



iaedp Institute Core Courses Online

Core Course 3: Nutrition Therapy for Eating Disorders

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Course Information

Course Goals and Expected Learning Outcomes:

This workshop outlines the unique and key roles of the registered dietitian who specializes in the treatment of the eating disorder population. Nutrition therapy goals, comprehensive nutrition assessment, refeeding issues and specific medical concerns created by eating disorder behaviors will be discussed within the levels of care for each eating disorder diagnosis, using case studies to illustrate practical strategies. Attention will be given to how therapeutic modalities such as CBT, DBT and ACT are incorporated into the nutrition care process, and the treatment of special populations and ethical considerations will be highlighted.

Learning Objectives- Participants will be able to:

- Provide perspective on eating disorders that position the Nutrition Therapist/Registered Dietitian (RD) to be more effective in counseling and collaborating in the treatment of eating disorders throughout all levels of care
- Delineate the key roles of the nutrition therapist/RD who specializes in the treatment of the eating disorders population
- Identify nutritional and physiological conditions in order to develop appropriate nutrition rehabilitation goals and plans
- Identify how the nutrition therapist/RD uses therapeutic modalities of CBT, DBT, ERT, MST, IFS and ACT are utilized in the nutrition treatment process for eating disorders

Course Materials:

REQUIRED TEXTS:

1. Herrin, M. & Larkin, M. (2013). Nutrition counseling in the treatment of eating disorders (2nd ed.). New York: Brunner-Routledge.
2. Reiff, D.W. & Reiff, K.K.L. (1999). *Eating disorders: nutrition therapy in the recovery process*. Mercer Island, WA : Life Enterprises.
(<http://www.kimlampsonreiff.com/product/eating-disorders-nutrition-therapy-recovery-process/> has the most reasonable rates)
3. Tribole, E. & Resch, E. (2012). *Intuitive eating: a revolutionary program that works* (3rd ed.) (3rd. ed.). New York, NY: St. Martin's Griffin.
4. Ozier, A. D. & Henry, B. W. (2011). Position of the American Dietetic Association: nutrition intervention in the treatment of eating disorders. *J Am Diet Assoc*, 111(8), 1236-1241.

KEY SUPPLEMENTAL TEXTS (optional):

1. Ross, C. C. (2009). The binge eating & compulsive overeating workbook: an integrated approach to overcoming disordered eating. Oakland, CA: New Harbinger Publications.
2. Thompson, R. A. & Sherman, R. T. (2010). Eating disorders in sport. New York, NY: Brunner-Routledge.
3. O'Toole, J. K. (2010). Give food a chance: a new view on childhood eating disorders. Portland, OR: Perfectly Scientific Press.
4. Bulik, C. M. (2009). Crave: why you binge eat and how to stop. New York: Walker & Co.

Course Requirements:

1. Read/become familiar with the information presented in each of the required texts and additional readings.
2. Assignments:
Insert assignments for nutrition
*** 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 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

Workshop/Webinar Outline Course 3:

- 1) **Overview of Nutrition Care –Perspectives, Roles, Goals**
 - a. The Registered Dietitian Nutritionist (RDN)

- b. Scope of Practice
 - c. CEDRD Role on Treatment Team and in different levels of care
 - d. Impact of nutritional culture and ED development/weight stigma
 - e. Nutrition treatment goals
 - i. Medical/Physical Stability
 - ii. Balanced, supportive, normalized, relaxed eating and activity
 - iii. Reduce/eliminate compensation behaviors
 - iv. Healthy coping mechanisms
 - v. Improved mental health
 - vi. Supportive social structure
 - f. Recovery definition
- 2) The Nutrition Assessment: History, Medical, Reported**
- a. Physical
 - b. Medical
 - c. Nutritional
 - d. Psychological
 - e. Familial
 - f. Physical Activity
 - g. Beliefs and attitudes and knowledge
- 3) Identification of Nutritional/Medical Issues**
- a. GI complications
 - b. Metabolic considerations
 - c. Restoring and maintaining weight
- 4) Determination of Healthy Weight**
- a. Normal adolescent growth
 - b. Body Mass Index
 - c. Weight checks process and meaning
- 5) Meal Structuring and Planning**
- a. Addressing food fears
 - b. Ensuring adequate intake
 - c. Hunger awareness
 - d. Meal Timing
- 6) Nutrition Education**
- a. Engagement level
 - b. Hunger work
 - c. Meal support
 - d. Intuitive eating
 - e. Religion/faith/spirituality
 - f. Health at Every Size principles
 - g. Movement
- 7) Nutrition care for specific eating disorders diagnoses**
- a. Anorexia
 - b. Bulimia nervosa
 - c. Binge Eating Disorder
 - d. ARFID
 - e. OSFED
- 8) Nutrition care for specific populations**
- a. Celiac, diabetes, pregnancy
 - b. Autism spectrum disorder, complicated dieting history
 - c. Athletes, LGBTQ, vegetarian/vegan
 - d. Bariatric surgery
 - e. Autism
 - f. Complicated dieting history
 - g. Athletes/Dancers
 - h. Models Actors
 - i. Religious dietary practices

- j. Vegetarian Vegan
- k. LGBTQAI
- l. Cultural considerations

9) Case conceptualization

10) Nutrition therapy skills that facilitate change

- a. CBT
- b. DBT
- c. ACT
- d. ERT
- e. MST
- f. IFS

11) Case Study

12) Conclusions