



دورة تأهيل متخصص في اضطرابات الأكل المعتمدة (CEDs) باللغة العربية

Duration: 5 Days

Language: ar

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

Holistique Training. عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات ISO 29993، ISO 21001 أو ISO 9001 كما أنها معتمدة وفق معايير (CPD) المستمر.

لهذه الدورة من خلال شهادتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر

واحدة عن كل ساعة CPD يتم منح نقطة CPD، ووفقاً لمعايير خدمة اعتماد Holistique Training التدريب من لأي دورة واحدة نقدمها حالياً CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة

Categories

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ما هي أهمية التعاطف في القيادة؟

في عالم القيادة الحديث، يتزايد الاهتمام بأهمية صفات القائد، ومن بين هذه الصفات الرئيسية تبرز بشكل لافت صفة التعاطف. فالتعاطف لا يقتصر على مجرد مظهر إنساني، بل يمتد ليكون أحد العوامل الحيوية في تحقيق القيادة الفعالة.