



Certified Binge Eating and Chronic Dieting Professional (CBECDP) Certification Standards

1.0 Professional Standards

1.1 To be eligible for certification, the applicant must have earned a minimum of a master's degree in their profession AND hold a state or national license as listed below, with all training hours and supervision requirements completed to be licensed for independent practice in the state they are licensed in (or equivalent if practicing outside of the United States):

- Psychologist (LP or LCP)
- School Psychologist
- Counselor
 - LCMHC
 - LCP
 - LCPC
 - LMHC
 - LPC
 - LPCC
 - LPCMH
- Social Worker
 - LCSW
 - LCSW-C
 - LICSW
 - LISW
 - LISW-CP
- LMSW if licensed in Michigan or Nebraska
- LMSW-ACP
- LSCSW
- Marriage and Family Therapist
 - LCMFT
 - LIMFT
 - LMFT
- Psychiatric Nurse Practitioner (NP)
- Psychiatrist (MD)
- Psychoanalyst (LP)
- Registered Dieticians
- Registered Dietician Nutritionist
- Nurses
- Addiction Counselors

Canadian Applicants: Professionals who have met the licensure or registration requirements for provincial and territorial regulatory bodies are welcome to apply. If you are unsure whether your professional background meets the standards for certification, please email us a copy of your educational background and CV to info@evergreencertifications.com

International Applicants: Please check for a link to standards specific to your country of practice. If no link is available, please email us a copy of your educational background and CV to info@evergreencertifications.com

1.2 By applying for certification, the applicant agrees to adhere to Evergreen Certifications' Professional Code of Ethics, available at www.evergreencertifications.com/codeofethics

2.0 Educational Standards

2.1 The applicant must meet the following education criteria (total minimum of 24 hours of continuing education):

Foundation: applicants must show adequate knowledge regarding the etiology of chronic dieting, emotional eating and binge eating disorder, including genetic and environmental factors, co-occurring disorders and related health issues; knowledge regarding the impact of familial and cultural trauma on the development of these disorders; knowledge

regarding the definition and impact of weight stigma and health bias on the development of these disorders; knowledge of the impact of dieting/food restriction, and the role it plays psychologically and physiologically in promoting and maintaining these disorders; knowledge of the research regarding weight and health; knowledge of appropriate interventions that do not cause additional body shame or physical harm; and exploration of clinician's own implicit biases regarding weight stigma and dieting that impact the efficacy of treatment

Assessments: be aware of various assessment tools, develop competency in the assessment of chronic dieting, emotional eating, and BED; learn how to investigate a client's relationship with food, weight and body image that does not cause harm.

Comorbidity: understand and evaluate comorbidity with psychiatric and medical conditions and learn to navigate treatment when these conditions are present.

Treatment: gain foundational knowledge on strengths-based treatment modalities that have been deemed effective, such as: intuitive eating, using a non-dieting approach, IFS for BED, trauma-informed and somatic interventions, how to undo the shame cycle and make peace with their bodies and food.

Eating behaviors: gain insight on the function of eating behaviors related to deprivation, chronic dieting, and trauma.

Body shame: understand how they contribute/relate to disordered eating behaviors.

Considerations: ethics - do no harm by prescribing any form of diet, transference, and countertransference, knowing when to refer out.

Diversity/Cultural Competency: Develop awareness of size diversity and how a fat identity intersects with other marginalized identities. Develop awareness and understanding of social justice binge eating issues related to food culture and how that can contribute to a person's relationship with food.

Disclaimer:

Training to meet this certification must be weight neutral/inclusive rather than suggesting the pursuit of weight loss or promising weight loss. They must take a trauma-informed approach that understands BED as a strategy to manage emotional distress rather than prescribing methods to control eating behaviors.

2.2 Suitable education sources are approved continuing education as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for Certification.

3.0 Additional Requirements:

Panel Discuss Attestation:

This panel discusses a necessary paradigm shift related to diet culture, common hurdles and challenges faced by providers and how to address them.

Book Readings (Choose at least two):

Core Competency

[Binge Eating Disorder by A. Pershing](#)

[Beyond a Shadow of a Diet by J. Matz and E. Frankel](#)

[Body Respect by L. Bacon and L. Aprhamor](#)

Body Image

[More Than A Body by L. Kite and L. Kite](#)

[The Body Is Not An Apology by S.R. Taylor](#)

[Reclaiming Body Trust by H. Kinavey and D. Sturtevant](#)

[Befriending The Body by Ann Biasetti](#)

Diet Culture and Intersectionality, Lived Experience

[Fearing the Black Body by S. Strings](#)

[Decolonizing Wellness by D. Kinsey](#)

[What We Don't Talk About When We Talk About Fat by A. Gordon](#)

Anti-Diet/Intuitive Eating

[Anti-Diet by C. Harrison](#)

[Initiative Eating by E. Tribole and E. Resch](#)

Article (Optional)

Unlearning Weight Stigma: The Latest Science on Trauma and Weight by J. Matz (Psychotherapy Networker)

4.0 Certification Application Process

1. Submit the following documents:
 - a. A copy of the candidate's professional license
 - b. Copies of completion of training as outline in the Educational Standards
 - c. A completed application form
2. Payment of certification application fee

Evergreen Certifications will certify applicants who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

4.0 Renewal of Certification

To maintain certification, a renewal is required. The steps to apply for renewal after your initial 2 years are as follows:

1. Submit the following documents:
 - a. A copy of your professional license
 - b. Completion certificate for twelve (12) clock hours of continuing education:
 - i. Six hours related to one of more the below topics
 1. Emotional eating

2. Binge eating
 3. Body image
 4. Effective treatment modalities for the areas above
- ii. Six remaining hours must be related to binge eating and/or chronic dieting in relation to trauma that does not cause harm
2. Payment of re-certification application fee

Re-certification training hours need to have been taken in the time since you were certified or last recertified. Renewals are calculated from the date that your Certification was issued.

If you allow your certification to lapse for more than 3 years from your certification end date, you are no longer eligible to renew and instead can reapply for certification.