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:

KEY SUPPLEMENTAL TEXTS (optional):

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:

KEY SUPPLEMENTAL TEXTS (optional):

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:


KEY SUPPLEMENTAL TEXTS (optional):


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:


KEY SUPPLEMENTAL TEXT (optional):


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)