



iaedp™ Institute Core Courses
Core Course 1: Overview of
Eating Disorders

Contact: Certification
Email: certification@iaedp.com

Course Information

Course Goals and Expected Learning Outcomes:

This course is designed primarily for healthcare professionals. This introductory course in eating disorders will provide an overview of eating disorders from a social justice perspective with attention to the diverse people who experience eating disorders and the systemic barriers they may face in obtaining a diagnosis and accessing treatment. We will discuss how weight stigma impacts people in bodies of all sizes and provide education about Health at Every Size®. Factors that contribute to the development of an eating disorder, including neurobiological findings, genetic influences, and bio- psychosocial implications, will be addressed. Symptom manifestation and presentation in conjunction with diagnostic criteria will be presented.

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

Learning Objectives - Participants will be able to:

- 1) Identify and differentially diagnose using the DMS-5 Eating Disorders diagnosis.
- 2) Understand the vast social cultural features of populations affected by eating disorders and the barriers those groups face in accessing care as well as how attending to these perspectives can improve clinical practice.
- 3) Understand the genetic, psychosocial and neurobiological influences that may contribute to an individual's vulnerability to the development of an eating disorder.

Course Materials:

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 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. The last step is the Course 1 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).

4. When you are notified that you have passed, please save the notification to submit with your certification application.

Workshop/Webinar Outline Course 1:

1. **Overview of Eating Disorders 2020**
2. **Diversity and Social Justice**
 - ▶ **Weight Stigma and HAES**
3. **History of eating disorders**
4. **Etiology Models**
5. **Types of eating disorders**
 - ▶ **Prevalence**
 - ▶ **Identified populations**
 - ▶ **Comorbidities**
 - ▶ **Case studies**
6. **Levels of care**
7. **Assessment Tools**