



Recommended Reading List for iaedp™ Certification Core Courses

Web Resources

- iaedp member consultation groups:
 - Culturally Competent Conversations
 - Every 3rd Tuesday 12:00pm/PST-2:00pm/CST-3:00pm/EST
 - Email iaedpAAEDP.POCcaseconsult@gmail.com to register
 - Peer Consultation
 - Every 2nd and 4th Tuesday 12:00pm/PST-2:00pm/CST-3:00pm/EST
 - Email iaedpcaseconsult@gmail.com to register
- iaedp MemberShare website:
 - <https://membershare.iaedp.com/>
- Seasoned RD podcast
 - Hosted by Beth Harrell, RD
 - <https://theseasonedrd.podbean.com/>

Course 1: 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.
 - DSM/ICD codes: <https://tinyurl.com/AED-DSM-ICD>
- 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
 - New APA update in process
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. <https://doi.org/10.1176/appi.books.9780890425596>
- 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.
- Fries, J. & Sullivan, V. (Eds.). (2017). *Eating disorders in special populations: Medical, nutritional, and psychological treatments*. Boca Raton, FL: CRC Press.
- Gordon, A. (2021). *What we don't talk about when we talk about fat*. Boston, MA: Beacon Press.

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- ◆ These books are written for a consumer audience and recommended for clinician/client discussion.

- 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. *European Eating Disorders Review*, 25(6), 432-450.
- Nine Truths about Eating Disorders. Retrieved from: <https://www.aedweb.org/publications/nine-truths>
- Small, C. & Fuller, M. (Eds.). (2020). *Treating Black women with eating disorders: A clinician's guide*. New York, NY: Routledge.
- ◆ Spotts-De Lazzer, A. (2021). *MeaningFULL: 23 life-changing stories of conquering dieting, weight, & body image issues*. Portland Oregon: Unsolicited Press.
- Smolak, L. & Levine, M.P. (Eds.). (2015). *Wiley Handbook of Eating Disorders*. Malden, MA: Wiley-Blackwell.
- ◆ Taylor, S. R. (2021). *The body is not an apology: the power of radical self-love (2nd ed.)* (2nd. ed.). Oakland, CA: Berrett-Koehler Publishers.

Course 2: Therapeutic Treatments for Eating Disorders

- Academy for Eating Disorders. (2020). *A guide to selecting evidence-based psychological therapies for eating disorders* (1st ed.). Reston, VA: Academy for Eating Disorders. Retrieved from: <https://tinyurl.com/AED-psychol-ther>
- Agras, W. S. & Robinson, A. H. (Eds.). (2018). *The Oxford handbook of eating disorders* (2nd ed.). New York, NY: Oxford University Press
- 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. Retrieved from: <https://www.apa.org/ethics/code>
- 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.
- ◆ Millhouse, F. (n.d.). Eating disorders in black families: Black kids get eating disorders too. *Your Teen for Parents*. <https://yourteenmag.com/health/physical-health/eating-disorders-in-black-families>
- Seubert, A. & Viridi, P. (Eds.). (2018). *Trauma-informed approaches to eating disorders*. New York, NY: Springer Publishing Company.
- Thomas, J. J. & Eddy, K. T. (2018). *Cognitive-behavioral therapy for avoidant/restrictive food intake disorder: Children, adolescents, and adults*. Cambridge, UK: Cambridge University Press.
- Thompson-Brenner, H. (Ed.). (2015). *Casebook of evidence-based therapy for eating disorders*. New York: Guilford Press.
- ◆ Tovar, V. (2022, March 29). As the fat daughter of immigrants dieting was a toxic component of assimilation. *Refinery29.com*. <https://www.refinery29.com/en-us/2022/03/10885680/american-diet-culture-latinx-community>.
- Yu, K. & Perez, M. (2020) Eating disorders. In Benuto, L. T., Gonzalez, F. R., & Singer, J.. *Handbook of Cultural Factors in Behavioral Health*. Springer International Publishing.

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Course 3: Nutrition Therapy for Eating Disorders

- Academy for Eating Disorders. (2020). *Guidebook for nutritional treatment of eating disorders* (1st ed.). Reston, VA: Academy for Eating Disorders. Retrieved from: <https://tinyurl.com/AEDnutritionbook>
- ◆ 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. Retrieved from: [https://jandonline.org/article/S2212-2672\(20\)30904-7/pdf](https://jandonline.org/article/S2212-2672(20)30904-7/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.
- ◆ Tribole, E. & Resch, E. (2020). *Intuitive eating: A revolutionary anti-diet approach*. (4th ed.). New York, NY: St. Martin's Essentials.
- Kronberg, S. (2016) *The comprehensive learning/teaching handout manual for eating disorders* (2nd edition). New York: Wellness Publishing. Retrieved from: <https://sondrakronberg.com/handout-cd/>
- ◆ Quesnel, D. A., Cooper, M., & Dobinson, A. (2020). *Safe exercise at every stage (SEES) guidelines*. Retrieved from: <https://static1.squarespace.com/static/5b6112bd365f028c9256b26d/t/5eac82a48b1c8d1dfe26d410/1588363961224/SEES+full+guideline+-+2020.pdf>
- ◆ 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

- Academy for Eating Disorders. (2021). *Critical points for early recognition & medical risk management in the care of individuals with eating disorders* (4th ed.). Reston, VA: Academy for Eating Disorders. Retrieved from: <https://www.aedweb.org/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.). (2022). *Eating disorders: a guide to medical care and complications* (4th. ed.). Baltimore, MD: Johns Hopkins University Press.

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