

Reading List for Certification Core Courses

iaedp Core Courses 1 – 4

Each iaedp Core Course for the Traditional Certification process has *REQUIRED READINGS* 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 subjects from which questions are derived for each core course are included as a topic study guide below each course listing.

Course 1: Overview of Eating Disorders

REQUIRED TEXTS:

1. ***Treatment of Eating Disorders: Bridging the Research Practice Gap.*** Maine M, McGilley BH, Bunnell DW (Editors). 1st edition. Burlington, MA: Academic Press Elsevier; 2010.
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.

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

SUPPLEMENTAL TEXTS (optional):

1. *ADA Pocket Guide to Eating Disorders*, Setnick J. American Dietetic Association Press; 2011.
2. *Assessment of Eating Disorders*. Mitchell JE, Peterson CB (Editors.) New York: The Guilford Press; 2007.
3. *Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter*. Maine M, Davis WN, Shure J. (editors). New York: Routledge; 2009.

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

REQUIRED TEXTS:

- 1. *The Oxford Handbook of Eating Disorders.*** Agras WS (Editor). New York: Oxford University Press; 2010
- 2. *A Collaborative Approach to Eating Disorders.*** Alexander J, Treasure J. New York: Routledge; 2011

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.

SUPPLEMENTAL TEXTS (optional):

1. *Treatment Manual for Anorexia Nervosa: A Family Based Approach (2nd edition).* Lock J, Le Grange D, Agras WS, Dare C. New York: Guilford Press; 2012.
2. *Cognitive Behavior Therapy and Eating Disorders.* Fairburn, CG. New York: The Guilford Press; 2008
3. *Eating Disorders, Addictions and Substance Use Disorders: Research, Clinical and Treatment Perspectives.* Brewerton TD, Dennis AB. New York: Springer; 2014.
4. *Integrated Treatment of Eating Disorders: Beyond the Body Betrayed.* Zerbe KJ. W W Norton & Company; 2008.
5. *A Clinician's Guide to Binge Eating Disorder.* Alexander J, Goldschmidt A, LeGrange D. New York: Routledge; 2013.
6. *Acceptance and Commitment Therapy for Eating Disorders: A Process-focused Guide to Treating Anorexia and Bulimia.* Sandoz E, Wilson KG, DuFrene T. New Harbinger Publications; 2010.
7. *Binge Eating Disorder: Clinical Foundations and Treatment.* Mitchell JE, Devlin MJ, DeZwaan M, Crow SJ, Peterson CB. New York: The Guilford Press; 2008.
8. *Dialectical Behavior Therapy for Binge Eating and Bulimia.* Safer DL, Telch CF, Chen EY, Linehan MM. New York: The Guilford Press; 2009.

Course 3: Nutritional Guidelines for Treating Eating Disorders

REQUIRED TEXTS:

1. ***Nutrition Counseling in the Treatment of Eating Disorders.*** 2nd Edition. Herrin M, Larkin M. New York: Routledge; 2013.
2. ***Eating Disorders: Nutrition Therapy in the Recovery Process.*** Reiff DW, Reiff KKL. Aspen Publishers; 1997.
(<http://www.kimlampsonreiff.com/product/eating-disorders-nutrition-therapy-recovery-process/> has the most reasonable rates)
3. ***Intuitive Eating*** (2nd Edition). Tribole E, Resch E. St Martin Griffin; 2012.

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

SUPPLEMENTAL TEXTS (optional):

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

Course 4: Medical Aspects of Eating Disorders

REQUIRED TEXTS:

1. ***Eating Disorders: A Guide to Medical Care and Complications*** 2nd Edition. Mehler PS, Andersen A. Baltimore: Johns Hopkins University Press; 2010.

2. ***Ethical Principles of Psychologists and Code of Conduct***,
American Psychological Association (2002) www.apa.org/ethics

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)

SUPPLEMENTAL TEXTS (optional):

Eating Disorders and the Brain. Lask B, Frampton I. Oxford: John Wiley & Sons; 2011.

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