervised direct patient care hours, completion of four Core Courses and passage of the iaedp Certification exam, among other requirements. The Equivalency Certification is available for professionals who have been practicing in the field of eating disorders as a licensed or registered clinician for five or more years and have demonstrated expertise and significant contributions to the advancement of this field.

iaedp believes that professional certification as an eating disorders professional within your clinical discipline provides a multitude of benefits to you, your clients and your community. These benefits include:

- **Professional Identity:** Our world has become increasingly more knowledgeable and sophisticated about specializations and claims of expertise. Certification validates levels of knowledge, training and expertise.
- **Professional Commitment:** A certified clinician is proclaiming one's commitment to a chosen specialty.
- **Promotion of Ethical Standards and Quality Care:** Certified professionals demonstrate a commitment to high standards of care. Required continued education ensures awareness of changes in the field.

- **Increased Consumer Confidence and Recognition:** Consumers can be assured that a certified professional has a high level of professional standards in training, experience and knowledge as established by a third party of peers. Regional and national media are able to ascertain expertise by observation of the credentials. Certified professionals are sought after for their expertise by the media, thereby increasing their visibility as a specialist in the field.
- **Increased Marketability and Competitive Edge:** Employers, consumers and colleagues have increased confidence of expertise possessed by a certified professional. Certification provides an edge for job placement and advancement and enables the holder to negotiate a higher salary.
- **Measure of Professional Excellence:** In addition to the validation of knowledge and experience, certification provides guidelines that push the professional beyond satisfactory limits to levels of excellence.
- **Professional Growth:** Certification renewal at two year intervals requires professionals to demonstrate continued commitment and training in the field through attending eating disorder-related seminars, classes, and conferences. These requirements ensure that certified professionals are updated on latest trends and treatment modalities. Interaction with like-minded colleagues provides support and reduces burnout.
- **Personal Satisfaction:** Certification is a reflection of one's personal standards and commitment to professional growth. It allows one to acknowledge personal strengths, competencies, experiences and achievements.
- **Dedication to Clinical Advancement:** Certification is evidence that both the professional and the individual are diligent in seeking advancement in training, education, research and competency in addressing the complexities involved in the treatment of eating disorders. In addition, both are united in their commitment to the advancement of mental health parity and advocacy for individuals struggling with an eating disorder.