

2022  
updated  
post  
Symposium

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

**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  
Certified Tele-therapist  
EMDR Clinician**

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### IAEDP™ Certification process:

#### Required Components for Certification:

1. Join IAEDP™ Organization as a Member
2. Core Coursework from IAEDP™ organization.
3. Direct clinical services which are supervised by any approved IAEDP™ supervisor. 2000 hours
4. Indirect services. 500 hours.
5. Supervision provided by an individual who holds the specific certification you seek i.e. CED-S is required for clinicians.
6. Proctored Exam through IAEDP

**\*\* YOU MUST TAKE MORE THAN TWO YEARS WORKING NO MORE THAN 40 HOURS/WEEK TO COMPLETE THE PROCESS\*\***

Membership Types: <http://www.iaedp.com/>

Individual Membership Types:

**Member** – for professionals just entering or currently practicing within the field of eating disorders or a related discipline.

**Student Member** – for students enrolled in at least 6 semester hours or currently participating in an unpaid internship. Proof of enrollment must be submitted with application.

Core Coursework: **Comprehensive Training Courses.**

*(Available both online or in a two day Symposium format directly through IAEDP™)*

- **Course 1- Intro to Eating Disorders Through a Social Justice & HAES Informed Lens**
- **Course 2- Treatment Modalities for Feeding and Eating Disorders**
- **Course 3- Nutrition Treatment of Eating Disorders**
- **Course 4- Medical Treatment of Eating Disorders**

IAEDP™ Certified

Eating Disorder Specialist (CEDS) Supervisor-(S):

- Holds CEDS through IAEDP
- Minimum of 5 years of experience in eating disorder specialization
- No fewer than 6,000 hours of work specific to ED
- Current license

Michelle is one of many supervisor options. [www.michelleroling.com](http://www.michelleroling.com)

List of IAEDP™ approved Supervisors:

<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.*

## WELCOME

### Intersecting Identities

I'd like to start with my intersecting identities I use she/her pronouns, cis-female, heterosexual, married – second marriage-15 years, Christian, mother of 3 sons-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?

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>

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.

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.

#### 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.

#### 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 am the Assistant Director of Outreach for the department. 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 Adel, 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.

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

Regarding 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.

#### What are her specialty areas?

After years of wanting to do EMDR training, I am 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.

#### 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](http://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>

#### 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

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.

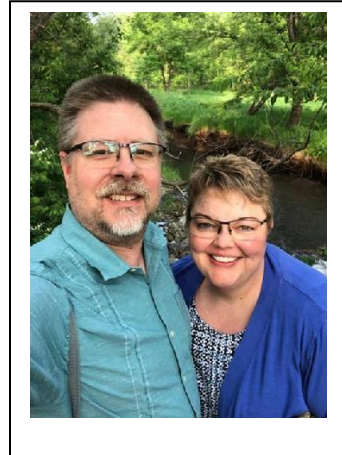
I have had the pleasure to experience Michelle in both group supervision and individual supervision. I truly cannot imagine anyone doing a better job of teaching and supervising a clinician's learning in regards to disordered eating treatment. She balances didactic teaching of information and skills, 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, I 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?



The largest part of my life comes from the time I spend with my husband, Shawn, our family & our fur babies- Fur Babies: Hilton & Jack- Miniature Schnauzers. Son Alex (Kara & fur baby Oliver) live in Boston. Son Shade lives in Council Bluffs. Son Caden attends Iowa State.

**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?

### Contracted Letter of Agreement

1. 1.Basic Introduction.
2. Relationship clarification.
3. If the two professionals are in the same state, the relationship is considered “supervision”.
  - a. If the two professionals are in differing states, the relationship is considered “consultation”.
  - b. Both relationships are approved for supervised patient care hours by iaedp™.
4. Meeting times and location agreements.
5. Supervision package selected.
6. Fee structure option selected.
7. Frequency of supervision determined by mutual agreement.
8. Varies depending on level of experience of supervisee.
9. May adjust as expertise increases.
10. Expectations.
11. 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.

## Can I have more than one supervisor throughout the process?

Yes, you can- however, supervision cannot overlap (unless you are actively working for two different settings which each provide approved supervisors).

## 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.

## Approved iaedp™ Supervisor Role

Mentoring	Supervision	Consultant
A relationship that encourages focus on the whole person. It is not clinical in nature but focuses on building the individual(s)	The oversight of the clinical practice of an individual or group.	The oversight of specialized care in field through case review format.
Partnership	Hierarchy of authority	Advising on best practice
The mentee and their defined goals lead the process in the mentoring relationship	The supervisor directs action of the supervisee	The consultant makes recommendations and provides resources, guides certification process.
iaedp™ mentors volunteer their time	Clinical supervisors typically charge an hourly fee	Consultants are paid for their professional services by consultee or by organization they work for.
Assumes NO clinical or professional responsibility of any action taken by the mentee	Assumes clinical and professional responsibility for action taken by supervisees	Assumes NO clinical or professional responsibility of any action taken by the consultee.
Not involved or attached to performance or assessment of performance	Directly oversees performance and provides feedback and evaluation	Provides recommendation for awarding certification and verifies hours of work experience.
Focus on professional and personal growth	Focus on clinical practice	Focuses on specialization and best practices in treatment.
Goals may be broad and flexible	Goals are often more short term and specific	Goals are specific to competency in specialized care.

## 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.

Supervision Aspects necessary for Dietitians working with CEDS-S:

- Regardless of area of practice supervisors must be knowledgeable of nutrition care for all eating disorder diagnoses and levels of care.
- Supervisor to guide on nutrition and psychological considerations which affect food, eating and weight.
- Supervisee must be registered through commission on dietetics registration prior to accruing hours.



### Supervision Aspects necessary for Medical Professionals working with CEDS-S:

- Includes designations of MD, DO, NP, PA
- Malpractice considerations- be SURE their malpractice policy is aware of the relationship
- Can start counting hours:
  - o after state license obtained
  - o once pass USMLE step 3-
  - o after first year of internship
- Documentation of Medical Hours requires- Direct patient Care:
  - o History and physicals/psych eval
  - o Review preadmission screening information/collateral records
  - o Progress Notes
  - o Individual/family therapy
  - o Ordering and reviewing labs/DEXAs/EKG/ medications/ vital signs
  - o Review of Growth Charts
  - o Emergencies
  - o Discharge summaries
  - o Therapeutic exercise determinations.

### 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: Effective March 2021

1. iaedp™ defines as 2 or more meeting with approved supervisor. (Dyad 2 supervisees-1 supervisor ratio)
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 group 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 - <b>\$4,500</b>
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\*\*\*\* *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**      **Former SCS Interns**

This offer is only available 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 cannot 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 those seeking certification other than CEDS**

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.
6. The Fee for the Proctored Exam is \$100 per exam Passing score is 80% ; may be taken up to 3 times.

## SUPERVISED WORK HOURS

Direct service: Effective March 2021

2000 hours under supervision of an approved supervisor, services would include the following examples:

1. ED assessments with psychoeducation.
2. ED individual therapy.
3. ED Family therapy.
4. ED group therapy.
5. Direct client/patient activity related to your client's treatment.
6. Documentation regarding the treatment of the client in your care/caseload.
7. Communication related to the treatment of the client in your care/caseload.
8. Medical Nutrition Team / Consultation meetings/Care Coordination for clients assigned to your care/caseload.

Indirect service: Effective March 2021

500 hours total- (21 in supervision/ 479 other indirect) would include the following examples:

### *Supervision time*

1. Case based learning.
2. Teaching applicable to client work.
3. Attending professional/community education sessions focused on Eating Disorders.
4. Providing professional/community education sessions focused on Eating Disorders.
5. Completion of Eating Disorder Webinars/Trainings/Seminars you attended.
6. Completion of Eating Disorder Webinars/Trainings/Seminars you provided.
7. Professional readings related to ED treatment.
8. Journal Clubs related to ED treatment.
9. Blogging and writing related to ED treatment.
10. Program development related to ED treatment.



## What are the General Requirements for Obtaining your CEDS?

### Summary 2020 set by IAEDP™

2020 IAEDP™ guidelines- verify current requirements [www.iaedp.com](http://www.iaedp.com)

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.

### Multiple Components Requirement Reminder:

1. Membership into IAEDP™
2. 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.
5. Proctored Exam through IAEDP

## 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.
6. **Creative Arts Therapists**: After you receive your certificate to practices, issued by the appropriate Certification Board (Certification Board for Music Therapists (CBMT), Art Therapy Credentials Board (ATCB), National Council for Therapeutic Recreation Certificate (NCTRC), or Dance Movement Therapy Certification Board (DMTCB)

**Effective January 1, 2021**, hours towards certification may begin accruing as follows:

7. **Physical Therapist (PT)**: After your state issued licensure or registration number is acquired, post-graduation.
8. **Occupational Therapist (OT)** After your state-issued licensure or registration number is acquired, post-graduation.
9. **“Unique Qualifications Application”** can be explored if an individual is a specialist who does not meet the above credentials.

## Terminology Clarification: stated by IAEDP™ Symposium 3/2021

**Supervision Hours-** Hours of supervision accrued with your CEDS Supervisor once an agreement is in place.

**Supervised Hours-** Hours of work experience and practice within the treatment setting, working with eating disorder clients while under the supervision of identified CEDS supervisor.

## 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. Was provided a Letter of Agreement clarifying Roles/Responsibilities/ Objectives of Supervision/ Eligibility for supervision/Rates/Payment Options/ How records will be kept/ Documentation Required/ Communication expectations/ both parties contact information.
2. tracked their hours on iaedp™ approved form and the hours are accurate.
3. is familiar with and knowledgeable of every diagnosis related to eating disorders as outlined by the DSM-5.
4. possesses strong communication skills as evident in the relationships between clients and clinician.
5. is aware and prepared to meet the specific needs and challenges of different ages, gender, family structure, as applicable of each individual client.
6. is comfortable and effective in communicating within a multi-disciplinary eating disorder treatment team.
7. is proficient at both individual, family and group therapies where applicable.
8. Was provided a form to evaluate Supervisor

## Evaluation of the supervisory experience /supervision documentation form

### **Section I: Completion of the Approved Supervisor Documentation Form. process**

- Typed up by applicant
- Verifies how many supervisors oversaw the applicant's work experience. And that each supervisor completes their own form for Sections II-VIII.
- Applicant name, credentials, address, email
- License or registration and the DATE OF ORIGINAL ISSUE

### **Section II: Supervisor's information**

- Name, credentials, address, email, and phone of supervisor
- iaedp™ Approved Supervisor Number
- Type of license and state/s or registration number
- Date of original license/registration

### **Section III: Confidentiality Statement**

### **Section IV: Verification of Experience**

- Locations/organizations where supervision occurred.

- List Titles, degrees, licenses, and certifications supervisor held during the supervision
- Applicant's titles or professional identity during supervision
- List any training programs the applicant engaged in while under supervision include start/stop dates
- List relationship to supervise- employer/work provided/ independent
- Work eating disorder specific experiences logged under your supervision with date ranges

#### **Section V: Verification of Experience Breakdown 2500 or more hours**

- Direct Client hours- Minimum 2000
- Indirect Hours- minimum 500 hours  
\*\* only hours which accrued post your supervision agreement with the applicant can be counted. \*\*

#### **Section VI: Rating of Applicant**

##### **A. Overall Rating:**

- Superior
- Acceptable
- Unacceptable

##### **B. List of Strengths and areas of Growth:**

Evaluation of supervisee based on the five proficiencies. iaedp™ Board expects there to be a list of ongoing learning objectives to be listed on application!

Areas of Strength \_\_\_\_\_

Areas of Growth \_\_\_\_\_ MUST list some

**C. Remarks-** (Do you have any concerns you feel the Certification Committee should know about this applicant's path toward the iaedp™ certification as an eating disorder specialist?) *THIS SHOULD BE ADDRESSED with the APPLICANT LONG before the APPLICATION!*

#### **Section VII: Signature**

- Authorizing Signature and Date
- Can NOT be typed must be printed and signed or use of DocuSign/adobe program

*Remember by signing you are verifying the information on the form is true. If the hours were not supervised directly by you, you can not verify the hours listed as true and do NOT Sign. Unethical reporting will be traced back to the supervisors AND the applicant.*

- Evaluation form for supervisee to evaluate supervisor.
- Follow up as applicable.

Want to get started with Michelle?

1. Email [sharingishealingames@gmail.com](mailto:sharingishealingames@gmail.com) and request a contracted letter of agreement!
2. **Please include the contact information you'd like listed on the agreement: mailing address/phone number/email address.**
3. start gathering the following information which Michelle will request prior to our first supervision meeting:
  - copy of current license/s
  - copy of your current liability insurance policy
  - copy of your current CV
  - list of all your active clients working on body/eating concerns: you will enter info into an XL sheet: demographics/dx/behaviors/presenting concerns/summary of current work together/ questions for Michelle

## LINKS

General Certification Information from IAEDP™ :

[The Benefits of iaedp™ Certification](#)

[Certification Renewal Application](#)

[Comparison Chart for Traditional vs Equivalency CEDRD](#)

[The CEDRD in Eating Disorder Care](#)

[Eating Disorder Nutrition Data Reporting](#)

[Communication with Individuals with Eating Disorders: Guidelines for Healthcare Providers](#)

[Medical Management Professionals](#)

Traditional Certification Information from IAEDP™:

[Traditional Certification Application](#)

[Traditional Certification Case Study Guidelines](#)

[Traditional Certification Core Course Guidelines](#)

[Traditional Core Course Required Reading List](#)

[Certification Press Release Template](#)

[Certification Final Exam Study Guide](#)

Supervision for Traditional Certification from IAEDP™:

[Guidelines for Supervision](#)

[Approved Supervisor Application](#)

[Approved Supervisor's Documentation Form](#)

[Applicant Log of Patient Care Hours](#)

[Approved Supervisor Press Release Template](#)

[Approved Supervisor Responsibilities](#)

[Search Here for Approved Supervisor](#)

Guide to Your iaedp™ Supervision: Requirement for the Traditional Certification Process- contact information

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

Tel. (800) 800-8126 x 87

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

Revised 4//20 BH

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