

Certified Eating Disorder Specialist (CEDS) Preparation Course

Duration: 5 Days

Language: en

Course Code: IND5 - 180

Objective

By the end of this course, participants will be able to:

- Understand the types and signs of eating disorders.
- Discuss the physical and psychological impact of eating disorders.
- Identify ethical and professional guidelines in treatment.
- Apply evidence-based treatment models like CBT and DBT.
- Build patient-centered care plans for long-term recovery.
- Prepare for the CEDS certification exam.

Audience

This training is ideal for:

- Mental health counselors.
- Clinical psychologists and psychotherapists.
- Dietitians and nutritionists.
- Social workers and case managers.
- Nurses and healthcare professionals working in behavioral health.
- Anyone planning to specialize in eating disorder recovery.

Training Methodology

Participants will learn through a structured blend of instructor-led sessions that include clinical visuals and real-world examples, helping them grasp key concepts with clarity. The training incorporates case studies based on actual eating disorder scenarios to provide practical insights into assessment and intervention. Participants will also engage in guided simulations of therapeutic techniques to build confidence and clinical skill. To support individual progress, self-assessment quizzes and certification preparation tools are included. Additionally, group discussions will create space for collaborative learning and exploration of common patient care challenges in the field of eating disorder treatment.

Summary

This course is designed to help professionals become certified specialists in treating eating disorders. It covers the essential skills and knowledge needed to support individuals with conditions such as anorexia, bulimia, binge eating disorder, and other related issues. Participants will explore how to assess, diagnose, and treat patients using evidence-based therapeutic approaches while considering cultural, psychological, and physical aspects.

By completing this training, learners will be well-prepared to pursue the Certified Eating Disorder Specialist (CEDS) credential and confidently work in diverse clinical or counseling settings.

Course Content & Outline

Section 1: Introduction to Eating Disorders

- Definitions and prevalence rates.
- Diagnostic criteria and classifications.
- Risk factors and triggers.

Section 2: Assessment & Diagnosis

- Screening tools and interviews.
- Red flags and differential diagnosis.
- Medical monitoring and co-occurring conditions.

Section 3: Treatment Approaches & Interventions

- Cognitive Behavioral Therapy (CBT) applications.
- Dialectical Behavior Therapy (DBT) techniques.
- Family-Based Treatment and nutritional therapy.

Section 4: Ethics, Culture, and Advocacy

- Patient confidentiality and ethical care.
- Body image, stigma, and cultural sensitivity.
- How to advocate for supportive environments.

Section 5: Building a Recovery Plan

- Goal setting with patients.
- Coordinated care with multi-disciplinary teams.
- Long-term relapse prevention strategies.

Section 6: Preparing for CEDS Certification

- Certification requirements and process
- Study tips and exam format overview
- Career paths and professional development

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by The CPD Certification Service (CPD), and are certified under ISO 9001 and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

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Tags

Eating Disorder Specialist, CEDS, Eating Disorders

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