

## **SYLLABUS for iaedp Core Course 3: Nutritional Guidelines for Treating Eating Disorders**

**Description:** This course is designed primarily for healthcare professionals. It offers an introduction to nutrition issues in the treatment of eating disorders. The course is designed to familiarize the student with nutrition education and counseling specific to the complex medical, physiological, psychological and behavioral aspects of eating disorders as well as the non-diet approach to weight management. Completion of this course is intended to meet one requirement for **iaedp Certification**.

### **TWO REQUIRED TEXT BOOKS:**

1. ***Nutrition Counseling in the Treatment of Eating Disorders 2nd Edition.*** Herrin M, Larkin M. New York: Routledge; 2013
2. ***Intuitive Eating (3rd Edition).*** Tribole E, Resch E. St. Martin Griffin; 2012.

### **KEY SUPPLEMENTAL TEXTS (optional):**

1. ***Eating Disorders: Nutrition Therapy in the Recovery Process,*** Reiff DW, Reiff KKL. Aspen Publishers; 1997.
2. ***The Binge Eating & Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating.*** Ross CC. New Harbinger Publications; 2009.
3. ***Eating Disorders in Sport.*** Thompson RA, Sherman RT. New York: Routledge; 2010.
4. ***Give Food A Chance: A New View on Childhood Eating Disorders.*** O'Toole J. Portland: Perfectly Scientific Press; 2011.
5. ***Crave: Why You Binge and How To Stop.*** Bulik CM. Walker & Company; 2009.

### **REQUIREMENTS TO COMPLETE THIS COURSE:**

1. Obtain the required textbooks listed above. You may obtain them from a library or choose to rent or purchase them from traditional or online bookstores such as Amazon.com.
2. Read/become familiar with the information presented in each of the required texts.
3. 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.
4. After registering for the on-line course, you will be emailed a "Letter of Instruction" containing a link to the webinar(s) for this course as well as your login and password information. Write a 300 – 500 synopsis of this webinar and **save it** in electronic format on your computer. Once you have saved it, copy and paste **your synopsis** in [www.test.com](http://www.test.com). Note: PLEASE SAVE YOUR LETTER OF INSTRUCTION – it contains your link, login and password information.
5. Follow the instructions for the online testing center in the email and complete all the documents for the texts and the webinars **by cutting and pasting your assignments into the appropriate test documents**. These tests will **not be graded but audited** by the Certification Committee. You will not receive a score on these documents.
6. When you are ready, take the final exam for this course at the online testing center. You have 90 days to complete the core course including the final core course exam.

7. When you are notified that you have passed, fill out the Core Course Completion Form (below) or available online at [www.iaedp.com](http://www.iaedp.com) under Online Institute.

### Core Course Completion Form

Today's Date: \_\_\_\_\_

Your name (print):

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Daytime telephone number: \_\_\_\_\_

Alternate phone number: \_\_\_\_\_

Email address (REQUIRED):

\_\_\_\_\_

The name of the course you just completed:

\_\_\_\_\_

**ATTESTATION: I, \_\_\_\_\_, attest that I have completed the coursework including readings and audio lectures, as described in the course syllabus. I further attest that I have written all papers and completed the final exam without input from anyone else. I have not shared the final exam with anyone. My signature below attests to these declarations.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date