



iaedp™ Institute Core Courses Online

Core Course 1: Overview of 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 the critical topics in eating disorders, including anorexia nervosa, bulimia nervosa, feeding and eating disorders, binge-eating disorder, obesity, the special needs of children, males, and athletes with these issues, as well as cultural perspectives. Completion of this course is intended to meet one requirement for the iaedp™ Certification.

Learning Objectives - Participants will be able to:

- Identify and differentially diagnose using the DMS-5 Eating Disorders diagnosis.
- Understand the vast social cultural features of populations affected by eating disorders.
- Discuss genetic, psychosocial and neurobiological influences that facilitate an individual's vulnerability to the development of an eating disorder.

Course Materials:

TWO REQUIRED TEXT BOOKS and ONE REQUIRED CHAPTER READING:

1. [A Collaborative Approach to Eating Disorders. Alexander J, Treasure J. New York: Routledge; 2011](#)
2. [The Treatment of Eating Disorders: A Clinical Handbook. Grilo C, Mitchell J. New York: The Guilford Press; 2010.](#)
3. [Chapter on Feeding and Eating Disorders, in the Diagnostic and Statistical Manual of Mental Disorders DSM-5 \(5th edition\). American Psychiatric Publishing; 2013.](#)

RECOMMENDED SUPPLEMENTAL TEXTS/READINGS (optional):

1. Setnick, J. (2017). *Academy of Nutrition and Dietetics pocket guide to eating disorders* (2nd ed.). Chicago, Ill: Academy of Nutrition and Dietetics.
2. Mitchell, J. E. & Peterson, C. B. (Eds.). (2005). *Assessment of eating disorders*. New York: Guilford Press.
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. Gordon-Elliott, J. (2017). *Fundamentals of diagnosing and treating eating disorders: a clinical casebook*. Cham, Switzerland: Springer.

Course Requirements:

1. Read/become familiar with the information presented in each of the required texts and additional readings.
2. Assignments:
 - a **Insert DSM 5 assignment**
3. The last step is the course 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.
4. When you are notified that you have passed, please save the notification to submit with your certification application.
5. 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 the contact person noted at the top of the syllabus.

Exam Prep:

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

Workshop/Webinar Outline Course 1:

1. Overview of Eating Disorders 2018
2. History of eating disorders
3. Types of eating disorders
 - Prevalence
 - Etiology
 - Identified populations
 - Comorbidities
 - Case studies
 - Diagnostic interview and assessment
4. Levels of care