

# NEDC Approved Training

## Applying for the ANZAED Eating Disorder Credential following completion of CREDO CBT-E online training

To be awarded the ANZAED Eating Disorder Credential, in addition to two-years clinical experience, mental health clinicians are required to complete two core trainings:

- Introduction to eating disorders for health professionals; and
- Evidence-based treatment model for eating disorders

CBT-E is an approved evidence-based treatment model and completing CREDO's online self-paced CBT-E training offers a flexible option for mental health clinicians to meet this requirement. CREDO's CBT-E training is a 10-hour online training presented by Christopher Fairburn which includes over 25 clinical demonstrations. This training has been designed to be appropriate for clinical settings internationally. In addition to the core CBT-E training, training participants have access to a further ten supplementary modules.

To ensure that the understanding and application of CBT-E is relevant to and applicable to the Australian context, there are additional brief learning modules that clinicians are required to complete in order to use CREDO's CBT-E training to meet the requirement of training in an evidence-based treatment model (Credential criteria 2 above).

### Instructions

Please read through this document and answer all six questions on pages 2-5 using the fields provided. Following completion of all questions, please email this document to the NEDC team at [training@nedc.com.au](mailto:training@nedc.com.au).

NEDC will assess applications within 14 days of receipt. To pass this assessment, applicants are required to answer all questions correctly. In the instance that a clinician does not pass all questions, NEDC will provide feedback on those questions which were marked incorrectly and request that the application be resubmitted.

### Information required for your Credential application

NEDC will provide a certificate of completion to clinicians once the assessment has been passed. When addressing the evidence-based treatment model training criterion in the Credential application, clinicians should use:

- The certificate provided from NEDC; and
- The certificate of completion received from CREDO

Please see the next page for assessment questions.

Name:

Email address:

### Question 1: Preparatory reading

<b>Requirement</b>	Clinicians need to demonstrate engagement with preparatory materials that adequately prepare them for meaningful engagement with the treatment model. Please read: <a href="#">The Transdiagnostic View of Eating Disorders</a>
<b>Question</b>	In no more than two sentences, please describe the transdiagnostic view of eating disorders.
<b>Response</b>	
<b>Outcome (NEDC)</b>	

### Question 2: Treatment efficacy of CBT-E

<b>Requirement</b>	Clinicians need to demonstrate an understanding of the research supporting treatment efficacy of CBT-E. Please read <a href="#">The Standing of CBT-E</a>
<b>Question</b>	When CBT-E is delivered well, approximately what proportion of people who are not significantly underweight make a full recovery (as defined by full remission/cessation of all key eating disorder behaviors)?
<b>Response</b>	
<b>Outcome (NEDC)</b>	

### Question 3: Working collaboratively with family and supports

<b>Requirement</b>	<p>Clinicians need to demonstrate that they are able to engage and work collaboratively with the person’s family and supports throughout treatment.</p> <p>Please complete: CREDO CBT-E supplementary module <i>Significant Others</i></p>
<b>Question</b>	<p>What are three possible ways that a family member or support person can be involved and support a person during treatment?</p>
<b>Response</b>	<p>I acknowledge that I have completed the supplementary module <i>Significant Others</i></p>
	<p>Date of completion:</p>
<b>Outcome (NEDC)</b>	

## Question 4: Multidisciplinary care team

<b>Requirement</b>	<p>Clinicians need to demonstrate an understanding of how to work collaboratively with professionals from other disciplines to implement and review the treatment plan.</p> <p>Please read: <a href="#">The Care Team</a></p> <p>Please complete: CREDO CBT-E supplementary modules <i>Underweight Patients – Part 1 and Underweight Patients – Part 2</i></p>
<b>Question</b>	<p>In no more than three sentences, please describe which professionals should make up the minimum treatment team for someone experiencing an eating disorder and why.</p>
<b>Response</b>	<p>I acknowledge that I have completed the supplementary modules <i>Underweight Patients – Part 1 and Underweight Patients – Part 2</i></p>
	<p>Date of completion (Part 1):</p>
	<p>Date of completion (Part 2):</p>
<b>Outcome (NEDC)</b>	

## Question 5: Contraindications

<p><b>Requirement</b></p>	<p>Clinicians need to demonstrate an understanding of the contraindications to using CBT-e.</p> <p>Please read: Murphy, R., Straebler, S., Cooper, Z., &amp; Fairburn, C. G. (2010). Cognitive behavioral therapy for eating disorders. <i>Psychiatric Clinics of North America</i>, 33, 611-627. <a href="#">Available here</a>.</p>
<p><b>Question</b></p>	<p>Please list five contraindications to commencing CBT-E treatment with someone experiencing an eating disorder.</p>
<p><b>Response</b></p>	Empty response area
<p><b>Outcome (NEDC)</b></p>	Empty outcome area

## Question 6: Managing risk

<b>Requirement</b>	<p>Clinicians need to be able to assess for and manage medical, nutritional, and psychiatric risk (as fitting within the clinician’s scope of practice) and make appropriate referrals to other professions and services as required.</p> <p>Please read: <a href="#">NEDC Stepped System of Care for Eating Disorders</a></p> <p>Please read: <a href="#">CEED Physical Risk in Suspected Eating Disorders: Mental Health Clinician Response Guide</a></p>
<b>Question</b>	<p>What are five possible indicators that the person you are currently working with may need immediate medical or psychiatric assessment and treatment?</p>
<b>Response</b>	
<b>Outcome (NEDC)</b>	