

iaedp™ Certification: Everything You Need to Know

Beth Harrell, MS, RD, LD, CEDRD-S
Director of Certification

Benefits of Certification

- ▶ Professional Identity
- ▶ Professional Commitment
- ▶ Promotion of Ethical Standards and Quality Care
- ▶ Increased Consumer Confidence and Recognition
- ▶ Increased Marketability and Competitive Edge
- ▶ Measure of Professional Excellence
- ▶ Professional Growth
- ▶ Personal Satisfaction
- ▶ Dedication to Clinical Advancement

Certification Review

Certified Eating Disorders Specialist (CEDS)

for Mental Health Clinicians and Medical Providers

Certified Eating Disorders Registered Dietitian (CEDRD)

for Registered Dietitians

Certified Eating Disorders Registered Nurse (CEDRN)

for Registered Nurses

Certified Eating Disorders Creative Arts Therapist (CEDCAT)

for licensed Dance, Music, Recreation and Art Therapists

Two Routes to Certification

Traditional

Certification for independently licensed clinicians with less than 10,000 hours of ED experience who want to pursue advanced expertise

Equivalency (through Dec 31, 2020)

- ▶ Certification for licensed clinicians with significant years of ED experience who meet equivalency standards.
- ▶ Does **not** require core courses or documentation of your own supervision.

▶ **International Certification**

- Both Traditional and Equivalency,
- For professionals living outside the U.S.
- The international education and licensure process that allows the clinician to practice in an equivalent position as a comparable US degree and license is honored by iaedp™, with documentation.

▶ **Honorary Certification**

- A designation awarded annually by the Certification Committee and Board of Directors to a professional who has demonstrated above and beyond expertise in the field of eating disorders.

Traditional and Equivalency



Certification and Professional Education

Let's Compare Certification and Associate

▶ **Certification**

- Intensive requirements for credentialed professionals who specialize in the treatment of eating disorders

▶ **Associate, iaedp™ Institute on Eating Disorders**

- Recognition for completing coursework on eating disorders
- This designation is for those who do not specialize in eating disorders or whose credentials do not qualify for certification
- Sometimes referred to as *Educational Designation*

Traditional Application

Domestic and International

Traditional Certification: CEDDS, CEDRD, CEDRN and CEDCAT

Documents for Traditional Certification Application

- Traditional Certification Application
 - ✓ Case Study Guidelines
- Approved Supervisor's Documentation Form

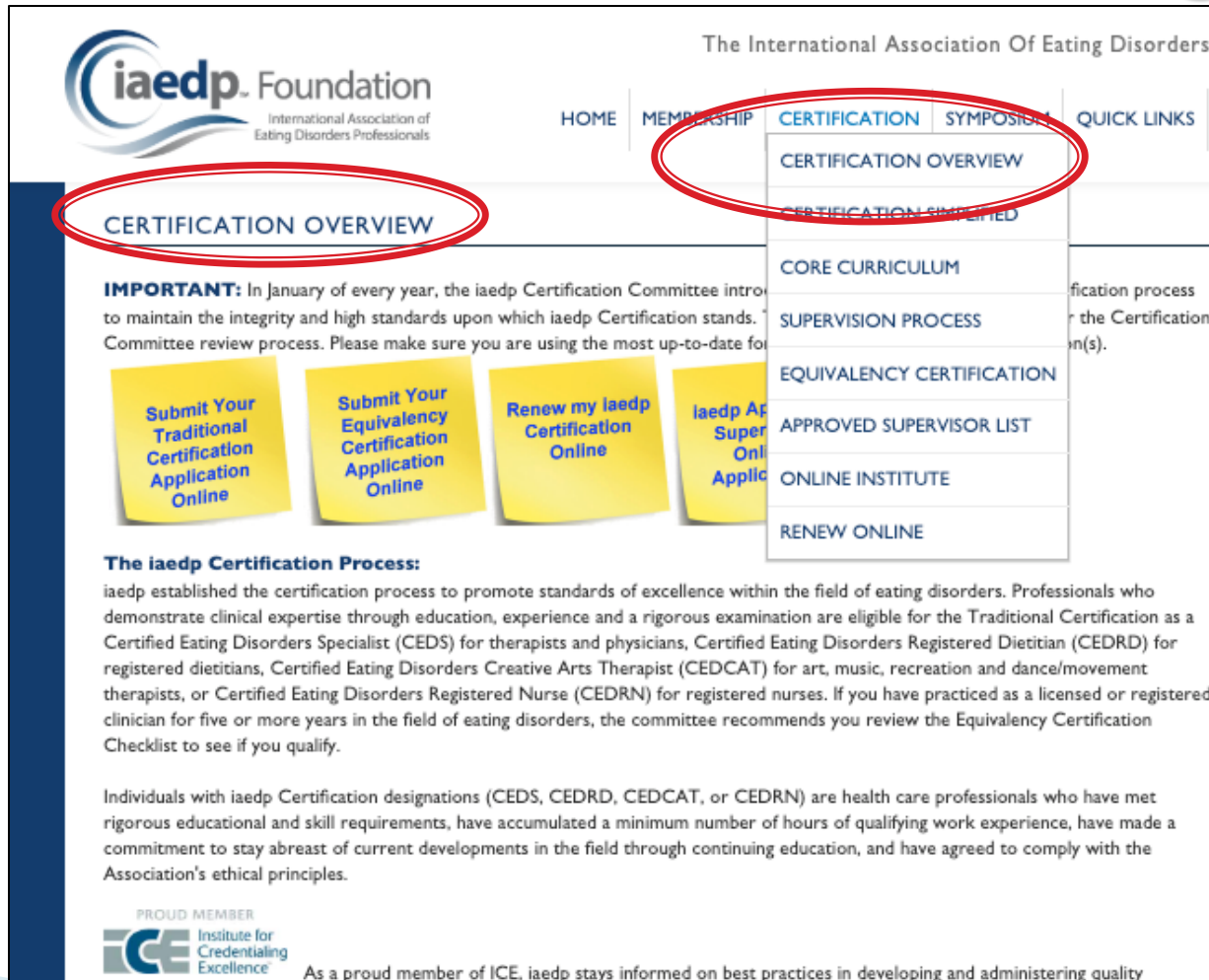
Supporting documents

- Guide to Supervision
- Core Course Guidelines

iaedp.com/certification-overview

iaedp.com

Certification Overview Page



The International Association Of Eating Disorders

iaedp Foundation
International Association of Eating Disorders Professionals

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CERTIFICATION OVERVIEW

CERTIFICATION OVERVIEW

IMPORTANT: In January of every year, the iaedp Certification Committee introduces changes to maintain the integrity and high standards upon which iaedp Certification stands. The committee review process. Please make sure you are using the most up-to-date for

Submit Your Traditional Certification Application Online

Submit Your Equivalency Certification Application Online

Renew my iaedp Certification Online

iaedp Application Supervisor Online Application

The iaedp Certification Process:

iaedp established the certification process to promote standards of excellence within the field of eating disorders. Professionals who demonstrate clinical expertise through education, experience and a rigorous examination are eligible for the Traditional Certification as a Certified Eating Disorders Specialist (CEDS) for therapists and physicians, Certified Eating Disorders Registered Dietitian (CEDRD) for registered dietitians, Certified Eating Disorders Creative Arts Therapist (CEDCAT) for art, music, recreation and dance/movement therapists, or Certified Eating Disorders Registered Nurse (CEDRN) for registered nurses. If you have practiced as a licensed or registered clinician for five or more years in the field of eating disorders, the committee recommends you review the Equivalency Certification Checklist to see if you qualify.

Individuals with iaedp Certification designations (CEDS, CEDRD, CEDCAT, or CEDRN) are health care professionals who have met rigorous educational and skill requirements, have accumulated a minimum number of hours of qualifying work experience, have made a commitment to stay abreast of current developments in the field through continuing education, and have agreed to comply with the Association's ethical principles.

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As a proud member of ICE, iaedp stays informed on best practices in developing and administering quality

CEDS and CEDRN

Education Requirements

▶ **CEDS**

MA/MS/MSW/PhD/MD/DO/ND/PA/NP from accredited institution in health/behavioral science field

▶ **CEDRN**

BSN, MSN or DSN from an accredited institution

or

BS in a related health care field

plus an Associate's degree in nursing from an accredited institution

plus 3 semester credits in professional practice standards and ethics

CEDS and CEDRN

Licensure Requirement

- ▶ **CEDS-** Licensed as a healthcare professional by their state's licensing/ certification board with ongoing renewal requiring approved CEUs
 - Post-graduation
 - Post-internship years in which the applicant was practicing with a provisional license
 - Fully licensed to practice
- ▶ **CEDRN-** Licensed as a RN by their state's licensing/certification board with ongoing renewal requiring approved CEUs

CEDRD

Education and Registration Requirements

Registered Dietitian/Nutritionist – RD/RDN

- Registered as RD/RDN
- Education - Successful completion of the requirements to sit for the Dietetic Registration Examination administered by the Commission on Dietetic Registration and ongoing renewal of this registration with approved CEUs.

CEDCAT

Education and Certification Requirements

- ▶ Applicant meets all educational requirements necessary for national certification that are appropriate to their discipline (Music Therapy, Art Therapy, Recreation, Dance/Movement Therapy)
- ▶ Certified or registered nationally as a creative arts professional in music, art, recreation or dance/ movement by the national Music, Art, Recreation or Dance/Movement Certification Board.
- ▶ Renewal of certification maintained as required by the appropriate Certification Board (CBMT, ATCB, NCTRC or DMTCB)
- ▶ Letter from the appropriate credentialing body that acknowledges the applicant is certified or registered by the appropriate standards and that he/she is recognized as in good standing is required and must be included in the completed application.

Supervision/Consultation Requirement

Traditional Certification



- ▶ 2500 supervised patient care hours directly in the field of eating disorders
- ▶ All patient care hours must be supervised by an iaedp™-Approved Supervisor.

Supervision/Consultation Requirement

Traditional Certification

Selection of an approved supervisor:

- ***Option 1-***

Choose an iaedp™ -Approved Supervisor by searching the iaedp™ membership directory or MemberLEAD

(NOT limited to your own geographical area)

- ***Option 2-***

Use a current supervisor with whom you work who is an iaedp™ -Approved Supervisor

(For applications received after August 1, 2020, supervisor must have been approved for all hours signed)

iaedp™ -Approved Supervisor

Professionals pursuing Traditional Certification are required to be supervised by a qualified professional who has completed the iaedp™ Approved Supervisor application process.

An iaedp™-Approved Supervisor is as an experienced professional in the field of eating disorders who:

- is not one's primary personal therapist
- Is certified as CEDS, CEDRD, CEDRN and/or CEDCAT
- is approved via separate application as an iaedp™ supervisor
 - CEDS-S, CEDRD-S, CEDRN-S, CEDCAT-S

iaedp™ Approved Supervisor

As of October 1, 2018, Certification is required for Supervisor status.

Supervisor Application Process

- ▶ iaedp™ Approved Supervisor Application (available at www.iaedp.com under Certification Overview)
- ▶ Active Certification as CEDS, CEDRD, CEDRN, CEDCAT
- ▶ One-time application fee of \$75
- ▶ iaedp™ Membership
- ▶ After August 1st, new supervisors will need to pass a short test prior to approval.

Supervisor Renewal Process (After August 1, 2020)

- When Certification renews, signed receipt of supervisor responsibilities.

Why Supervision/Consultation?

- ▶ Opportunity to learn and mature into an experienced eating disorders professional
- ▶ Opportunity to work on your skills and competencies
- ▶ Fundamentally protects your clients' welfare
- ▶ Improves your ability to provide value to clients
- ▶ Allows you to monitor your own self-care as a clinician in the field of eating disorders.

What to Expect From Your Supervisee

- ▶ Familiar with and knowledgeable of every diagnosis related to eating disorders as outlined by the DSM-5
- ▶ Possesses strong communication skills as evident in the relationships between clients and clinician
- ▶ Aware and prepared to meet the specific needs and challenges of different ages, gender and family structure, as applicable, of each individual client presenting with an eating disorders
- ▶ Comfortable and effective in communicating within a multi-disciplinary eating disorder treatment team
- ▶ Proficient at both individual and group patient care settings, where applicable.

What to Expect From Your Supervisor

Choose carefully, not conveniently

Ask questions about your potential supervisor

- What type of license do they hold and how long?
- What is their experience with supervision?
- How many other supervisees have they had in past 2-5 years?
- What is their practice background?
- What is their theoretical orientation and are they comfortable supervising someone who comes from a different orientation?
- What are their specialty areas?

What to Expect from Your Supervisor

Start and maintain a good supervisory relationship

- Look for warmth, trust, ethical boundaries, confidentiality, genuineness and respect
- Spend time going over goals and objectives in the beginning
- Decide how progress towards goals will be measured and communicated
- Be clear about expectations about time, fees, etc.
- Be proactive and develop a collaborative experience

Supervision Requirement

Professionals pursuing Traditional Certification are required to be supervised by a qualified professional who has completed the iaedp™ Approved Supervisor application process.

- ▶ All applicants must receive supervision from an iaedp™- Approved Supervisor *within their own discipline for 75% or greater of total patient care hours*
- ▶ Up to 25% of total patient care hours can be supervised by an iaedp™- Approved Supervisor within *another* discipline

When Can I Begin Accruing Hours?

Effective for applications received after July 1 2018, hours may be accrued as follows:

Masters Level Therapists- After registration number is acquired, post-graduation, through practicing state. Must be independently licensed to receive CEDS.

Psychologists - After APA accredited internship year begins. Must be independently licensed to receive CEDS.

Registered Dietitians - After registration number through Commission on Dietetics Registration (CDR) is acquired.

Medical Providers - After license number is acquired through state and residency can begin.

Nurses - After state licensure number is acquired

Hours accumulated in less than two (2) years and/or in excess of 40 per week will not be accepted.

Supervision Requirement

Professionals pursuing Traditional Certification are required to be supervised by a qualified professional who has completed the iaedp™ Approved Supervisor application process.

- ▶ **Fees:** Each supervisor sets their own fee schedule, based upon the applicant's experience and clientele.
- ▶ **Frequency:** iaedp™ requires no less than one (1) hour of supervision per 120 hours of client contact.
- ▶ **Minimum # of supervision hours:** based on above frequency, you will need no less than 21 total hours of supervision from your iaedp™-Approved Supervisor(s)

Supervision Requirement

Professionals pursuing Traditional Certification are required to be supervised by a qualified professional who has completed the iaedp™ Approved Supervisor application process.

- ▶ **Type of supervision:** An hour of supervision may include both *individual* or *group* sessions.
 - iaedp™ requires a 3:1 ratio of individual to group supervision.
 - Example: Individual @ 16 total hours (75%) and Group at 5 hours (25%) for a total of 21 hours supervision.
- ▶ **Mode of supervision:** Each supervisor sets his or her own preference for either in-person, on-line or by telephone supervision, based upon the geographical location.

Supervision vs. Supervised Hours

- ▶ **Supervision** hours - the time consulting with your supervisor(s) (≥ 21 hours)
- ▶ **Supervised** hours - the ≥ 2500 practice hours overseen by, and signed off by, your approved supervisor(s)

Supervision Requirement

Professionals pursuing Traditional Certification are required to be supervised by a qualified professional who has completed the iaedp™ Approved Supervisor application process.

- ▶ Applicants may use the “Applicant Log for Patient Care Hours” (not required) to keep up with personal log of total supervised hours
- ▶ Supervisor completes the “**Approved Supervisor’s Documentation Form**” (required) to verify and sign off on all patient care hours
- ▶ Applicant submits Supervisor’s documentation form WITH completed Application packet to iaedp™ when ready.

Approved Supervisor's Documentation Form



Supervision Documentation Form
 www.iaedp.com
 Tel. (800) 800-8126 / Fax (800) 800-8126
 Email: certification@iaedp.com

Breakdown of hours performed by supervisee under your iaedp™ supervision:

		Date: Hours:		
		SAMPLE	Hours	
Dates Supervision Provided		6/2018-8/2020		
Direct Client Service 75% of hours	Individual Therapy or Nutrition/Medical patient care including rounding/Education	1650		
	Group Therapy or Nutrition/Medical patient care including rounding /Education	270		
	Couples Therapy			
	Family Therapy	25		
	Total Direct Hours (1875 minimum)	1945		
Indirect Client Service Up to 25% of hours	Writing chart notes, administering treatment plan		625	
	Administering and evaluating tests			
	Supervision, Individual (at least 75%)	Combined supervision ≥21 hours	20	
	Supervision, Group (up to 25%)		5	
	Other: (Please explain) <i>Community presentations, developing handouts, completing coursework and readings, working on planning committee for ED walk or community event, blog entries and other writings</i>		25	
	Total Indirect Hours (675 maximum)		675	
Total Hours: ≥ 2500		2620		



Traditional Certification: Core Course Requirement:

Four Core Courses Required

1. Overview of Eating Disorders
2. Therapeutic Treatments for Eating Disorders
3. Nutrition Therapy for Eating Disorders
4. Medical Treatment of Eating Disorders

Three Options for Core Courses

1. iaedp™ Pre-symposium (two day) Core Course Workshop
 2. iaedp™ On-line Core Courses
 3. University-based graduate courses that meet equivalency – not all programs qualify. Must submit review to committee for approval.
- ✓ Core Courses do not expire.
 - ✓ The final exam will be required within 2 years of submitting final application

Traditional Certification: Case Study Requirement

- ▶ Case study must be of a patient with whom applicant was responsible for treatment
- ▶ Case study must be 1500 word-minimum (2 to 3 single-spaced pages)
- ▶ Case study must not include any information that would compromise patient confidentiality
- ▶ Guidelines in the Traditional Application

Traditional Certification Exam

- ▶ All Traditional applicants for the CEDS, CEDRD, CEDRN and CEDCAT are required to take and pass the Certification Exam.
 - Complete all (4) core courses before taking exam
 - You do not have to complete supervision hours before taking the exam
 - Options to prepare for the exam
 - Review the syllabus for each core course
 - Practice Test program is available – TestRun
- ▶ The exam is available at www.iaedp.com under the “Online Institute” tab.

Traditional Certification Exam

- Examination fee of \$100 (effective January 2020)
- After purchasing the exam, you have 90 days to open and begin answering questions
- Upon opening the test, allow 5-8 minutes for initial set up with proctor then 3 hours complete the questions
- Exam is 170 randomized questions
 - True/false and multiple choice questions
- Exam can be taken one time per payment
- Up to 3 attempts are possible
- A passing score is good for 2 years

Traditional Requirements:

Supporting Documentation and Forms

- ▶ Three letters of recommendation from experienced peers in the field of eating disorders
 - One must be from clinician within own discipline
 - Cannot be from your iaedp™-Approved Supervisor
 - All must include name, title, place of employment and **hand signature**
- ▶ **Hand signed** statement of ethical principles (on application)
- ▶ Demonstration of active commitment to professional organizations through involvement in iaedp™ or other eating disorder related organizations
- ▶ Photocopy of current licenses, one passport photo
- ▶ iaedp™ membership (\$195.00 per year)
- ▶ Application Fee of \$150.00

Review Applications Carefully

- ▶ Applications will be returned if incomplete, inaccurate, or does not clearly meet requirements.
- ▶ Resubmissions incur a \$50 fee.

Equivalency Application

Domestic and International

Equivalency Certification: CEDDS, CEDRD, CEDCAT, or CEDRN

- ▶ See www.iaedp.com Certification/Overview for the Equivalency Certification Application
- ▶ Equivalency is an option for licensed professionals who:
 - have been practicing in the field of eating disorders for >7 years and >10,000 hours directly with eating disorders
 - are able to demonstrate eating disorder proficiency and expertise through a range of equivalency requirements
- ▶ Equivalency option is available through December 31st, 2020

Equivalency Certification: CEDS, CEDRD, CEDCAT, or CEDRN

Designated actual work experiences are accepted as the equivalents for the Traditional certification requirements

- No requirement for Core Courses or case in lieu of actual experience as specifically stated.
- No requirement for supervised hours in lieu of the applicants providing documentation of five or more years of supervisory experience that *they have provided for other clinicians*
- Exam required as of June 1, 2019

Equivalency Requirements

Continuing Education Experience –

- Attendance of at least fifty (50) eating disorders continuing education (CE) workshops, conferences, webinars, etc. in last five (5) years.
- Certificates are required for a minimum of 20 CEs in the 2 years prior to submission date. For CEs older than 2 years, provide a sample from previous years

iaedp™ Equivalencies and Active Commitment Requirement

Choose 4

- History of presentations specific to feeding and eating disorders.** You must meet a minimum of 10 in last 5 years to potentially fully satisfy this option. *(Provide title, purpose of talk, name of organization or association for which you presented, level of experience of target audience [e.g., professionals, community members], approximate number in attendance and any additional relevant information.)*
- History of publications specific to feeding and eating disorders.** Include published books, scholarly and trade articles, consumer publications, etc. *(Provide full references).*
- History of academic affiliation specific to feeding and eating disorders.** You must include/have included instruction/education focused on eating disorders. *(Provide your titles, start/end dates, description of your roles/responsibilities, etc.).*
- History of participation in research specific to feeding and eating disorders.** *(Provide references, description of your roles/responsibilities, etc.)*
- History of presence in the media as a feeding and eating disorder expert.** *(Provide titles, media sources, and description of your roles/responsibilities).*
- History of program development specific to feeding and eating disorders.** *(Provide program titles, description of programs, your roles/responsibilities, etc.).*

iaedp™ Equivalencies and Active Commitment Requirement (Con't)

- History of lobbying and advocacy work pertaining to legislation specific to feeding and eating disorders.** *(Provide information that includes descriptions of your roles, responsibilities, and estimated hours involved).*
- History of appearing in courts of law as a feeding and eating disorders expert witness.** This can also include file reviews of cases specific to feeding and eating disorders. *(Provide information that includes descriptions of your roles/responsibilities and estimated hours involved).*
- History of participation in peer consultation, and/or professional development activities specific to feeding and eating disorders.** *(Provide information that includes detailed descriptions).*
- Having experienced at least an additional 10,000 practice hours (20,000 minimum total career hours) specific to feeding and eating disorders.** *(Describe your roles, responsibilities, and activities in detail. Include your total number of career hours claimed. Sample follows: 15,000 additional hours/25,000 total career hours of experience).* Additionally:
 - Procure a letter from a CEDS-Supervisor (S), CEDRD-S, CEDRN-S and/or CEDCAT-S supporting and attesting to your excellence in current clinical work.
 - Write and submit a case study (see [Case Study Guidelines](#), iaedp™ Traditional Certification application).
- iaedp™ Core Courses.** *Successful completion of the iaedp™ Core Courses satisfies this criterion. Provide copies of your certificates of completion with your application.*

Active Commitment Requirement

Volunteer work, community service, or similar experience that was related to or associated with the eating disorders treatment field.

Examples include active role in iaedp™ or another eating disorder organization's membership, committees, boards, meeting attendance, event planning, etc.

Supervision Equivalency

Supervised others who treat eating disorders for at least 5 years as a licensed clinician yourself

- *Includes formal/informal individual, group and peer supervision and treatment team consultations*

Application must include a list of supervision provided, noting location, dates (beginning and end), and to whom supervision was given

- *Can include formal and informal individual, and/or groups, including patient care discussions within the treatment team*
- *Can be incorporated into CV or listed separately*

Equivalency Supervision Documentation Example

To Whom:	Dates:	Location:
Treatment team (therapists, MD, RN, RD, interns	May 2008-May 2013	Treatment Center
JT, RD intern	April2007- May2008	My office

Note: *You do not have to list individual names, especially if years of extensive practice, but can include the type of clinician(s) with whom you provided supervision/consultation.*

Equivalency Requirements Specific to the CEDRD

- Both the Traditional and Equivalency CEDRD Certifications are approved by the Commission on Dietetic Registration (CDR) for 75 CPEs upon receipt and 50 CPEs each portfolio cycle that CEDRD is maintained. (CDR updated Spring 2019)
- The CEDRD is listed in the Professional Development Portfolio (PDP) as log #550

Equivalency Requirements

Supporting Documentation and Forms

- ✓ Three letters of recommendation from experienced peers in the field of eating disorders
 - One must be from clinician within own discipline
 - Not from current active supervisee
 - All must include name, title, place of employment and hand or digitally verified signature
- ✓ Signed statement of ethical principles (on application)
- ✓ Demonstration of active commitment to professional organizations through involvement in iaedp™ OR other eating disorder related organizations
- ✓ Photocopy of current licenses, one passport photo
- ✓ iaedp™ membership -\$195.00 per year
- ✓ Application Fee - \$150.00

Signature

Hand signed or digitally verified



Digital Signature Preview

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This is a preview of how your digital signature will appear in the final agreement when signed. Click to create or modify the signature appearance.

[Edit Signature](#)



Back

OK


Typed font is not accepted

International Certification

- ▶ See www.iaedp.com Certification or Quick Links for the following information:
 - Traditional Checklist
 - Equivalency International Checklist



Submit Application at iaedp.com *Certification Overview Page*



iaedp Foundation
International Association of
Eating Disorders Professionals

The International Association Of Eating Disorders

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CERTIFICATION OVERVIEW

CERTIFICATION SIMPLIFIED

CORE CURRICULUM

SUPERVISION PROCESS

EQUIVALENCY CERTIFICATION

APPROVED SUPERVISOR LIST

ONLINE INSTITUTE

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Excellence

As a proud member of ICE, iaedp stays informed on best practices in developing and administering quality



Certification Review Process

- ▶ Upon receipt, all Certification and Approved Supervisor applications are reviewed by the iaedp™ staff for:
 - Missing information
 - Payment(s) verification
 - Membership verification
 - ✓ (Membership application is a separate form and can be sent in simultaneously with certification application)
- ▶ After complete application verified, it is sent to the Certification Committee for review
 - Allow 90 days for full review process
 - Option to appeal to iaedp™ Board if application is denied

Certification Renewal Process

Certification is renewable **every two years**

- Complete the Application for Renewal of Certification (www.iaedp.com) then submit (upload) online

Recertification requires the following:

- Twenty (20) Continuing Education Units (CEUs) specific to the field of eating disorders
- Copies of CEU Certificates equivalent to 20 CEUs
- Maintenance of iaedp™ Membership
- Attendance at iaedp™ Symposium **once every four (4) years**, or 20 iaedp symposium hours every **two** renewal cycles or
- \$150 renewal fee

Certification Renewal Process

Symposium Requirements

Why attendance at a Symposium once every four years?

- Members maintain professional relationships with certified members
 - iaedp™ is ethically, legally and professionally responsible for certified members
- Ensure consistency in continuing education quality
- Extension available with written request based on personal or professional circumstances

Certification Renewal Process

- ▶ A renewal notice is sent by email at 90 days, 60 days, and 30 days (ensure member profile is current)
- ▶ As of January 1, 2016, a late fee of \$125 will be incurred if expiration exceeds 60 days
- ▶ At 90 days past expiration, the certification will be revoked and the member will be required to reapply for certification.

**Considerations are being made for
credentials not previously included
yet who meet high standards of
education and practice**

Summary of Updates

- ▶ For applications received after August 1, 2020, iaedp-Approved Supervisors need to have been approved for all hours of provided supervision.
- ▶ April 2020 - Completion of final exam is expected within 2 years of submitting full application.
- ▶ April 2020 – Equivalency Route will not be available for those who do not meet full requirements before December 31st, 2020.
- ▶ January 1, 2020 final exam fee is \$100 per test attempt. One test attempt per fee.
- ▶ June 2019, all applications require passing the Certification Exam to be approved as a Specialist.
- ▶ Spring 2019 - CDR awards 75 hrs upon receipt of CEDRD and 50 each PDP renewal cycle for maintenance of CEDRD
- ▶ July 2018 - When can hours begin accruing? – slide 24
- ▶ As of October 1, 2018, certification is required to become/remain an iaedp-Approved Supervisor
- ▶ Approved in May 2017, Core Courses no longer expire.

NEWSLETTER



November 10, 2020

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Certification Newsletter November 2020



Certification Committee

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