

## Reading List for Certification Core Courses

### iaedp™ Core Courses 1 – 4

Each iaedp Core Course has REQUIRED READINGS. Required readings contain essential knowledge to become certified. All questions for the Certification Exam will be derived from the readings and/or the presentation.

OPTIONAL READINGS are excellent resources recommended by subject matter experts to adjunct your treatment practice. No exam questions will be derived solely from these optional sources.

- ❖ These books are written for a consumer audience and recommended for giving to patients.

### **Course 1: Overview of Eating Disorders**

#### REQUIRED READING:

- Anderson, L. K., Murray, S. B., & Kaye, W. H. (Eds.). (2018). *Clinical handbook of complex and atypical eating disorders*. New York, NY: Oxford University Press.
- Bacon, L. & Aphramor, L. (2014). *Body respect: what conventional health books get wrong, leave out, and just plain fail to understand about weight*. Dallas, TX: BenBella Books.
- Fries, J. & Sullivan, V. (Eds.). (2017). *Eating disorders in special populations: medical, nutritional, and psychological treatments*. Boca Raton, FL: CRC Press.
- Schaumberg, K., Welch, E., Breithaupt, L. E., Hubel, C., Baker, J. H., Munn-Chernoff, M. A., . . . Bulik, C. M. (2017). The science behind the Academy for Eating Disorders' Nine Truths About Eating Disorders. *Eur Eat Disord Rev*, 25(6), 432-450.
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5711426/>
- DSM-V Diagnostic Criteria for Feeding and Eating Disorders
  - [https://bodymatters.com.au/wp-content/uploads/2015/01/DSM\\_V\\_Diagnostic\\_Criteria\\_for\\_Eating\\_Disorders.pdf](https://bodymatters.com.au/wp-content/uploads/2015/01/DSM_V_Diagnostic_Criteria_for_Eating_Disorders.pdf)

## OPTIONAL READING:

- American Psychiatric Association. (2013). Feeding and eating disorders. In *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: American Psychiatric Association.
- Gordon-Elliott, J. (2017). *Fundamentals of diagnosing and treating eating disorders: a clinical casebook*. Cham, Switzerland: Springer.
- Mitchell, J. E. & Peterson, C. B. (Eds.). (2005). *Assessment of eating disorders*. New York: Guilford Press.
- ❖ Spotts-De Lazzer, A. (2021). *MeaningFULL: 23 life-changing stories of conquering dieting, weight, & body image*: Unsolicited Press.
- Smolak, L. & Levine, M.P. (Eds.). (2015). *Wiley Handbook of Eating Disorders*. Malden, MA: Wiley-Blackwell.

## Course 2: Therapeutic Treatments for Eating Disorders

### REQUIRED READING:

- Agras, W. S. & Robinson, A. H. (Eds.). (2018). *The Oxford handbook of eating disorders* (2nd ed.). New York, NY: Oxford University Press.
- American Psychiatric Association. (2006). *Practice guideline for the treatment of patients with eating disorders* (3rd ed). Washington, DC: American Psychiatric Association.
  - [http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/eatingdisorders.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/eatingdisorders.pdf)
- Academy for Eating Disorders. (2020). *A guide to selecting evidence-based psychological therapies for eating disorders* (1<sup>st</sup> ed.). Reston, VA: Academy for Eating Disorders.
  - [https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c-2a078d02145d/UploadedImages/Publications\\_Slider/FINAL\\_AED\\_Psychological\\_book.pdf](https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c-2a078d02145d/UploadedImages/Publications_Slider/FINAL_AED_Psychological_book.pdf)
- Thompson-Brenner, H. (Ed.). (2015). *Casebook of evidence-based therapy for eating disorders*. New York: Guilford Press.

### OPTIONAL READING:

- 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.
- Alexander, J. & Treasure, J. (Eds.). (2012). *A collaborative approach to eating disorders*. London: Routledge.
- 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)

- Brewerton, T. D. & Dennis, A. B. (Eds.). (2014). *Eating disorders, addictions and substance use disorders: research, clinical and treatment perspectives*. Heidelberg, Germany: Springer.
- Fairburn, C. G. (Ed.) (2008). *Cognitive behavior therapy and eating disorders*. New York: Guilford Press.
- Lock, J. D. & Le Grange, D. (2013). *Treatment manual for anorexia nervosa: a family-based approach* (2nd ed.). New York: Guilford Press.
- Maine, M., McGilley, B. H., & Bunnell, D. W. (Eds.). (2010). *Treatment of eating disorders: bridging the research-practice gap*. Amsterdam; Boston: Academic Press/Elsevier.
- National Institute for Health and Care Excellence (UK). (2017). Eating disorders: recognition and treatment.
  - <https://www.nice.org.uk/guidance/ng69>.
- Safer, D. L., Telch, C. F., & Chen, E. Y. (2009). *Dialectical behavior therapy for binge eating and bulimia*. New York: Guilford Press.
- 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.
- Small, C. & Fuller, M. (Eds.). (2020). *Treating Black women with eating disorders: a clinician's guide*. New York, NY: Routledge.

### Course 3: Nutrition Therapy for Eating Disorders

#### REQUIRED READING:

- Academy for Eating Disorders. (2020). *Guidebook for nutritional treatment of eating disorders* (1<sup>st</sup> ed.). Reston, VA: Academy for Eating Disorders.
  - [https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c-2a078d02145d/UploadedImages/Publications\\_Slider/FINAL\\_AED\\_Purple\\_Nutrition\\_Book.pdf](https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c-2a078d02145d/UploadedImages/Publications_Slider/FINAL_AED_Purple_Nutrition_Book.pdf)
- Hackert, A. N., Kniskern, M. A., & Beasley, T. (2020). Academy of Nutrition and Dietetics: revised 2020 standards of practice and standards of professional performance for registered dietitian nutritionists (competent, proficient, and expert) in eating disorders. *Journal of the Academy of Nutrition and Dietetics*, 120(11), 1902-1919.e1954.
  - [https://jandonline.org/article/S2212-2672\(20\)30904-7/pdf](https://jandonline.org/article/S2212-2672(20)30904-7/pdf)
- Herrin, M. & Larkin, M. (2013). *Nutrition counseling in the treatment of eating disorders* (2nd ed.). New York: Brunner-Routledge.
- Tribole, E. & Resch, E. (2020). *Intuitive eating: a revolutionary anti-diet approach*. (4th ed.). New York, NY: St. Martin's Essentials.

#### OPTIONAL READING:

- ❖ Crosbie, C. & Sterling, W. M. (2018). *How to nourish your child through an eating disorder: a simple, plate-by-plate approach to rebuilding a healthy relationship with food*. New York, NY: The Experiment.

- ❖ Harrison, C. (2019). *Anti-diet: reclaim your time, money, well-being and happiness through intuitive eating*. London, UK: Yellow Kite.
- Harrell, B. (2020). Binge Eating Disorder: Diagnosis and Intervention. *BHN In the Know*. Vol 3 Issue 3.
  - [https://mcusercontent.com/8b31568ca9632856072425fe4/files/2da45397-c158-47a9-9916-dc5a5aad1863/Binge\\_Eating\\_Disorder\\_with\\_quiz.pdf](https://mcusercontent.com/8b31568ca9632856072425fe4/files/2da45397-c158-47a9-9916-dc5a5aad1863/Binge_Eating_Disorder_with_quiz.pdf)
- Kronberg, S. (2016) *The comprehensive learning/teaching handout manual for eating disorders* (2<sup>nd</sup> edition). New York: Wellness Publishing.
  - <https://sondrakronberg.com/handout-cd/>
- Quesnel, D. A., Cooper, M., & Dobinson, A. (2020). *Safe exercise at every stage (SEES) guidelines*.
  - <https://static1.squarespace.com/static/5b6112bd365f028c9256b26d/t/5eac82a48b1c8d1dfe26d410/1588363961224/SEES+full+guideline+-+2020.pdf>
  - Note: These guidelines are for use in adults only, not adolescents.
- ❖ Schauster, H. (2018). *Nourish: how to heal your relationship with food, body, and self*. Sommerville, MA: Hummingbird Press.
- Setnick, J. (2017). *Academy of Nutrition and Dietetics pocket guide to eating disorders* (2nd ed.). Chicago, Ill: Academy of Nutrition and Dietetics.

## Course 4: Medical Treatment of Eating Disorders

### REQUIRED TEXTS:

- Academy for Eating Disorders. (2016). *Critical points for early recognition & medical risk management in the care of individuals with eating disorders* (3rd ed.). Reston, VA: Academy for Eating Disorders.
  - <https://www.aedweb.org/resources/online-library/publications/medical-care-standards>
- Gaudiani, J. L. (2018). *Sick enough: a guide to the medical complications of eating disorders*. New York, NY: Routledge.
- Mehler, P. S. & Andersen, A. E. (Eds.). (2017). *Eating disorders: a guide to medical care and complications* (3rd. ed.). Baltimore, MD: Johns Hopkins University Press.
  - 4th edition will be published in 2021

### OPTIONAL READING:

- American Psychiatric Association. (2013). Feeding and eating disorders. In *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: American Psychiatric Association.
- Golden, N. H., Katzman, D. K., Sawyer, S. M., Ornstein, R. M., Rome, E. S., Garber, A. K., . . . Kreipe, R. E. (2015). Position paper of the Society for Adolescent Health and Medicine: medical management of restrictive eating disorders in adolescents and young adults. *Journal of Adolescent Health, 56*(1), 121-125

- <https://doi.org/10.1016/j.jadohealth.2014.10.259>
- Martin S. (2018). Common medical issues. In Crosbie, C. & Sterling, W. M. (2018). *How to nourish your child through an eating disorder: a simple, plate-by-plate approach to rebuilding a healthy relationship with food*. New York, NY: The Experiment.