

REQUIREMENTS FOR BECOMING A CERTIFIED INTUITIVE EATING COUNSELOR OR LAY FACILITATOR

This document describes the two types of certification for helping people become Intuitive Eaters, followed by the requirements to become certified. (Effective January 1, 2016).

Background. Intuitive Eating is an evidenced-based model, pioneered by Registered Dietitian Nutritionists, Evelyn Tribole and Elyse Resch, in 1995, and has been followed up with revised and updated editions of the written book, as well as audio books. We are eager to spread the message of Intuitive Eating to help people make peace with food and create a healthy relationship with eating, mind and body. We get numerous requests from around the world from people who want to work with local health professionals and/or support groups. Therefore we created a standardized training and certification process to help assure a consistent message that promotes the intention and the integrity of the Intuitive Eating process.

CERTIFICATION TYPES

There are two certifications categories—one for allied health professionals, *Certified Intuitive Eating Counselor*, which was created in 2007. The newest is the *Certified Intuitive Eating Lay Facilitator*.

1. Certified Intuitive Eating Counselor

The following is a list of professionals who qualify to become Certified Intuitive Eating Counselors. Please note that this list in not all-inclusive.

To see if your profession qualifies, please email your resume to etriboleassistant@gmail.com

Acupuncturists	Occupational Therapists
 Allied Health Professionals 	Physical Therapists
 Certified Personal Trainers 	Physicians
 Certified Wellness Coaches 	Psychologists
Chiropractors	Psychotherapists
Dentists	Registered Dietitians
Educators	Social Workers
 Marriage Family Counselors 	Speech Therapists
 Massage Therapists, licensed 	Yoga Therapists



2. Certified Intuitive Eating Lay Facilitator.

Since the publication of the third edition of Intuitive Eating (2012), the authors were inundated with requests from lay people whose work or community provides the opportunity to influence others to change their relationship with food through Intuitive Eating. Although these fields of work are not traditionally classified as health professions and may not be licensed or credentialed in this way, they do allow for the dissemination of appropriate information. There is no end to the amount of misinformed and often destructive information that exists about how to eat. After considerable thought, we decided that training lay professionals to become Intuitive Eating Facilitators would give the public the opportunity to receive solid, scientifically-based and psychologically sound information, which can be used to dispel the common myths which abound. Intuitive Eating Facilitators are distinguished from Intuitive Eating Counselors in that they are not health professionals. They will be capable of teaching Intuitive Eating principles but will not have the depth of knowledge in the health arenas that the Counselors have.

Here are some examples that may fit into the Intuitive Eating Lay Facilitator category (Note there are others that also may qualify. Please contact either Evelyn or Elyse, if you feel that you fit into an area that is not listed.)

- Clergy
- Assistant teachers
- Nannies
- Student Peer counselors
- Writers
- "Mom" groups



group (such as in community groups,

HOW TO BECOME CERTIFIED

Certified Intuitive Eating Counselor

In order to ensure the quality and integrity of certification, the requirements are being upgraded to the following (effective January 1, 2016). There are three core requirements: 1) Completing and passing Helm Publishing's Self-Study Intuitive Eating Course 2) Completion of Evelyn Tribole's Intuitive Eating PRO Teleseminar training course and 3) Completion of three supervision/coaching sessions with either Elyse Resch or Evelyn Tribole. The details are described below.

1). Helm Publishing Self-Study Intuitive Eating Course & Exam

This is a self-study program administered by Helm Publishing, which is based on the <u>Intuitive Eating</u> book, Intuitive Eating audio coaching book by Sounds True, and a full-day workshop CD training that Elyse and Evelyn facilitated for health professionals. This is an independent study on your own schedule and includes passing a 172 question multiple-choice exam. Course fee is \$275.

See website for more information: http://bit.ly/HelmIntuitiveEating

2). Tribole's Intuitive Eating PRO Teleseminar Training:

This is a 6-week live training program with Evelyn Tribole, which focuses on the process of facilitating Intuitive Eating, and can be accessed via phone, skype, or webcast. This training includes a set of 21-client worksheets (\$129 value) and full text studies. Each session is

*For all questions about the teleseminar, please contact Samantha at etriboleassistant@gmail.com

recorded and you are provided a link to the mp3 recording for your personal use. Course fee is \$315 or \$350 (without early registration). See website for more information: <u>http://bit.ly/IEPROteleseminar</u>



3) Completion of

Supervision/Coaching. three sessions of

supervision/coaching with either Elyse Resch or Evelyn Tribole,

- a) Supervision with Elyse via three individualized 45 minute in-person or telephone sessions (\$150 each) or three 90 minute *in-person* group sessions (\$100 each) OR
- b) Supervision with Evelyn via three individualized 45 minute in-person or telephone sessions (\$150 each) or three 90 minute *telephone* group supervision (\$100 each).

HOW TO BECOME CERTIFIED

Certified Lay Facilitator

The Helm Publishing Route is the *only* option available for becoming certified as a Certified Lay Facilitator, which involves:

- Completion of a self-study program administered by <u>Helm Publishing</u>, which is based on the <u>Intuitive Eating</u> book, Intuitive Eating audio book, and a full-day workshop CD training that Elyse and Evelyn facilitated for health professionals. This is an independent study on your own schedule. There are no client worksheets included in this option. Course fee is \$350.
- 2) Completion of three sessions of supervision by either <u>Elyse Resch</u> or <u>Evelyn Tribole</u>,
 - a) Supervision with Elyse via three individualized 45 minute in-person or telephone sessions (\$150 each) or three 90 minute in-person group sessions (\$100 each).
 OR
 - b) Supervision with Evelyn via three individualized 45 minute in-person or telephone sessions (\$150 each) or three telephone group supervision (\$100 each).
- 3) Upon completion of the self-study program and supervision hours, and passing a 172 question multiple-choice exam, you will earn Certified Intuitive Eating Facilitator status

Benefits of Becoming Certified

Upon completion of the certification requirements you will receive the following:

 Membership in Intuitive Eating Community (free).

2. Directory



the Online Certified Counselors/Facilitators

Listing in the Intuitive

Eating Counselors/Facilitators Directory on <u>www.IntuitiveEating.org</u> website (first year free). This directory is also mentioned in the Resource section in the third edition of Intuitive Eating.

3. Licensed Use of the Logo (for Certified Counselors, only). You will be able to use our logo, "Trained & Certified by the Original Intuitive Eating Pros." There is no fee for using our logo, but you will need to maintain supervision hours, which involves three hours, every five years. The ability to use our logo will be renewed every five years upon completion of these three further hours of supervision with either Evelyn or Elyse or both.

SCOPE OF PRACTICE CONCERNING CERTIFIED INTUITIVE EATING COUNSELORS AND LAY FACILITATORS

There are many different health professions represented among Certified Intuitive Eating Counselors. Therefore prospective clients can expect to be guided through the lens of the particular profession of the person with whom they choose to work.

Each counselor abides by the scope of practice guidelines laid out for his/her profession. For example, a counselor who is also trained as a psychotherapist, will offer psychotherapy, in addition to Intuitive Eating counseling, or a Registered Dietitian Nutritionist, is qualified to provide medical nutrition therapy, in addition to Intuitive Eating counseling. This concept will follow for each of the health professions represented.

A *Certified Intuitive Eating Lay Facilitator*, will have met the training standards laid forth in the guidelines for this category. But a Lay Facilitator will not have the same skill set or education of a counselor in a health profession that is represented in the *Certified Intuitive Eating Counselor's* category. *Lay Facilitators* are trained lay people, who can facilitate support groups, self-help groups, and individuals in the basics of the Intuitive Eating process. If, however, a client has a health condition, eating disorder, or other special condition, it would be beyond the scope of a lay

facilitator to work lay facilitator would type of client to an professional.



with this client. Therefore a be expected to refer this appropriate health