

This checklist is for the Traditional Certification, created for credentialed professionals who want to pursue advanced expertise and proficiency in the field of eating disorders.

*Note: If you have >10,000 practice hours as a credentialed professional in the field of eating disorders, it is recommended that you review the requirements needed for the Equivalency Certification ([www.iaedp.com/certification](http://www.iaedp.com/certification)).*

## Requirements for the CEDS, CEDRD, CEDRN and CEDCAT Traditional Certification

### EDUCATION AND LICENSURE REQUIREMENTS

- **Certified Eating Disorders Specialist (CEDS)** - MA/MS/MSW/PhD/MD/DO/ND/NP from accredited institution in health/behavioral science field
  - Licensed or certified as a healthcare professional with a permanently renewable license/registration according to his/her state's licensing or certifying board.
  - Includes PhD or PsyD candidate who has first obtained a MS level and practiced as a LAC, LPC, MFT or LCISW prior to seeking advanced doctorate. Does not include a PhD or PsyD candidate who bypassed the MS level and has a temporary license which expires and requires completion of advanced degree for full certification to practice.
- **Certified Eating Disorders Registered Dietitian (CEDRD)** – Registered Dietitian through Commission on Dietetics Registration
- **Certified Eating Disorders Registered Nurse (CEDRN)** –
  - BSN, MSN or DSN from an accredited institution or BS in a related health care field (psychology, social work, etc.) with an Associate degree in nursing from an accredited institution and 3 semester credits in professional practice standards and ethics.
  - Licensed as a RN by his/her state's licensing/certification board with ongoing maintenance of this licensure with approved CEUs.
- **Certified Eating Disorders Creative Arts Therapist (CEDCAT)** Music, Art, Recreation and Dance/Movement Therapists:
  - Certified or registered nationally as a creative arts professional in music, art, recreation therapy or dance/movement by the national Music, Art, Recreation Therapy or Dance/Movement Certification Board (post-internship or provisional licensure).
  - Renewal of certification maintained as required by the appropriate Certification Board (Certification Board for Music Therapists [CBMT], Art Therapists [ATCB], Recreation Therapist [NCTRC] or Dance/Movement Therapists [DMTCB])
  - Letter from the appropriate credentialing body that acknowledges the applicant is certified or registered by the appropriate standards and that he/she is recognized as in good standing is required and must be included in the completed application.

## **SUPERVISED PATIENT CARE REQUIREMENTS**

### • **Hours Requirement**

- a. 2500 practice hours must be accrued under the guidance of iaedp™-approved supervisor(s). See Guidelines for Supervision at [iaedp.com/certification](http://iaedp.com/certification) for details about hours.
- b. When to accrue hours:
  - Effective for applications received after July 1, 2018, hours towards certification may begin accruing as follows:
    - Masters Level Therapists**— After registration or licensure number is acquired, post-graduation, through practicing state. Must have permanently renewable state issued license to receive CEDS.
    - Psychologists** – After APA accredited internship year begins. Must be independently licensed to received CEDS.
    - Registered Dietitians** – After registered through Commission on Dietetics Registration (CDR)
    - Medical Providers** – After license number is acquired through state and can begin residency
    - Nurses** – After state licensure number is acquired
  - Hours accumulated in less than two (2) years and/or in excess of 40 per week will not be accepted.

### • **Supervisor Requirement**

Qualified supervisor(s) can be either:

1. An existing iaedp™- approved supervisor who can be found by searching the iaedp™ membership directory (<https://iaedp.site-ym.com/search/custom.asp?id=4864>) or
2. An experienced clinician in the field of eating disorders with whom you currently work, provides supervision to you, meets the requirements for an iaedp™- approved supervisor and is willing to complete the one-time Approved Supervisor Application (a \$75 one-time fee). A qualified supervisor does not have to be in your same geographical area. Supervision for the iaedp™ Traditional Certification is permissible by means of in person, video conferencing, telephone, and/or email

### • **Supervision Requirement** – See Guidelines for Supervision at [iaedp.com/certification](http://iaedp.com/certification) for details about supervision hours

- a. At least 75% of the 2500 practice hours must be supervised by an iaedp™- approved supervisor within your discipline. Up to 25% can be from an iaedp™- approved supervisor from another discipline within the treatment team.
- b. Patient care hours can include individual, family and group therapy hours. iaedp™ offers an “Applicant Log of Patient Care Hours” to use for your personal documentation of your hours but will not be included in your final application packet
- c. Group supervision may account for up to 25% of supervision hours
- d. Type of Contact (Breakdown of hours):
  - At least 75% (1875) of your total supervised hours must be direct client/patient service or education.
  - 25% (625 maximum) of your total supervised hours can be from indirect client service, which includes testing, professional consultations, session notes, and treatment plan documentation. This 25% includes “other” hours. Other hours can include professional or community continuing education, training, and seminars received by or provided by the practitioner or clinician.
  - No less than one (1) hour of supervision per 120 hours of client contact is recommended, which equals approximately 21 minimum hours of total supervision time.
- e. Your Approved Supervisor will use the “Approved Supervisor Documentation Form” ([www.iaedp.com](http://www.iaedp.com) under Certification) to record total # of patient care hours, which will be signed upon completion and a copy included in your application. As a supervisee, you may use the Applicant Log of Patient Care Hours to tally your own hours for validation with your supervisor; however, the Applicant Log forms do not need to be turned in with completed application.

## Checklist for Traditional Certification

[www.iaedp.com](http://www.iaedp.com)

Tel. (800) 800-8126 x 87 / Fax (800) 800-8126

Email: [certification@iaedp.com](mailto:certification@iaedp.com)

### CONTINUING EDUCATION REQUIREMENTS

- a. Eating disorders-specific continuing education (CE) workshops, conferences and webinars that you have completed to meet the specific CE requirements for the Traditional Certification. Ten (10) hours from variety of eating disorders topics (regardless of your discipline) such as body image, weight and food issues, abnormal psychology/addictions, counseling/psychotherapy and medical considerations. These hours are in addition to the Core Courses.
- b. Include a copy of your certificate of completion with your application for each listed workshop, conference, and webinar.

### CORE COURSE AND EXAMINATION REQUIREMENTS

- a. Complete iaedp™ core courses (available online [www.iaedp.com](http://www.iaedp.com) or at iaedp™'s yearly pre-symposium workshop). See "Core Course Information and Guidelines". The four core courses include
  - i. Overview of Treatment for Eating Disorders
  - ii. Therapeutic Treatment Modalities for Eating Disorders
  - iii. Nutrition Therapy for Eating Disorders
  - iv. Medical Treatment of Eating Disorders
- b. Pass iaedp™ Certification Exam, available online [www.iaedp.com](http://www.iaedp.com) Institute. A passing score is valid for 2 years.
- c. CEDRN Applicants ONLY: Develop a reference guide for the book, "A Guide to Medical Care and Complications of Eating Disorders", by Mehler & Anderson to include the following: identification of 10 (ten) abnormalities and the appropriate medical/nursing interventions to facilitate stabilization.

### CASE STUDY REQUIREMENT

A 1500-word Case Study. See "Case Study Guidelines". (See Traditional Certification Case Study Guidelines at [iaedp.com/certification/overview](http://iaedp.com/certification/overview))

### RECOMMENDATION LETTERS REQUIREMENT

Three (3) Letters of Recommendation from professionals who are experienced in the field of eating disorders and familiar with your work specifically in this field.

- i. At least one of the three recommendation letters must be from an experienced clinician who practices in the field of eating disorders within the SAME discipline as the applicant.
- ii. All of the recommendation letters must include full signature, credentials, and place of employment of the person who is writing the recommendation.
- iii. All recommendation letters must be sent directly to the applicant to be included in the application packet.
- iv. Letter cannot be from your iaedp™-approved supervisor

This checklist reviews the requirements for the Traditional Certification. Download the fillable Traditional Certification Application form to begin completing the certification process.

Please allow 60 days for online submission and 90 (ninety) days for mail from the RECEIPT of your application in the iaedp office for the application review process to be completed.

### II. IMPORTANT INFORMATION ABOUT CERTIFICATION RENEWAL:

- a. Upon approval, you are responsible to maintain minimum of 20 hours of continuing education directly in the field of eating disorders during the course of each two-year renewable period
- b. You are responsible to renew your certification prior to its expiration.
- c. Attendance at an iaedp Symposium once every four years is also required.