



CEDCAT Checklist for Traditional Certification for Creative Arts Therapists:

Music, Art, Recreation and Dance/Movement Therapists

This checklist is for the Certified Eating Disorder Creative Arts Therapist (CEDCAT) Traditional Certification, created for registered and/or certified therapists in music therapy, art therapy, recreation therapy and dance/movement therapy who want to pursue advanced expertise and proficiency in the field of eating disorders. If you have been practicing as a registered and/or certified creative arts therapist in one of these disciplines specifically in the field of eating disorders for 5 years or more, it is recommended that you review the requirements needed for the Equivalency Certification and consider that application process as an alternative route to the Traditional Certification. (www.iaedp.com).

Requirements for the CEDCAT Traditional Certification

Education and Professional Certification Requirements for Music, Art, Recreation and Dance/Movement Therapists:

- Applicant meets all educational requirements necessary for national certification that are appropriate to his/her discipline (Music Therapy, Art Therapy, Recreation Therapy, and Dance/Movement Therapy)
- Certified or registered nationally as a creative arts professional in music, art, recreation therapy or dance/movement by the national Music, Art, Recreation Therapy or Dance/Movement Certification Board (post-internship or provisional licensure). Renewal of certification maintained as required by the appropriate Certification Board (Certification Board for Music Therapists [CBMT], Art Therapists [ATCB], Recreation Therapist [NCTRC] or Dance/Movement Therapists [DMTCB])
- Letter from the appropriate credentialing body that acknowledges the applicant is certified or registered by the appropriate standards and that he/she is recognized as in good standing is required and must be included in the completed application.

Supervised Patient Care Requirements

- 2500 supervised patient care hours directly in the field of eating disorders, of which 500 can be accrued during your internship.
 - All patient care hours must be supervised by an iaedp™ Approved Supervisor. Two options exist for selection of an approved supervisor: 1) Choose an iaedp Approved Supervisor from the list of current iaedp members by searching the membership database OR 2) Use a current supervisor with whom you work who meets the requirements for an iaedp Approved Supervisor. Note: a supervisor is not required to be iaedp-certified to qualify. (See "Approved Supervisor Options and Guidelines" for requirements)
 - No less than 75% (up to 100%) of your total supervised patient care hours with the eating disorder population accrued after completing your national

registration or certification as a creative arts therapist must be provided by an eating disorder-experienced creative arts therapist who meets the iaedp Approved Supervisor requirements. Up to 25% may be supervised by an eating disorder-experienced therapist, registered dietitian, physician or nurse who meets the iaedp Approved Supervisor requirements.

- 500 of your total 2500 supervised patient care hours can be accrued during your internship/clinical supervision prior to obtaining your certification or registration as a creative arts therapist.
- Type of Contact (Breakdown of hours): 75% (1875) of your total supervised hours must be direct client service, which means a face-to-face individual, family or group session, and 25% (625 maximum) of your total supervised hours can be from indirect client service, which includes testing, professional consultations, session notes, and treatment plan documentation. No less than one (1) hour of supervision per 120 hours of client contact is recommended, which equals approximately 21 minimum hours of total supervision time.
- Your Approved Supervisor will use the "Approved Supervisor Documentation Form" (www.iaedp.com under Certification) to record total # of patient care hours, which will be signed upon completion and a copy included in your application. As a supervisee, you may use the Applicant Log of Patient Care Hours to tally your own hours for validation with your supervisor; however, the Applicant Log forms do not need to be turned in with completed application.

Continuing Education Requirements

Continuing Education can include any educational activity such as workshops, seminars, conferences and webinars that provide education on the following topics related to the treatment of eating disorders. Copies of certificates of attendance which indicate hours awarded for each continuing education activity must be included in this application. Hours required:

- 6 clock hours in body image, weight and food issues
- 6 clock hours in abnormal psychology/addictions
- 6 clock hours in counseling/psychotherapy

Core Course and Examination Requirements

- Complete iaedp™ core courses (available online www.iaedp.com or at iaedp's yearly pre-symposium workshop). See "Core Course Information and Guidelines".

The four core courses include

- Introduction to Eating Disorders
 - Treatment Modalities of Eating Disorders
 - Medical Aspects of Eating Disorders
 - Nutrition Guidelines for Treating Eating Disorders
-
- Pass iaedp™ Certification Exam, available online www.iaedp.com

Case Study Requirement

- 1500 word Case Study. See "Case Study Guidelines". Case study must be of patient actually treated by the applicant.

Recommendation Letters Requirement

- Three (3) letters of recommendation from professional peers who are experienced in the field of eating disorders and familiar with your work specifically in this field.
- At least one of the three recommendation letters must be from an experienced creative arts therapist in music, art, recreation therapy or dance/movement who practices in the field of eating disorders.
- All of the recommendation letters must include full signature, credentials and place of employment of the person who is writing the recommendation.
- All of the recommendation letters should be sent directly to the applicant to be included in the completed application packet. Letters can be sent in a sealed envelope for iaedp staff only, but must be included in the application packet with the other requirements.

Other Requirements:

- Complete and sign the Statement of Intent found within the Application form
- Sign the Ethics Statement found within the Application form
- Include a copy of your current resume/CV
- Include photocopies of all relevant licenses and certificates
- Include (1) passport photo
- Include the Application Fee of \$150.00, written to IAEDP
- Proof of current **iaedp**™ membership
- Make a copy of the entire application for your records.
- Mail **TYPED*** (fill in form on computer and print copy) and **COMPLETED** application (include everything on this checklist) by regular (**NOT** Certified) mail) to the following address:

International Association of Eating Disorders Professionals
Attention: Certification Application
PO Box 1295
Pekin, IL 61555-1295

No certified mail will be accepted since this is a post office box and no signature can be required. If you choose to track the package, make sure you select the option that does NOT require a signature at delivery site.

This checklist reviews all of the requirements for the Traditional CEDCAT Certification for Music, Art and Dance/Movement Therapists. Download and print the Traditional Certification Application (www.iaedp.com) to begin completing the certification process. **Please allow 90 (ninety) days from the RECEIPT of your application in the iaedp office for the application review process to be completed.**

Important Information about Certification Renewal:

Upon approval, you are responsible to maintain your 20 hours of continuing education directly in the field of eating disorders during the course of each two year renewable period and to renew your certification prior to its expiration. Attendance at an iaedp Symposium once every four (4) years is also required. You will receive advanced notice of your forthcoming renewal date directly from the iaedp Membership Office

and will be expected to comply with a timely application following the guidelines of the Certification Renewal application.

Revised Aug2015 TB