



## **A Guide to Your IAEDP Supervision: A Requirement for the Traditional Certification Process**

### **Value of Supervision**

In order to be certified as an eating disorders specialist, you will be required to obtain supervision of your work with clients who have been diagnosed with an eating disorder. This supervision must occur after you have obtained the appropriate degree from an accredited university, completed your post-degree internship hours under supervision, and passed your final licensure or registration examination to allow you to practice as an independent clinician. However, the value of this supervision is far greater than just a means to an end. Supervision provides the opportunity for you to learn and mature into an experienced eating disorders professional. It allows you to enhance your self-awareness in addition to working on your skills and competencies. Supervision exists for three reasons. It fundamentally protects clients' welfare; it improves the ability of a clinician to provide value to clients; and it allows for monitoring of the self-care of the health care professional. The following information provides basic guidelines for the minimum Supervision requirements to meet the Traditional Certification standards for an eating disorder specialist, regardless of field of practice. Be aware that your specific Supervision requirements may be increased as needed by your Approved Supervisor.

### **Requirements of IAEDP Supervision**

1. Obtain an approved supervisor by one of the following two options
  - a. Select an Approved Supervisor by searching the iaedp Membership Directory for Approved Supervisors (not limited to geographical area) or
  - b. Find a qualified professional in the field who meets the guidelines for an Approved Supervisor as described on the Approved Supervisor application (available on [www.iaedp.com](http://www.iaedp.com) on the Certification page) and ask that person if he/she is willing to apply for the Approved Supervisor status. Note that the Approved Supervisor Status must be approved prior to the completion of your total supervision hours. The Approved Supervisor application requires a one-time application fee and a minimum of one-year membership.
2. Obtain 2500 hours of supervised clinical work
  - a. Up to 500 hours of the 2500 can come from a state-required post-Master's degree qualified licensing internship, or a state-required clinical dietetic, nursing or medical internship, otherwise recognized as pre-Independent licensure experience. For therapists, this "Internship" would be one which could "expire" if an Independent Practitioner License is not completed in a specified amount of time.
  - b. Of the remaining 2000 supervised patient care hours, a minimum of 1500 hours (75%) must be provided by an Approved Supervisor within your discipline. The remaining 500 hours (25%) may be from an Approved Supervisor from another discipline. An applicant can have more than one supervisor as long as each is approved.
3. Type of Contact (Breakdown of hours)

- a. 75% (1875) of your total supervised hours must be direct client service. Direct contact is noted as a Face to Face counseling session, in one of the following modes: 1) Individual Therapy, 2) Family Therapy and 3) Group Therapy
  - b. 25% (625 maximum) of your total supervised hours can be from indirect client service. Indirect contact is noted as testing, professional consultations, session notes, treatment plan documentation, etcetera
4. Fees and frequency –
- a. Each supervisor sets his/her own fee schedule and frequency of supervision, based on the applicant’s experience and clientele. We recommend no less than:
    - i. 1 hour of supervision per 120 hours of client contact.
    - ii. Minimum number of total supervision hours will be 21.
      - 1. The 1 hour of supervision may include both Individual and Group Supervision
      - 2. The ratio of Individual supervision to Group Supervision is recommended to be:
        - a. Individual @ 16 hours (75%)
        - b. Group @ 5 hours (25%)
5. Mode of Supervision
- a. Each supervisor sets his/her own preference for either in-person, on-line, or telephone/skype supervision based on the geographical location.
  - b. Your supervisor does not have to be in the same state; however, supervision is termed “consultation” if outside of your own state’s geographical boundaries.
6. Upon completion of the required supervised patient care hours, the Supervisor will indicate that the applicant has met the following areas of proficiency:
- 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, family structure, as applicable of each individual client
  - d. is comfortable and effective in communicating within a multi-disciplinary eating disorder treatment team
  - e. is proficient at both individual, family and group therapies where applicable.
7. The Approved Supervisor completes the “Approved Supervisor Documentation Form” for the applicant, which documents hours and % of individual or group supervision given.

### **Developing a Working Relationship with your Supervisor**

- 1. Choose carefully, not conveniently
  - a. It is important to choose a supervisor who is a good fit for you and your professional development needs. You do not have to choose the closest or most convenient Approved Supervisor. Remember that you would not want a client to choose the first therapist/RD/physician/nurse that they

met if they were not comfortable; so give yourself and your supervisory experience the same respect.

2. Ask questions about your potential supervisor
  - a. What type of license does he/she hold? Is it current and valid?
  - b. When was he/she licensed or certified?
  - c. What is his/her experience with supervision? Coursework vs. practical?
  - d. How many other supervisees does he/she have or had in the past 2-5 years?
  - e. What is his/her practice background?
  - f. What is his/her theoretical orientation and are they comfortable supervising someone who comes from a different orientation?
  - g. What are his/her specialty areas?
3. Starting and maintaining a good supervisory relationship
  - a. Necessary elements of a supervisory relationship include warmth, trust, genuineness, ethical boundaries, confidentiality, and respect.
  - b. Spend time at the beginning of the process going over goals and objectives. Decide how progress towards those goals will be measured and communicated.
  - c. Be clear about expectations around time, place, fees, etc.
  - d. Be proactive. Supervision is a collaborative experience. Make sure that you are getting value from your supervision and not just “checking the box.”
  - e. Read through and understand the Supervision Responsibilities available on the IAEDP website.

### **Using Supervision to Prepare for the Certification Exam**

Effective clinical supervision should assist you in preparing for your certification examination. Rather than waiting to cram for the exam last minute, you can use the content tested on the exam to frame your supervision experience. The IAEDP certification exam study guide outlines the content you will need to master. Once you have reviewed the content outline, take it to your supervisor and discuss how your current work is preparing you for the examination.

Ask your supervisor if he/she can provide you with any insight into exam preparation strategies. Supervisors have often supervised and mentored a number of applicants, so they might have some useful advice on exam preparation.

### **Stay on Top of your Required Supervision Experience**

You are most likely not the only person gaining supervision hours under your supervisor. Supervisors often work with multiple individuals working towards different certifications and licenses, all with different requirements. It is your responsibility to be aware of your own experience and supervision requirements. If you need further information about your requirements go to the IAEDP website or contact the Certification Committee to clarify any questions you might have. Throughout your supervision experience be sure to document your direct/indirect client hours as well as your supervision hours. IAEDP offers the “Applicant Log of Patient Care Hours” chart to assist you in your personal documentation; however, this form is not required since only the Approved Supervisor’s Documentation Form is necessary for your completed Certification Application.