



## iaedp™ Institute Core Courses

### Core Course 2: Treatment Modalities for Feeding and Eating Disorders

Contact: Certification

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#### 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, diagnosis and treatment planning including determining appropriate levels of care, and treatment modalities. Evidence based treatments, motivational approaches 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 eating disorders and be familiar with what research suggests is the most appropriate modality based on diagnosis and treatment setting
- Recognize common co-morbidities that influence treatment including suicide risk management
- Be familiar with the treatment of eating disorders within marginalized populations and the ethical considerations for treatment teams
- Recognize the importance of body image in the treatment of eating disorders
- Identify the importance of movement in recovery and be able to differentiate between healthy movement and symptomatic exercise (information provided online or in symposium book)
- Be aware of sources for furthering knowledge and skill in each area/treatment modality

#### **Course Materials:**

##### 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](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.

**Course Requirements - note 2020 requirements will vary based on pre-symposium attendance (virtual symposium) vs online self-study completion:**

1. This self-study course may be taken at the individual learner's pace, but all parts (webinar, assignments, and course exam) must be finished within 90 days to successfully complete the course. As this is a self-study course, there is no instructor contact information. However, questions regarding the course can be directed to email noted at the top of the syllabus.
2. Read/become familiar with the information presented in each of the required texts and additional readings.
3. Assignments (**If you attended the 2020 virtual symposium courses, this information was provided to you and assignments will not need to be submitted**):
  - a. Choose one topic discussed in the required readings and write a 600-750 word essay either considering this topic in relation to your own life or the case histories of one or more patients whom you have treated. When you have completed this assignment, save it in electronic format on your computer.

You will later receive instructions on going to the online testing center and pasting your synopsis into the appropriate document.

- b. Write a 300 – 500 word synopsis of core course webinar recording and copy and paste your synopsis in the online testing center as instructed.
- c. Read articles on intuitive exercise and answer the accompanying questions on test.com.

\*\*\* You will not receive a score on these documents. However, they are audited by the Certification Committee and are required for course completion.

4. The last step is the Course 2 exam. **Please note this exam can only be viewed once and will be graded accordingly therefore open the exam only when you are ready to take it.** If you view a final exam before you are ready to sit for the exam and close it without completing the questions, you will receive a final exam grade based on that viewing. (Pre-symposium attendees will be given instructions on how to access the course exam).
5. When you are notified that you have passed, please save the notification to submit with your certification application.

#### **Workshop/Webinar Outline Course 1:**

1. **Introduction and Overview**
2. **Treatment Teams**
  - a. Specialized Care/Scope of Competence
  - b. Coordination and Collaboration
3. **Overview of Assessment Issues and Tools**
  - a. 4 Pillars of Assessment
  - b. Diagnostic Interview
4. **Diversity and Underserved Populations**
5. **Ethical Concerns**
6. **Suicide Screening and Safety**
7. **Treatment Planning:**
  - a. Diagnosis
  - b. Levels of Care
  - c. Treatment Settings
  - d. Treatment Plans
  - e. Guidelines for Outpatient Care
  - f. Case Conceptualization
  - g. Severe and Enduring Eating Disorders
8. **Case Study**
9. **Body Image**
10. **Treatment Modalities**
  - a. International Guidelines
  - b. Treatment Formats
  - c. Evidence Based Treatments

- d. Additional Therapies
  - e. Experiential Therapies
11. **Special Topics**
  12. **Considerations for the ED Therapist**
  13. **Q & A**