Reading List for Certification Core Courses

Iaedp Online Institute Core Courses 1 – 4

Each iaedp Core Course has TWO REQUIRED READINGS from which exam questions are based. (Course 1 has one additional required chapter reading 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 topics from which questions are derived for each core course are included as a study guide.

Course 1: Overview of Eating Disorders

TWO REQUIRED TEXT BOOKS and ONE REQUIRED CHAPTER READING:


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

KEY SUPPLEMENTAL TEXTS (optional):

Course 2: In the Trenches: Effective Therapy Modalities for Complex Patients

TWO REQUIRED TEXT BOOKS:

1. **The Oxford Handbook of Eating Disorders.** Agras WS (Editor). New York: Oxford University Press; 2010

In addition to information presented in the corresponding workshop or webinar, be familiar with the following to prepare for the exam:

1. The Enhanced Cognitive Behavioral Therapy (CBT-E) model
2. Interpersonal Psychotherapy model
3. The differences between FBT model for anorexia vs bulimia
4. Use of Dialectical Behavior Therapy (DBT) model for binge eating
5. Neurotransmitter systems involved in regulation of feeding behaviors and weight control
6. Acceptance and Commitment Therapy (ACT) to include causes and the six processes which lead to psychological flexibility.

KEY SUPPLEMENTAL TEXTS (optional):

3. **Eating Disorders, Addictions and Substance Use Disorders: Research, Clinical and Treatment Perspectives.** Brewerton TD, Dennis AB. New York: Springer; 2014.
Course 3: Nutritional Guidelines for Treating Eating Disorders

TWO REQUIRED TEXT BOOKS:

1. *Nutrition Counseling in the Treatment of Eating Disorders*  

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

KEY SUPPLEMENTAL TEXTS (optional):


Course 4: Medical Aspects of Eating Disorders

TWO REQUIRED TEXT BOOKS:

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 regards 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)

KEY SUPPLEMENTAL TEXTS (optional):


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