



## Reading List for Certification Core Courses

### iaedp™ Core Courses 1 – 4

Each iaedp Core Course for the Traditional Certification process has REQUIRED READINGS from which exam questions are based. Additional Key Supplemental Readings for each course are OPTIONAL, and no specific exam questions will be asked from these supplemental readings. Key subjects from which questions are derived for each core course are included as a topic study guide below each course listing.

#### **Course 1: Overview of Eating Disorders**

##### REQUIRED TEXTS:

1. Alexander, J. & Treasure, J. (Eds.). (2012). *A collaborative approach to eating disorders*. London: Routledge.
2. Grilo, C. M. & Mitchell, J. E. (Eds.). (2010). *The treatment of eating disorders: a clinical handbook*. New York: Guilford Press.
3. American Psychiatric Association. (2013). Feeding and eating disorders. In *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: American Psychiatric Association.
4. Schaumberg, K., Welch, E., Breithaupt, L. E., Hubel, C., Baker, J. H., Munn-Chernoff, M. A., . . . Bulik, C. M. (2017). The science behind the Academy for Eating Disorders' Nine Truths About Eating Disorders. *Eur Eat Disord Rev*, 25(6), 432-450.
5. American Psychiatric Association. (2006). *Practice guideline for the treatment of patients with eating disorders (3rd ed)*. Washington, DC: American Psychiatric Association.

##### KEY SUPPLEMENTAL TEXTS (optional):

1. Setnick, J. (2017). *Academy of Nutrition and Dietetics pocket guide to eating disorders (2nd ed.)*. Chicago, Ill: Academy of Nutrition and Dietetics.
2. Mitchell, J. E. & Peterson, C. B. (Eds.). (2005). *Assessment of eating disorders*. New York: Guilford Press.
3. Maine, M., Davis, W. N., & Shure, J. (Eds.). (2009). *Effective clinical practice in the treatment of eating disorders: the heart of the matter*. New York: Brunner-Routledge.
4. Fries, J. & Sullivan, V. (Eds.). (2017). *Eating disorders in special populations: medical, nutritional, and psychological treatments*. Boca Raton, FL: CRC Press.
5. Gordon-Elliott, J. (2017). *Fundamentals of diagnosing and treating eating disorders: a clinical casebook*. Cham, Switzerland: Springer.

In addition to information presented in the corresponding workshop or webinar, be familiar with the following topics to prepare for the exam:

1. DSM 5 changes in diagnostic criteria
2. Main types of eating disorder behaviors in childhood

3. The Integrative Cognitive-Affective Therapy (ICAT) model
4. Risk factors for binge eating disorder
5. The “Carer Distress” model
6. Treatment of body image disturbances

## Course 2: Therapeutic Treatments for Eating Disorders

### REQUIRED TEXTS:

1. Agras, W. S. & Robinson, A. H. (Eds.). (2018). *The Oxford handbook of eating disorders* (2nd ed.). New York, NY: Oxford University Press.
2. Maine, M., McGilley, B. H., & Bunnell, D. W. (Eds.). (2010). *Treatment of eating disorders: bridging the research-practice gap*. Amsterdam; Boston: Academic Press/Elsevier.
3. Thompson-Brenner, H. (Ed.) (2015). *Casebook of evidence-based therapy for eating disorders*. New York: Guilford Press.

### KEY SUPPLEMENTAL TEXTS (optional):

1. American Psychological Association. (2016). Revision of ethical standard 3.04 of the “*Ethical Principles of Psychologists and Code of Conduct*” (2002, as amended 2010). *American Psychologist*, 71, 900. [www.apa.org/ethics](http://www.apa.org/ethics)
2. Lock, J. D. & Le Grange, D. (2013). *Treatment manual for anorexia nervosa: a family-based approach* (2nd ed.). New York: Guilford Press.
3. Fairburn, C. G. (Ed.) (2008). *Cognitive behavior therapy and eating disorders*. New York: Guilford Press.
4. Brewerton, T. D. & Dennis, A. B. (Eds.). (2014). *Eating disorders, addictions and substance use disorders: research, clinical and treatment perspectives*. Heidelberg, Germany: Springer.
5. Zerbe, K. J. (2008). *Integrated treatment of eating disorders: beyond the body betrayed*. New York: W.W. Norton & Co.
6. Alexander, J., Goldschmidt, A. B., & Le Grange, D. (Eds.). (2013). *A clinician's guide to binge eating disorder*. London, New York: Routledge, Taylor & Francis Group.
7. Sandoz, E. K., Wilson, K. G., & DuFrene, T. (2010). *Acceptance and commitment therapy for eating disorders: a process-focused guide to treating anorexia and bulimia*. Oakland, Calif.: New Harbinger Publications.
8. Mitchell, J. E., Devlin, M. J., de Zwaan, M., Crow, S. J., & Peterson, C. B. (2008). *Binge-eating disorder: clinical foundations and treatment*. New York: Guilford Press.
9. Safer, D. L., Telch, C. F., & Chen, E. Y. (2009). *Dialectical behavior therapy for binge eating and bulimia*. New York: Guilford Press.
10. National Institute for Health and Care Excellence (UK). (2017). Eating disorders: recognition and treatment. <https://www.nice.org.uk/guidance/ng69>
11. Grillo, C. M. & Mitchell, J. E. (Eds.). (2010). *The treatment of eating disorders: a clinical handbook*. New York: Guilford Press.

In addition to information presented in the corresponding workshop or webinar, be familiar with the following to prepare for the exam:

1. Interpersonal Psychotherapy model

2. The differences between FBT model for anorexia vs bulimia
3. Use of Dialectical Behavior Therapy (DBT) model for binge eating
4. Acceptance and Commitment Therapy (ACT) to include causes and the six processes which lead to psychological flexibility.
5. Symptomatic/intuitive Exercise
6. Body Image
7. Suicide assessment and prevention
8. Treatment planning
9. Levels of care

### **Course 3: Nutrition Therapy for Eating Disorders**

#### REQUIRED TEXTS:

1. Herrin, M. & Larkin, M. (2013). Nutrition counseling in the treatment of eating disorders (2nd ed.). New York: Brunner-Routledge.
2. Reiff, D.W. & Reiff, K.K.L. (1999). *Eating disorders: nutrition therapy in the recovery process*. Mercer Island, WA : Life Enterprises.  
(<http://www.kimlampsonreiff.com/product/eating-disorders-nutrition-therapy-recovery-process/> has the most reasonable rates)
3. Tribole, E. & Resch, E. (2012). *Intuitive eating: a revolutionary program that works* (3rd ed.) (3rd ed.). New York, NY: St. Martin's Griffin.
4. Ozier, A. D. & Henry, B. W. (2011). Position of the American Dietetic Association: nutrition intervention in the treatment of eating disorders. *J Am Diet Assoc*, 111(8), 1236-1241.

#### KEY SUPPLEMENTAL TEXTS (optional):

1. Ross, C. C. (2009). *The binge eating & compulsive overeating workbook: an integrated approach to overcoming disordered eating*. Oakland, CA: New Harbinger Publications.
2. Thompson, R. A. & Sherman, R. T. (2010). *Eating disorders in sport*. New York, NY: Brunner-Routledge.
3. O'Toole, J. K. (2010). *Give food a chance: a new view on childhood eating disorders*. Portland, OR: Perfectly Scientific Press.
4. Bulik, C. M. (2009). *Crave: why you binge eat and how to stop*. New York: Walker & Co.

In addition to information presented in the corresponding workshop or webinar, be familiar with the following to prepare for the exam:

1. The Set Point Theory in regard to weight ranges
2. Signs of nutritional recovery
3. The Rule of Three (RO3) menu planning concept
4. ACT and CBT based strategies incorporated within nutrition care
5. Definition of Biologically Appropriate Weight (BAW)
6. Metabolic challenges during weight restoration in anorexia

7. Nutrition strategies for gastrointestinal symptoms during recovery
8. Difference between mindful eating and intuitive eating
9. Stages of intuitive eating

## Course 4: Medical Treatment of Eating Disorders

### REQUIRED TEXTS:

1. Mehler, P. S. & Andersen, A. E. (Eds.). (2017). *Eating disorders: a guide to medical care and complications* (3rd. ed.). Baltimore, MD: Johns Hopkins University Press.
2. Academy for Eating Disorders. (2016). *Critical points for early recognition & medical risk management in the care of individuals with eating disorders* (3rd ed.). Reston, VA: Academy for Eating Disorders.

### KEY SUPPLEMENTAL TEXT (optional):

1. Lask, B. & Frampton, I. (Eds.). (2011). *Eating disorders and the brain* (1st ed.). Chichester, West Sussex,: Wiley-Blackwell.

In addition to information presented in the corresponding workshop or webinar, be familiar with the following to prepare for the exam:

1. Recommended strategy for refeeding patients with anorexia
2. Effective strategies to improve gastrointestinal mobility in regard to treatment for anorexia and for bulimia
3. Common medical conditions in patients with anorexia nervosa
4. Family Based Therapy (FBT), including role of treatment providers and role of family/patient
5. Co-morbid psychiatric conditions most common to each type of eating disorder
6. Laboratory tests required for and oral complications associated with patients with bulimia nervosa
7. APA guidelines for ethical principles (questions are presented as scenarios of ethical dilemmas between clinician and patient)