



Case Study Guidelines: Traditional Certification

To qualify for a CEDS (Certified Eating Disorders Specialist), CEDRD (Certified Eating Disorders Registered Dietitian), CEDCAT (Certified Eating Disorders Creative Arts Therapist) or CEDRN (Certified Eating Disorders Registered Nurse) from iaedp™, candidates must demonstrate eating disorder expertise through a range of professional activities, achievements, supervised experience, and testing. One aspect of competency demonstration for the Traditional Certification involves the preparation of a written case study of an eating disorder patient with whom the professional has completed treatment. (Note: Equivalency Certification does not require the written case study.) Case studies for the CEDS, CEDRD, CEDCAT and CEDRN include somewhat different requirements. Each is described below.

All case studies must be a minimum of 1500 words. This equals 2 to 3 single-spaced pages. Hence, the minimum case study is relatively short, and is intended to be written succinctly. A longer case study is accepted if the nature of the case merits it. The case study may not include any information that could compromise patient confidentiality under HIPAA and other applicable laws and ethical codes.

The case study for the all designations should include the following elements:

- 1-2 detailed paragraphs describing the patient's presenting problem and behaviors, including eating disorder symptoms, history, etiology, and sustaining factors such as family relationships
- 1 detailed paragraph identifying the American Psychiatric Association's current admitting criteria qualifying the patient to be treated in the selected level of care
- Complete DSM-5 diagnoses on intake
- 2-3 detailed paragraphs recounting the treatment modalities that the writer implemented, the obstacles encountered during treatment and how they were managed, and the outcomes of such treatment
- 1 paragraph summarizing the follow-up recommendations for the patient at time of termination, including additional treatment recommended, referral sources offered, and personal recommendations for living accommodations, relationships, work, and/or academic goals, as applicable

- 1-2 detailed paragraphs describing collaborative care approaches, multidisciplinary team members and their contributions, and an assessment of the strengths and limitations of the teamwork that occurred during the patient's treatment
- Complete DSM-5 diagnoses on discharge
- 1-2 detailed paragraphs describing the clinician's personal reactions to the case, including countertransference if applicable, and how he/she processed these reactions, including any supervision or consultation that may have occurred, the issues identified during personal reflection or supervision, and how he/she modified his/her work with the patient as a result.

The case study for the CEDRN should ALSO INCLUDE the following:

- Medical/nursing courses of treatment implemented
- Supervision/interaction with treatment team
- Case outcomes and follow-up treatment for medical concerns including pharmacology

iaedp™'s 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, iaedp™'s Certification Committee determines that the case study reveals eating disorder competency indicative of the expertise captured by the CEDS, CEDRD, CEDCAT or CEDRN or may request clarification or follow-up documentation from the clinician to make this determination. Upon successful completion of all of the certification requirements, including an approved case study, iaedp™ will award the candidate the certification designation as appropriate to their profession, and the candidate can join the influential group of professionals in North America who have demonstrated their eating disorder expertise and commitment by meeting the rigorous standards of the CEDS, CEDRD, CEDCAT or CEDRN.

For more information regarding certification, please contact Tammy Beasley, RDN, CEDRD, CSSD, Certification Director, at tammy@iaedp.com