



iaedp™ Institute Core Course
Core Course 2: Psychological Treatment of
Eating Disorders

Certification Email: certification@iaedp.com

Associate Designee email: info@iaedp.com

Course Information

Course Goals and Expected Learning Outcomes:

This course is designed primarily for healthcare professionals. It offers an introduction to best practice treatment modalities for eating disorders. Treatment Modalities for Feeding and Eating Disorders will address the most empirically supported treatment methods for clinicians new to the profession, or for those wanting to learn more. Topics discussed include coordination and collaboration within treatment teams, suicide screening and safety measures, assessment, diagnosis and treatment planning. Evidence based treatments and emerging therapies currently in practice and under empirical review will be presented. Specific attention will be given to diversity and historically overlooked/underserved populations.

Completion of this course is intended to meet one requirement for the iaedp™ Certification.

Learning Objectives- Participants will be able to:

- Recognize the importance of collaboration and coordination among members of a treatment team
- Identify appropriate levels of care
- Identify numerous therapeutic modalities used in the treatment of feeding and eating disorders
- Develop awareness of issues of diversity as they relate to the treatment of eating disorders
- Recognize common co-morbidities that influence treatment including suicide risk management
- Be familiar with resources to further knowledge and skill in each treatment modality

Course Materials:

[These texts are recommended for full certification and associate designation]

- Academy for Eating Disorders. (2020). *A guide to selecting evidence-based psychological therapies for eating disorders* (1st ed.). Reston, VA: Academy for Eating Disorders.
- https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c-2a078d02145d/UploadedImages/Publications_Slider/FINAL_AED_Psychological_book.pdf
- Agras, W. S. & Robinson, A. H. (Eds.). (2018). *The Oxford handbook of eating disorders* (2nd ed.). New York, NY: Oxford University Press.
- 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

- Thompson-Brenner, H. (Ed.). (2015). *Casebook of evidence-based therapy for eating disorders*. New York: Guilford Press.
- 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.
- Alexander, J. & Treasure, J. (Eds.). (2012). *A collaborative approach to eating disorders*. London: Routledge.
- 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
- Brewerton, T. D. & Dennis, A. B. (Eds.). (2014). *Eating disorders, addictions and substance use disorders: research, clinical and treatment perspectives*. Heidelberg, Germany: Springer.
- Fairburn, C. G. (Ed.) (2008). *Cognitive behavior therapy and eating disorders*. New York: Guilford Press.
- Lock, J. D. & Le Grange, D. (2013). *Treatment manual for anorexia nervosa: a family-based approach* (2nd ed.). New York: Guilford Press.
- Maine, M., McGilley, B. H., & Bunnell, D. W. (Eds.). (2010). *Treatment of eating disorders: bridging the research-practice gap*. Amsterdam; Boston: Academic Press/Elsevier.
- National Institute for Health and Care Excellence (UK). (2017). Eating disorders: recognition and treatment. <https://www.nice.org.uk/guidance/ng69>.
- Safer, D. L., Telch, C. F., & Chen, E. Y. (2009). *Dialectical behavior therapy for binge eating and bulimia*. New York: Guilford Press.
- 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.
- Small, C. & Fuller, M. (Eds.). (2020). *Treating Black women with eating disorders: a clinician's guide*. New York, NY: Routledge.

Course Requirements:

1. This self-study course may be taken at the individual learner's pace but all parts (webinar, modules, and course test) must be finished within 90 days to successfully complete the course. There is no instructor contact information, however questions regarding the course can be directed to email noted at the top of the syllabus. Requests to extend the completion deadline longer than 90 days can be sent to the same emails.
2. Read/become familiar with the information presented in each of the required texts [certification only].
3. Modules/Assignments:

- a. Watch *Suicide and Eating Disorders* module and answer accompanying questions in test.com.
 - b. Watch *Treating Black Women with Eating Disorders* module and answer accompanying questions in test.com.
4. The last step is the Course 1 test, which includes material from the Core Course presentation and all of the modules/assignments. A passing score of 80% is required for completion of the Core Course. (Virtual symposium attendees will be given instructions on how to access the course test). The test can be retaken within the 90 day period to achieve a passing score.
5. When you are notified that you have passed, please save the notification to submit with your certification application.

Workshop/Webinar Outline Course 2:

1. Introduction and Overview
2. Treatment Teams
 - a. Specialized Care/Scope of Competence
 - b. Coordination and Collaboration
3. Overview of Assessment
 - a. Diagnostic Interview
 - b. Assessment Considerations
4. Diversity and Underserved Populations
5. Ethical Concerns
6. Suicide Screening and Safety
7. Treatment Planning:
 - a. Case Conceptualization
 - b. Comorbidities
 - c. Levels of Care
 - d. Treatment Settings
 - e. Guidelines for Outpatient Care
 - f. Severe and Enduring Eating Disorders
8. Case Study
9. Body Image
10. Treatment Modalities
 - a. Treatment Guidelines
 - b. Therapy Formats
 - c. Evidence Based Treatments
 - d. Practice Based Treatments
 - e. Expressive Therapies
11. Considerations for the ED Therapist