



Professionals for Eating Disorders

Becoming an ED specialist in India

Information resource by Freed

Embarking on a journey to become an Eating Disorder (ED) specialist in India is a rewarding process.

This brochure guides you through the educational and professional steps, and skills required to make a positive impact in EDs and related concerns.

Becoming an ED specialist requires dedication, continuous learning, and a compassionate approach.

Steps to becoming an Eating Disorder Therapist in India -




Earn a Bachelors Degree: Pursue a bachelor's degree in psychology, counseling, social work or related field.




Earn a Masters Degree: Attain a master's degree in psychology, counseling or social work to deepen your understanding



Consider Certifications in counseling or therapy: Specialize in counseling or therapy or specialoise in any one psychotherapy such as CBT, REBT, DBT or Family Based therapy!



Specialise in Eating Disorders - Pursue specialized training and education in eating disorder treatment. Explore the Freed Fellowship for specialized training. To learn more about the Freed Fellowship and its offerings, click [here](#)!



Complete Clinical Experience

Gain clinical experience through internships and supervised practice.

Join Professional Organisations

Join organizations such as the Indian Association of Clinical Psychology for networking and professional development.

Applying for Licensure & Becoming a Clinical Psychologist

Obtaining qualifications as a clinical psychologist through an RCI (Rehabilitation Council of India) licensed program is essential to be called as a “clinical psychologist”. Check out RCI website to understand more on how to obtain an RCI liscence.

Being a clinical psychologist enables you to assess, diagnose, and treat EDs and conduct research on ED-related concerns.