



**iaedp™ Institute Core Courses Online**  
Core Course 2: Treatment Modalities for 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 best practice treatment modalities for eating disorders. Treatment Modalities for Eating Disorders will address the most empirically supported treatment methods for clinicians new to the profession, or for those wanting to learn more. Topics discussed include coordination and collaboration within treatment teams, assessment tools including suicide screening and safety measures, diagnosis and treatment planning including determining appropriate levels of care, and treatment modalities. Evidence based treatments, motivational approaches and emerging therapies currently in practice and under empirical review will be presented. Specific attention will be given to diversity and marginalized populations.

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

**Learning Objectives- Participants will be able to:**

- Recognize the importance of collaboration and coordination among members of a treatment team
- Identify appropriate assessment tools specific to Eating Disorders
- Identify appropriate levels of care
- Identify numerous therapeutic modalities used in the treatment of eating disorders and be familiar with what research suggests is the most appropriate modality based on diagnosis and treatment setting
- Recognize common co-morbidities that influence treatment including suicide risk management
- Be familiar with the treatment of eating disorders within marginalized populations and the ethical considerations for treatment teams
- Recognize the importance of body image in the treatment of eating disorders
- Identify the importance of movement in recovery and be able to differentiate between healthy movement and symptomatic exercise
- Be aware of sources for furthering knowledge and skill in each area/treatment modality

**Course Materials:**

**REQUIRED TEXTS:**

1. Agras, W. S. & Robinson, A. H. (Eds.). (2018). The Oxford handbook of eating disorders (2nd ed.). New York, NY: Oxford University Press.
2. Maine, M., McGilley, B. H., & Bunnell, D. W. (Eds.). (2010). Treatment of eating disorders: bridging the research-practice gap. Amsterdam; Boston: Academic Press/Elsevier.
3. Thompson-Brenner, H. (Ed.) (2015). Casebook of evidence-based therapy for eating disorders. New York: Guilford Press.

## RECOMMENDED SUPPLEMENTAL TEXTS/READINGS (optional):

1. American Psychological Association. (2016). Revision of ethical standard 3.04 of the “Ethical Principles of Psychologists and Code of Conduct” (2002, as amended 2010). *American Psychologist*, 71, 900. [www.apa.org/ethics](http://www.apa.org/ethics)
2. Lock, J. D. & Le Grange, D. (2013). *Treatment manual for anorexia nervosa: a family-based approach* (2nd ed.). New York: Guilford Press.
3. Fairburn, C. G. (Ed.) (2008). *Cognitive behavior therapy and eating disorders*. New York: Guilford Press.
4. Brewerton, T. D. & Dennis, A. B. (Eds.). (2014). *Eating disorders, addictions and substance use disorders: research, clinical and treatment perspectives*. Heidelberg, Germany: Springer.
5. Zerbe, K. J. (2008). *Integrated treatment of eating disorders: beyond the body betrayed*. New York: W.W. Norton & Co.
6. Alexander, J., Goldschmidt, A. B., & Le Grange, D. (Eds.). (2013). *A clinician's guide to binge eating disorder*. London, New York: Routledge, Taylor & Francis Group.
7. Sandoz, E. K., Wilson, K. G., & DuFrene, T. (2010). *Acceptance and commitment therapy for eating disorders: a process-focused guide to treating anorexia and bulimia*. Oakland, Calif.: New Harbinger Publications.
8. Mitchell, J. E., Devlin, M. J., de Zwaan, M., Crow, S. J., & Peterson, C. B. (2008). *Binge-eating disorder: clinical foundations and treatment*. New York: Guilford Press.
9. Safer, D. L., Telch, C. F., & Chen, E. Y. (2009). *Dialectical behavior therapy for binge eating and bulimia*. New York: Guilford Press.
10. National Institute for Health and Care Excellence (UK). (2017). *Eating disorders: recognition and treatment*. <https://www.nice.org.uk/guidance/ng69>
11. Grillo, C. M. & Mitchell, J. E. (Eds.). (2010). *The treatment of eating disorders: a clinical handbook*. New York: Guilford Press.

## **Course Requirements:**

1. Read/become familiar with the information presented in each of the required texts and additional readings.
2. Assignments:
  - a Choose one topic discussed in the required readings or in the course webinar 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. Upload your document to the course site as instructed.
  - b Read articles on intuitive exercise and review power point on Body Image. Complete the related assessment for each assignment. Upload your document to the course site as instructed.
  - c Watch video “Disentangling the Complexity of the Suicidal Client: Best Practices for Assessment and Treatment” by Nicole Siegfried Ph.D., CEDS, and Mary Bartlett Ph.D., LPC-CS and answer the accompanying questions on test.com

\*\*\* You will not receive a score on these documents. However, they are audited by the Certification Committee and are required for course completion.

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

course exam before you are ready to sit for the exam and close it without completing the questions, you will receive a course 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. 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
10. Review topics on Course Resource Page

### **Workshop/Webinar Outline Course 2:**

1. **Introduction and Overview**
2. **Treatment Teams**
  - a. Specialized Care/Scope of Competence
  - b. Coordination and Collaboration
3. **Overview of Assessment Issues and Tools**
4. **Special Populations and Ethical Considerations**
5. **Suicide Screening and Safety**
6. **Treatment Planning**
  - a. Diagnosis/Comorbidities
  - b. Levels of Care
  - c. Treatment Settings
  - d. Guidelines for Outpatient Care
  - e. NICE Guidelines
  - f. Case Conceptualization
7. **Case Study**
8. **Treatment Modalities**
  - a. Evidence Based Treatments

- b. Emerging Therapies
- c. Expressive Therapies
- 9. **Special Topics**
- 10. **Considerations for the ED Therapist**
- 11. **Q & A, Post Test**