



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.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5711426/>
5. American Psychiatric Association. (2006). *Practice guideline for the treatment of patients with eating disorders (3rd ed)*. Washington, DC: American Psychiatric Association.
http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/eatingdisorders.pdf

RECOMMENDED SUPPLEMENTAL TEXTS/READINGS (optional):

1. Bacon, L., & Aphramor, L. (2014). *Body respect: What conventional health books get wrong, leave out, and just plain fail to understand about weight*. Dallas, TX, US: BenBella Books.
2. Setnick, J. (2017). *Academy of Nutrition and Dietetics pocket guide to eating disorders (2nd ed.)*. Chicago, Ill: Academy of Nutrition and Dietetics.
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. Smolak, L. & Levine, M.P. (Eds.). (2015). *Wiley Handbook of Eating Disorders*. Hoboken, New Jersey: Wiley-Blackwell
6. Anderson, L.K., Murray, S. B., & Kaye, W. H. (Eds.) (2017). *Clinical Handbook of Complex and Atypical Eating Disorders*. 40-59. Oxford University Press. New York.
7. Mitchell, J. E. & Peterson, C. B. (Eds.). (2005). *Assessment of eating disorders*. New York: Guilford Press.
8. Gordon-Elliott, J. (2017). *Fundamentals of diagnosing and treating eating disorders: a clinical casebook*. Cham, Switzerland: Springer.

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.

RECOMMENDED SUPPLEMENTAL TEXTS/READINGS (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
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. Grilo, C. M. & Mitchell, J. E. (Eds.). (2010). *The treatment of eating disorders: a clinical handbook*. New York: Guilford Press.

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.

RECOMMENDED SUPPLEMENTAL TEXTS/READINGS (optional):

1. Kronberg, S. (2016) *The Comprehensive Learning/Teaching Handout Manual for Eating Disorders* (2nd edition). New York, Wellness Publishing
2. Ross, C. C. (2009). *The binge eating & compulsive overeating workbook: an integrated approach to overcoming disordered eating*. Oakland, CA: New Harbinger Publications.
3. Thompson, R. A. & Sherman, R. T. (2010). *Eating disorders in sport*. New York, NY: Brunner-Routledge.
4. O'Toole, J. K. (2010). *Give food a chance: a new view on childhood eating disorders*. Portland, OR: Perfectly Scientific Press.
5. Bulik, C. M. (2009). *Crave: why you binge eat and how to stop*. New York: Walker & Co.

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.
<https://www.aedweb.org/resources/publications/medical-care-standards>

RECOMMENDED SUPPLEMENTAL TEXTS/READINGS (optional):

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