

# INTERNATIONAL ASSOCIATION OF EATING DISORDERS PROFESSIONALS



## Reading List for Certification Core Courses iaedp™

The Core Courses represent general knowledge in the field of eating disorders. It is expected that Certification applicants continue to grow their personal library to be used for eating disorders care and public presentations. In particular, applicants are encouraged to seek resources to understand and reach previously underserved populations impacted by eating disorders.

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

### Course I: Overview of Eating Disorders

- American Psychiatric Association. (2013). Feeding and eating disorders. In *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: American Psychiatric Association.
- 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.
- 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).
- Fries, J. & Sullivan, V. (Eds.). (2017). *Eating disorders in special populations: medical, nutritional, and psychological treatments*. Boca Raton, FL: CRC Press.
- 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.
- 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/>
- ❖ Spotts-De Lazzer, A. (2021). *MeaningFULL: 23 life-changing stories of conquering dieting, weight, & body image*: Unsolicited Press.

## Course 2: Therapeutic Treatments for Eating Disorders

- 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)
- 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.
- 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.  
<https://www.apa.org/ethics/code/revision-standard-304.pdf>
- 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.
- Thompson-Brenner, H. (Ed.). (2015). *Casebook of evidence-based therapy for eating disorders*. New York: Guilford Press.

## Course 3: Nutrition Therapy for Eating Disorders

- 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)
- ❖ 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.
- 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)

- 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)
- ❖ Harrison, C. (2019). *Anti-diet: reclaim your time, money, well-being and happiness through intuitive eating*. London, UK: Yellow Kite.
- Herrin, M. & Larkin, M. (2013). *Nutrition counseling in the treatment of eating disorders* (2nd ed.). New York: Brunner-Routledge.
- 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.
- Tribole, E. & Resch, E. (2020). *Intuitive eating: a revolutionary anti-diet approach*. (4th ed.). New York, NY: St. Martin's Essentials.

#### Course 4: Medical Treatment of Eating Disorders

- 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.
- 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>
- Mehler, P. S. & Andersen, A. E. (Eds.). (2021). *Eating disorders: a guide to medical care and complications* (4th. ed.). Baltimore, MD: Johns Hopkins University Press.
- 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.