

**International Association of
Eating Disorder Professionals (iaedp™)
Opportunity for Certified
Supervision with
-Michelle Roling-**

Sharing Is Healing:

Michelle Roling, LMHC, CEDS-S

Licensed Mental Health Counselor

Certified Eating Disorder Specialist-Supervisor

Health for Everybody Facilitator

The Body Project Facilitator

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www.michelleroling.com

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IAEDP™ Certified Eating Disorder Specialist (CEDS) Supervision-(S):

Michelle is one of many supervisor options. www.michelleroling.com

Approved Supervisor List

<https://iaedp™.site-ym.com/search/custom.asp?id=4864>

The process of obtaining your CEDS, CEDRD, CEDCAT and CEDRN is extensive and IAEDP™ requires clinicians to take a minimum of 24 months to complete the process. Requirements for all certifications are established and later approved by the International Association of Eating Disorder Professionals. It is the clinicians, not Michelle's, sole responsibility to be familiar with current certification requirements and track their own hours.

Intersecting Identities

HI- as you get ready to read all the information about my professional life, I'd like to start with my intersecting identities: cis-female, heterosexual, married – second marriage-15 years, Christian, empty nester, reside in a large body, Mid-westerner, European American/Native American/French.

Developing a Working Relationship with your Supervisor:

1. Choose carefully, not conveniently. You do not have to choose the closest or most convenient Approved Supervisor.
2. It is important to choose a supervisor who is a good fit for you and your professional development needs. Remember that you would not want a client to choose the first therapist/RD/physician/nurse that they met if they were not comfortable; so, give yourself and your supervisory experience the same respect.
3. Ask questions about your potential supervisor.

Why choose Michelle as my supervisor?

1. What type of license does she hold?

I am a Licensed Mental Health Counselor in the state of Iowa. License Number 00795. Renewed in 2020- expires 2022. Vita:

<http://www.michelleroling.com/aboutme/vita.html>

2. When was she licensed or certified?

I was first licensed in Iowa as an LMHC 2001. I attained my Certified Eating Disorders Specialist through the International Association in 2009. I was approved as a CEDS-Supervisor in 2020.

3. What is her experience with supervision?

I have been a clinical supervisor, since 2001, in my role as a Sr. staff member at Iowa State University, Student Counseling Services. I have extensive experience providing both individual supervision as well as group supervision via a case conference format. Personally, I embrace the practitioner-scholar model of supervision, which is utilized in my role, at Student Counseling Service (SCS). This philosophy of training is grounded in “learning by doing” while consulting empirical literature. I offer an interactive process-oriented learning experience coupled with utilization of up-to-date research and theory.

This is done thru collaboration with each trainee, development of individualized learning opportunities, and feedback/evaluation with the goal of reaching competency in nine essential areas:

- a. INTEGRATION OF SCIENCE and PRACTICE
- b. ETHICAL AND LEGAL STANDARDS
- c. INDIVIDUAL AND CULTURAL DIVERSITY
- d. PROFESSIONAL VALUES AND ATTITUDES
- e. COMMUNICATION AND INTERPERSONAL SKILLS
- f. ASSESSMENT
- g. INTERVENTION
- h. SUPERVISION
- i. CONSULTATION AND INTERPROFESSIONAL/INTERDISCIPLINARY SKILLS

My undergraduate degree in Music Education exposed me to educational methods, learning structure, learning styles, utilization of creativity and bringing my authentic self into each encounter. The “teacher in me” thrives on sharing knowledge, encouraging others to find their passions, collaboration, interpersonal process, leaning into difficult dialogue and exploring the method/s which will enable each individual to find their own therapeutic style.

4. What are her thoughts about diversity?

I strive to be inclusive: to be a space where all individuals, whatever their gender identity, race, ethnicity, national origin, age, sexual orientation, education, body size, socio economic status, spiritual beliefs or physical ability, feel valued and respected. I am committed to an inclusive presence. I welcome people of all backgrounds and seek to foster a culture of respect, openness, learning, integrity, honesty—and a sense of fun. My passion for justice calls on me to be a transparent and fair advocate in all that I do. My commitment to working in partnerships compels me to build relationships where all are valued, heard, respected, and empowered. My drive for excellence leads me to learn from a broad range of perspectives and talents. My commitment to be a leader in the field of eating disorder treatment challenges me to offer intentional, strategic interventions representing a multitude of theoretical approaches, cultural lenses, life experiences and communities. I welcome dialogue with you regarding: all aspects of who you are, any concerns which may arise and commit to listening with an open heart.

5. What is her practice background?

I have been a Sr. Staff member at Iowa State University's Student Counseling Services since 2001, where I provide: individual counseling, group counseling & couple's counseling. I have experience working for a Hospital Adolescent Intensive Outpatient Program. My initial private practice work was within other organizations 2004-2008. My private practice, Sharing is Healing, originally located in Ade, IA was opened in 2009. The practice was moved to Ames, IA in 2018. Family therapy is a strong component of all work with adolescents. Collaboration with a patient's entire treatment team is essential across all treatment settings.

6. What is her theoretical orientation and is she comfortable supervising someone who comes from a different orientation?

In regard to work with eating concerns and eating disorders, I utilize a weight neutral biopsychosocialspiritual model; Focused on holistic wellness. At the core of my therapeutic work with clients, is my belief in being client-centered, emotion focused. In addition to that foundation, is the reality that I utilize a multitude of techniques in session. The tools I most use to assist my clients, in a manner that meets their needs, include: use of the here and now, interpersonal process, experiential techniques, focus on client strengths, behavioral modifications, and guided imagery. The educator within encourages me to assist those I work with to develop life-long skills surrounding: communication, relaxation, and positive self-talk. Interventions are borrowed from: Acceptance & Commitment Therapy; Cognitive Behavior Therapy; Dialectical Behavior Therapy; Intra Family Systems; I find one of the most enjoyable components of supervision is the collaboration with those whose therapeutic orientation differs from my own.

7. What are her specialty areas?

After years of wanting to do EMDR training, I'm thrilled to share by summer 2021 I will complete the certification. I am especially skilled with psychoeducational content to assist clients and their loved ones. Work with dual-diagnoses: Anxiety/ Depression/ Trauma/ Dissociative Identity Disorder/ Self-Injury/Intimacy. Given my multiple professional roles, I am extensively used as a consultant assisting colleagues with challenging clinical decisions. Building professional relationships, planning events and utilization of community resources are all part of what make me a unique specialist.

8. What are her professional advocacy experiences?

I am a co-founder of the Eating Disorder Coalition of Iowa- a 501 (c) 3- www.edciowa.org

I have strong professional relationships in place with most organizations providing higher level of care across the country. I have planned over 20 years of National Eating Disorder Awareness Week events bringing countless leaders in the field, authors and recovery advocates to events sharing their powerful messages. I am a skilled interacting with media providing of all formats & audiences of all sizes. I have presented at local, regional and national conferences. I have attended National Lobby Day on the Hill. In 2020, I curated an art exhibit for Iowa State University Museums: Body Image Conflict: from Hostility to Harmony <https://www.lib.iastate.edu/news/react-gallery-body-image-conflict-hostility-harmony>

9. Which treatment centers has Michelle personally toured/been on site to see?

- a. Eating Recovery Center, CO
- b. ACUTE, CO
- c. Pathlight- formerly Insight Behavioral Health, IL
- d. Timberline Knolls, IL
- e. Roger's Behavioral Health, WI
- f. Alsana-Formerly, Castlewood, MO
- g. Monte Nido MA
- h. Oliver Pyatt, FL
- i. Renfrew Center, PA
- j. Rosewood Treatment Centers, AZ
- k. The Meadows- formerly Remuda AZ
- l. The Emily Program, MN
- m. Melrose Center, MN
- n. McCallum Place, MO
- o. Laureate/St. Francis Health System, OK
- p. Center for Discovery, IL
- q. The Ranch, TN
- r. Carolina House, SC

10. What do prior supervisees have to say about Michelle? (Quotes are pasted in from letters written by prior supervisees)

Michelle's skills, ever-growing expertise, patience, and empathic presence make her an excellent teacher and supervisor for counselors learning to do disordered eating treatment. She meets us where we are at in knowledge, dis/comfort, and readiness to learn this work. She honors and teaches the complexities and the both-and of doing this work with clients, as well as how this work impacts us as clinicians in both positive and challenging ways. I have experienced her gently challenging me in my stuck spots or assumptions. And I have witnessed her "calling in" other counselor-trainees and colleagues with compassion—to invite conversations about how their comments or actions may not be aligning with the grounding principles of body acceptance and the need to dismantle the "good vs. bad" foods myth.

I have had the pleasure to experience Michelle in both group supervision and individual supervision. I truly cannot imagine anyone doing a better job of teaching and supervising a clinician's learning in regards to disordered eating treatment. She balances didactic teaching of information and skills, with space to process what the clinician is learning and where they may feel stuck. With her creating an empathic yet challenging space, I can honestly say that Michelle has been the best supervisor that I have ever gotten to work with as a supervisee. (And I have told her that!) I cannot adequately express my gratitude for what I have learned from Michelle.

The quality of Michelle's supervision is evident in many ways, one of which is the lasting impact her supervision had on my development as a clinician and as a supervisor. Michelle is not a supervisor who "told" her supervisees how to practice; rather, she expertly facilitated experiences that enabled my own growth and perspective. Across all the contexts in which I worked with Michelle, she encouraged growth and change through lived experience. For example, rather than describing an art therapy activity that she used with clients, we engaged in the exercise in our intern case conference. Instead of giving me a description of an in-depth exercise to use with one of my challenging clients, Michelle took the time to go through the exercise with me during one of our individual supervision sessions. Michelle's wealth of clinical experience was evident in her ability to provide comprehensive guidance in case conceptualization, treatment planning, and measuring clinical progress. She encouraged me to consider my own relationship with food and my body to be prepared to explore this with clients in a clinical setting.

I want to highlight, first and foremost, that I believe Michelle is one of the best supervisors I had throughout the course of my training. I became a licensed psychologist in 2010 after completing graduate school and my post-doctoral training, and had experiences with approximately 20 supervisors until I was licensed for independent practice. Michelle stands out due to her expertise in working with clients who have eating disorders, her organization of training materials, and her overarching warmth and empathy in meeting supervisees where they are at in their development of clinical skills.

Who is Michelle personally?



Priorities: The largest part of my life comes from the time I spend with my husband, Shawn, our family & our fur baby, Hilton. Son Alex (Kara & fur baby Oliver) live in Boston. Son Shade (Jalyn & fur babies Tudy & Zarya) live in Council Bluffs. Son Caden (fur baby Auggie) live in Iowa.

Hobbies: Activism for Cystic Fibrosis (Alex & Shade are both CF patients), baking, flower gardening, watching movies, music, live entertainment, reading, time with friends

Personality: I work hard to play hard! I value authenticity, direct communication, emotional vulnerability, humor, healthy communication & commitment to things important to me. I am an extroverted, creative spirit. Self-care is of the up most importance.

What to expect if I select Michelle as my supervisor?

1. Contracted Letter of Agreement

- a. Basic Introduction.
- b. Relationship clarification.
 - i. If the two professionals are in the same state, the relationship is considered "supervision".
 - ii. If the two professionals are in differing states, the relationship is considered "consultation".
 - iii. Both relationships are approved for supervised patient care hours by iaedp™.
- c. Meeting times and location agreements.
- d. Supervision package selected.
- d. Fee structure option selected.
- e. Frequency of supervision determined by mutual agreement.
 - i. Varies depending on level of experience of supervisee.
 - ii. May adjust as expertise increases.
- f. Expectations.
- g. Record keeping. (Forms provided by iaedp™ on website.)

What would we discuss during supervision?

1. Assessment and diagnosis.
2. APA guidelines and levels of care.
3. Treatment modalities.
4. Role and referral process of multi-disciplinary team
5. Trends in treatment.
6. Evaluation and aftercare as appropriate.
7. Certification exam preparation
8. Specific needs of supervisee based on overall skills.
9. Challenges specific to supervisee's areas of practice.
10. Transference and countertransference as applicable.
11. Ethical and legal considerations as applicable.
12. Self-care and life balance for supervisee.
13. Case study selection.
14. Topics brought forward by supervisee.

What starts and maintains a good supervisory relationship?

1. Necessary elements of a supervisory relationship include warmth, trust, genuineness, ethical boundaries, confidentiality, and respect.
2. Spend time at the beginning of the process going over goals and objectives.
3. Decide how progress towards those goals will be measured and communicated.
4. Be proactive. Supervision is a collaborative experience. Make sure that you are getting value from your supervision and not just "checking the box."
5. Read through and understand the Supervision Responsibilities available on the iaedp™ - website.

How does iaedp™ define the value of supervision?

To be certified as an eating disorders specialist, you will be required to obtain supervision of your work with clients who have been diagnosed with an eating disorder by an iaedp™ -Approved Supervisor. (Michelle's supervision form will assist in this process). Supervision provides the opportunity for you to learn and mature into an experienced eating disorders professional. It allows you to enhance your self-awareness in addition to working on your skills and competencies.

Purpose of Supervision:

Supervision exists for three reasons:

1. It fundamentally protects clients' welfare.
2. It improves the ability of a clinician to provide value to clients.
3. It allows for monitoring of the self-care of the health care professional.

iaedp™ General Requirements of Supervision:

1. Qualified supervisor(s) are iaedp™ -Approved Supervisor who can be found by searching here "Search for iaedp™ -Approved Supervisor" or Member LEAD
2. Supervisor must be an iaedp™ -Approved Supervisor prior to starting supervision.
3. A contract signifying the start date is important to set a start date and agreement of your work together.
4. 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, and/or telephone.
5. Your Approved Supervisor will use the "Approved Supervisor Documentation Form" found on the Certification/Overview page of the iaedp™ website to record total number of patient care hours, which will be signed upon completion and a copy included in your application.

iaedp™ Supervision Specific Requirements:

1. At least 75% of the 2500 practice hours must be supervised by an iaedp™ -Approved Supervisor ***within your discipline.*** (16 hours)
2. Up to 25% can be from an iaedp™ -Approved Supervisor ***from another discipline within the treatment team. (5 hours of total time I can supervise an individual working toward their CEDRD/CEDCAT/CEDRN)***

Group Supervision:

1. iaedp™ defines as 3 or more meeting with approved supervisor. (Dyad 2 supervisees-1 supervisor ratio is considered individual supervision)
2. May account for up to 25% of total supervision hours. (5 total hours)
3. If using more than one supervisor, supervision hours cannot overlap for the same experiences.

iaedp™ Frequency Requirements:

1. 1 hour of supervision per 120 hours of client contact.
2. One hour of supervision is minimum of 45 minutes.
3. Minimum number of total supervision hours will be 21.
4. Supervision may include individual or group.
5. Group Supervision may not exceed 25%of hours.
6. A dyad, 2 supervisees per supervisor, is considered Individual supervision.

Modes of Supervision Approved by iaedp™:

1. Each supervisor sets their own preference for either in-person, voice to voice, or computer video supervision based on the geographical location.
2. Your supervisor does not have to be in the same geographical location. This is because iaedp™ supervision is more of a consultation since the supervisee is already licensed/registered.

What are the Supervision Packages Michelle offers?

1. Diamond Package
2. Sapphire Package
3. Ruby Package- only prior ISU SCS psychology interns
4. Emerald Package- NON CEDS focus

Diamond Package - \$4,500

******** *note items underlined and italicized are the items NOT included in Sapphire package*

Registration for Michelle's Supervision Experience is on a rolling basis any time during the year. We offer three options for payment - 5 quarterly fee payments of \$900; 15 monthly fee payments of \$300; or payment in full of \$4500. Your first payment serves as a deposit and holds your place for work with Michelle. We can provide an invoice or complete W-9 paperwork if needed by your employer. Payment/s may be made via check, Venmo, PayPal or cashier's check. Credit card payments will be charged an additional surcharge of 5%.

1. Individual Supervision- minimum of 16 hours maximum of 21 hours completed in accordance with iaedp™ guidelines. BONUS 5 individual hours of supervision to be used at any point in your process- suggestion to use early for those just starting their eating disorder work.
 - a. In Ames, IA priority of safety precautions. (Travel expenses are the trainee's responsibility.)
 - b. Via HIPPA zoom
 - c. In person at selected destination locations, dates & times. Priority of safety precautions. (Travel expenses are the trainee's responsibility.)
2. Group Supervision maximum of 5 hours completed in accordance with iaedp™ guidelines.
 - a. In Ames, IA priority of safety precautions. (Travel expenses are the trainee's responsibility.)
 - b. Via HIPPA zoom
 - c. In person at selected destination locations, dates & times. Priority of safety precautions. (Travel expenses are the trainee's responsibility.)
3. Indirect Hours
 - a. Michelle will keep you informed of all training she becomes aware.
 - b. Attendance at Michelle's One Day Intensive Trainings- 8 hours to be offered at least one time per 9 months. (may attend more than one session)
 - c. 24-7 Access to professional trainings Michelle has previously presented. Materials consist of some videos and many self-directed PowerPoint trainings: completion of questionnaires will be required to confirm knowledge- Michelle agrees to provide a minimum of 30 hours.
 - d. Opportunity throughout your training process to participate in a monthly, LIVE, virtual, 1 hour book group dialogue. – minimum 24 hours
4. Experiential Interventions
 - a. 1-1 time set up for Michelle to facilitate 2 hours of powerful clinical interventions with you. You may choose to engage individually or to utilize the case conceptualization of a client. Time, date and location to be determined as mutually agreed.
 - i. In Ames, IA priority of safety precautions. (Travel expenses are the trainee's responsibility.)
 - ii. Via HIPPA zoom
 - iii. In person at selected destination locations, dates & times. Priority of safety precautions. (Travel expenses are the trainee's responsibility.)
5. Assistance navigating the CEDS application and requirements, organizing your CV or resume, and support completing your certification.
6. Consultation via email/text between scheduled meetings/supervision appointments.

Summary: total of 26 hours supervision/2 hours 1-1 experiential work/ access to minimum of 62 indirect hours of training/consultation

Sapphire Package: \$3,000

Registration for Michelle's Supervision Experience is on a rolling basis any time during the year. We offer three options for payment - 5 quarterly fee payments of \$600; 15 monthly fee payments of \$200; or payment in full of \$3000. Your first payment serves as a deposit and holds your place for work with Michelle. We can provide an invoice or complete W-9 paperwork if needed by your employer. Payment/s may be made via check, Venmo, PayPal or cashier's check. Credit card payments will be charged an additional surcharge of 5%.

1. Individual Supervision- 16 hours completed in accordance with iaedp™ guidelines.
 - a. In Ames, IA priority of safety precautions. (Travel expenses are the trainee's responsibility.)
 - b. Via HIPPA zoom.
 - c. In person at selected destination locations, dates & times. Priority of safety precautions. (Travel expenses are the trainee's responsibility.)
2. Group Supervision 5 hours completed in accordance with iaedp™
 - a. In Ames, IA priority of safety precautions. (Travel expenses are the trainee's responsibility.)
 - b. Via HIPPA zoom
 - c. In person at selected destination locations, dates & times. Priority of safety precautions. (Travel expenses are the trainee's responsibility.)
7. Indirect Hours
 - a. Michelle will keep you informed of all training she becomes aware.
 - b. Attendance at Michelle's One Day Intensive Trainings- 8 hours to be offered at least one time per 9 months. (may attend more than one session)
8. Assistance navigating the CEDS application and requirements, support completing your certification.

Summary: total of 21 hours supervision/access to minimum of 8 indirect hours of training

PARTIAL SUPERVISION WITH SHARING IS HEALING PACKAGE OPTIONS:

Ruby Package-\$1,500 offer available only to those who started their supervision experience with Michelle while a psychological intern at Iowa State University, Student Counseling Services and need to complete the process.

Registration for Michelle's Supervision Experience is on a rolling basis any time during the year. We offer three options for payment - 15 monthly fee payments of \$100: or payment in full of \$1500. Your first payment serves as a deposit and holds your place for work with Michelle. We can provide an invoice or complete W-9 paperwork if needed by your employer. Payment/s may be made via check, Venmo, PayPal or cashier's check. Credit card payments will be charged an additional surcharge of 5%.

1. Individual Supervision- remaining hours needed to reach a total of 16 between ISU accrued time and Sharing is Healing accrued time- completed in accordance with iaedp™ guidelines.
 - a. In Ames, IA priority of safety precautions. (Travel expenses are the trainee's responsibility.)
 - b. Via HIPPA zoom.
 - c. In person at selected destination locations, dates & times. Priority of safety precautions. (Travel expenses are the trainee's responsibility.)
2. Indirect Hours
 - a. Michelle will keep you informed of all training she becomes aware.
 - b. Attendance at Michelle's One Day Intensive Trainings- 8 hours to be offered at least one time per 9 months. (You may attend this session as a review of your ED Orientation)
 - c. 24-7 Access to professional trainings Michelle has previously presented. Materials consist of some videos and many self-directed PowerPoint trainings: completion of questionnaires will be required to confirm knowledge- Sessions which were presented during your internship time, can only be counted once. i.e. if you attended the training live with Michelle, you can not independently review it for a second hour of credit. Michelle agrees to provide a minimum
 - d. Opportunity throughout your training process to participate in a monthly, LIVE, virtual, 1 hour book group dialogue. -12 hours
3. Assistance navigating the CEDS application and requirements, organizing your CV or resume, and support completing your certification.
4. Consultation via email/text between scheduled meetings/supervision appointments.

Summary: remaining hours of supervision/access to minimum of 30 indirect hours of training

Emerald Package-\$1,000 for those seeking supervision for CEDRD/CEDCAT or CEDRN certification.

Registration for Michelle's Supervision Experience is on a rolling basis any time during the year. We offer three options for payment - 5 monthly fee payments of \$200: or payment in full of \$1,000. Your first payment serves as a deposit and holds your place for work with Michelle. We can provide an invoice or complete W-9 paperwork if needed by your employer. Payment/s may be made via check, Venmo, PayPal or cashier's check. Credit card payments will be charged an additional surcharge of 5%.

1. Individual Supervision- up to 5 hours completed in accordance with iaedp™ guidelines.
 - a. In Ames, IA priority of safety precautions. (Travel expenses are the trainee's responsibility.)
 - b. Via HIPPA zoom.
 - c. In person at selected destination locations, dates & times. Priority of safety precautions. (Travel expenses are the trainee's responsibility.)
9. Indirect Hours
 - d. Michelle will keep you informed of all training she becomes aware.
 - e. Attendance at Michelle's One Day Intensive Trainings- 8 hours to be offered at least one time per 9 months. (may attend more than one session)
10. Assistance navigating the CEDS application and requirements, support completing your certification.

Using Supervision to Prepare for the Certification Exam

1. Effective clinical supervision should assist you in preparing for your certification examination. Rather than waiting to cram for the exam last minute, you can use the content tested on the exam to frame your supervision experience. The iaedp™™- certification exam study guide outlines the content you will need to master. Once you have reviewed the content outline, take it to your supervisor and discuss how your current work is preparing you for the examination.
2. Ask your supervisor if they can provide you with any insight into exam preparation strategies. Supervisors have often supervised and mentored several applicants, so they might have some useful advice on exam preparation.
3. Stay on top of your Required Supervision Experience. You are most likely not the only person gaining supervision hours under your supervisor. Supervisors often work with multiple individuals working towards different certifications and licenses, all with different requirements.
4. It is your responsibility to be aware of your own experience and supervision requirements. If you need further information about your requirements go to the iaedp™™- website or contact the Certification Committee to clarify any questions you might have.
5. Throughout your supervision experience be sure to document your direct/indirect client hours as well as your supervision hours. iaedp™™- offers the “Applicant Log of Patient Care Hours” chart to assist you in your personal documentation; however, this form is not required since only the Approved Supervisor’s Documentation Form is necessary for your completed Certification Application.

Direct service:

1875 hours under supervision of an approved supervisor, services would include the following examples:

1. ED assessments.
2. ED individual therapy.
3. ED Family therapy.
4. ED group therapy.
5. Medical Nutrition Team Care Coordination.

Indirect service:

675 hours total- (21 in supervision/ 654 other indirect) would include the following examples:

1. Writing chart notes.
2. Writing treatment plans.
3. Professional consultation.
4. Administering and evaluating tests.
5. Attending professional/community education sessions focused on Eating Disorders.
6. Providing professional/community education sessions focused on Eating Disorders.
7. Completion of Eating Disorder Webinars/Trainings/Seminars you attended.
8. Completion of Eating Disorder Webinars/Trainings/Seminars you provided.
9. Professional readings.

What are your Responsibilities as the Supervisee?

1. Track direct services, indirect services and supervision hours utilizing IAEDP™ forms.
2. Submit copies of tracked hours to CEDS-S on June 30 and December 30 for cross checking time with Michelle Roling's time logs.
3. Pay all certification application fees.
4. Pay for all required coursework through IAEDP™.
5. Completion of IAEDP™ requirements beyond internship year timelines.
 - a. Extended supervision from an approved supervisor.
 - b. Core courses.
 - c. Remaining direct service hours.
6. Completion of full application.
 - a. When ready to complete requirements for application- request documentation from CED- Remaining indirect service hours.
7. Request any forms from Michelle 45 days prior to application deadline.

Fees and frequency statement from iaedp™:

Each supervisor sets their own fee schedule and frequency of supervision, based on the applicant's experience and clientele.

What are the General Requirements for Obtaining your CEDS?

Summary 2020 set by IAEDP™

2020 IAEDP™ guidelines- verify current requirements www.iaedp.com

Multiple Components:

1. Coursework from IAEDP™ organization.
2. Direct clinical services which are supervised by an approved supervisor.
3. Indirect services.
4. Supervision provided by an individual who holds the CED-S is required for clinicians.

Hours Requirement:

A minimum of 2,500 eating disorder-specific practice hours must have been accrued both under the guidance of an iaedp™ -Approved Supervisor(s) and in no less than two years/24 months and no more than 40 hours per week.

When to accrue hours:

Effective July 1, 2018, hours towards certification may begin accruing as follows:

1. **Masters Level Therapists**—After registration or licensure number is acquired, post-graduation, through practicing state. Must be independently licensed to receive CEDS.
2. **Psychologists**—After APA accredited internship year begins. Must be independently licensed to receive CEDS.
3. **Registered Dietitians**—After registered through Commission on Dietetics Registration (CDR).
4. **Medical Providers**—After license number is acquired through state and can begin residency.
5. **Nurses**—After state licensure number is acquired.

What are Michelle's Responsibilities for completing supervision?

Upon completion of the required supervised client care hours, Michelle will confirm proficiency and that the applicant:

1. hours have been tracked on iaedp™ approved form and are accurate.
2. is familiar with and knowledgeable of every diagnosis related to eating disorders as outlined by the DSM-5.
3. possesses strong communication skills as evident in the relationships between clients and clinician.
4. is aware and prepared to meet the specific needs and challenges of different ages, gender, family structure, as applicable of each individual client.
5. is comfortable and effective in communicating within a multi-disciplinary eating disorder treatment team.
6. is proficient at both individual, family and group therapies where applicable.

Evaluation of the supervisory experience

- a. Completion of the Approved Supervisor Documentation Form.
- b. Evaluation of supervisee based on the five proficiencies.
- c. Evaluation form for supervisee to evaluate supervisor.
- d. Follow up as applicable.

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