



## REQUIREMENTS FOR BECOMING 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 and fees to become certified. (Effective January 1, 2018).

**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 and a new *Intuitive Eating Workbook*, 2017. They 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. They get numerous requests from around the world from people who want to work with local health professionals and/or support groups. Therefore, they 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* and one for non-health professionals, *Certified Intuitive Eating Lay Facilitator*.

#### **1. Certified Intuitive Eating Counselor**

Allied health professionals include professions that require extensive training and knowledge, including: possess a bachelor's degree or higher and credentialing or licensing in a health-related field. See the Appendix for *List of Professionals Who Qualify to Become Certified Intuitive Eating Counselors*, on page 5.

#### **2. Certified Intuitive Eating Lay Facilitator.**

Intuitive Eating Facilitators are distinguished from Intuitive Eating Counselors in that they are not health professionals. The authors have been 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. 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. Examples that fit into the Lay Facilitator category include: Clergy, Student Peer Counselors, "Mom" groups, Support Group Leaders (such as in OA, church, or community support groups), Writers, Addiction counselors, Birthing coaches, among others.

Please contact: [EtriboleAssistant@gmail.com](mailto:EtriboleAssistant@gmail.com) if you feel that you fit into an area that is not listed.)



## HOW TO BECOME CERTIFIED

### **Certified Intuitive Eating Counselor and Certified Intuitive Lay Facilitator**

In order to ensure the quality and integrity of certification, the requirements are being upgraded to the following (effective January 1, 2018). There are four 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.
  - 3). Completion of [The Intuitive Eating Workbook](#), evidenced by passing a 15-item exam.
  - 4). 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 (Includes CHES and Lay versions)**

This is a self-study program administered by Helm Publishing, which is based on the [Intuitive Eating](#) book, Intuitive Eating audio coaching book by Sounds True, and a full-day workshop mp3 training that Elyse and Evelyn facilitated for health professionals. This is an independent study on your own schedule and includes passing a 151 question multiple-choice exam.

- Course fee is \$335.
- Website for more information: <https://www.helmpublishing.com/intuitive-eating-certificate-of-training-1891>
- Contact:
  - Customer Service: 940-497-3558
  - Toll Free to place orders: 877-560-6025
  - Email: [Service@HelmPublishing.com](mailto:Service@HelmPublishing.com)

#### **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 recorded, and you are provided a link to the mp3 recording for your personal use.

- Course fee is \$375 or \$425 (without early registration).
- Website for more information: [Teleseminars](#)
- Contact: For all questions about the teleseminar, please contact [etriboleassistant@gmail.com](mailto:etriboleassistant@gmail.com)



### 3). The Intuitive Eating Workbook

Complete the exercises in The Intuitive Eating Workbook, and pass a 15-item online exam.

- Cost of the workbook is \$10-20 (depending on format purchased).
- Website to purchase: <http://bit.ly/IEWorkbook>

### 4) Supervision/Coaching.

Completion of three sessions of supervision/coaching with either Elyse Resch or Evelyn Tribole,

- Supervision with Elyse via three individualized 45 minute in-person or telephone sessions (\$170 each) or three 90 minute *in-person* group sessions (\$100 each)  
-OR-
- Supervision with Evelyn via three individualized 45 minute in-person or telephone sessions (\$170 each) or three 90 minute *telephone* group supervision (\$100 each).

### Total Fees for Certification

	Fee
1. <a href="#">Helm Publishing Self-Study</a>	\$335
2. <a href="#">Tribole IEPRO Training</a>	\$375-\$425
3. Supervision	\$300-\$510
4. <a href="#">Intuitive Eating Workbook</a>	\$10-20
<b>Total:</b>	\$1020- \$1290

## 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 with this client. Therefore a lay facilitator would be expected to refer this type of client to an appropriate health professional.

### Benefits of Becoming Certified

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

1. **Membership** in the closed Facebook group--**Certified Intuitive Eating Counselors** (free).
2. **Directory Listing** in the **Intuitive Eating Counselors/Facilitators Directory** on [www.IntuitiveEating.org](http://www.IntuitiveEating.org) website. This directory is also mentioned in the Resource section in the third edition of Intuitive Eating and in The Intuitive Eating Workbook.
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 sessions every five years. The ability to use our logo will be renewed every five years upon completion of these three further sessions of supervision with either Evelyn or Elyse or both.

**Appendix**  
**List of Professionals Who Qualify to Become Certified Intuitive Eating Counselors**

The following is a list of allied health professionals who qualify to become Certified Intuitive Eating Counselors. Allied health professionals include professions that require extensive training and knowledge, and usually possess a bachelor’s degree (or higher) and credentialing or licensing in a health-related field. This may also include various wellness coaches, provided that the International Federation of Coaches (IFC) accredits their training organization\*.

[To see if you qualify to be a Certified Intuitive Eating Counselor, please apply here](https://www.surveymonkey.com/r/HZD9XWJ)  
<https://www.surveymonkey.com/r/HZD9XWJ>

Acupuncturists	Occupational Therapists
Allied Health Professionals	Pharmacists
Certified Personal Trainers*	Physical Therapists
Certified Health/Wellness Coaches**	Physicians
Chiropractors	Psychologists
Dentists	Psychotherapists
Health Educators	Registered Dietitian Nutritionists
Health related fields (holding a minimum of a Bachelor’s Degree)—e.g. physical education, public health, nutrition, psychology, biology, physician assistants, dental hygienists, scientists, medical assistants, lab technicians, EMTs, etc.	
Life Science Professionals (such as biologist, geneticist)	School Counselors
Marriage Family Counselors	Social Workers
Midwives	Speech Therapists
Naturopaths	Yoga Therapists
Nurses	

\*ACSM-certified and/or have bachelor’s degree

\*\*To see if your coaching certification meets ICF accreditation, check their website:

<https://www.coachfederation.org/>