



**LEWIS & CLARK COLLEGE**

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**GRADUATE SCHOOL OF EDUCATION AND COUNSELING**  
**Department of Counseling Psychology**  
**Professional Mental Health & Addiction Counseling**

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**CPSY 576: Medical and Physiological Aspects of Eating Disorders and Obesity**

INSTRUCTORS: Jacqueline Abbott, Dr.PH, RD, LD, CEDS and Hilary Kinavey, MS. LPC  
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CATALOGUE DESCRIPTION

This course will present an in depth analysis of the epidemiology, etiology and physiology and nutritional aspects of anorexia nervosa, bulimia nervosa and the binge eating disorder. The medical, nutritional and socio-cultural aspects of the treatment of obesity will also be discussed. Information reviewed will be research based, emphasize practical application and be presented within a multidisciplinary context of treatment.

COURSE OBJECTIVES

At the end of the course, students will be able to:

1. List three factors that contribute to the pathophysiology of each eating disorder.
2. List three criteria for each: hospitalization, inpatient and outpatient treatment.
3. List three benefits for medical nutrition therapy.
4. Describe four medication options for treatment of eating disorders.
5. List five significant physiological findings observed in anorexia nervosa and bulimia nervosa.
6. Describe four hazards of dieting behaviors.
7. Describe three components of appropriate medical and nutritional stabilization.
8. List five reported risk factors associated with obesity.
9. List five reported risk factors associated with a high fat, processed food diet and lack of physical activity.
10. List four treatments for obesity and their efficacy.

COURSE DESCRIPTION

This two credit course meets on two weekends and includes self-directed and on-line activities outside of the class sessions. During the weekend meetings, didactic presentations will be balanced by group activities, video presentations, guest speakers, outside activities and two onsite visits to treatment facilities that specialize in eating disorder care. Course activities include readings from texts, professional journals, guest speaker handouts, group reflection exercises and in-class presentations.

## TEXTS

Grillo, C. & Mitchell, J. (2010) *The treatment of eating disorders: A clinical handbook*. Guilford Press: New York. and Maine, et al. (2008) *Effective Clinical Management*

American Psychiatric Association Practice Guidelines (APA, 2006). *Treatment of patients with eating disorders*.

Available and downloadable online at <http://psychiatryonline.org/guidelines.aspx>

### Recommended Reading:

O'Toole, J. (2010) *Give food a chance*. Food a Chance, Perfectly Scientific Press: Portland, OR.

## COURSE REQUIREMENTS AND EVALUATION

### **Reflection Papers**

Please write a 3-4 page reflection paper about your experience and how it may influence how you would or would not incorporate the experience into your practice for the following:

1. Panel of guests hosted by Hilary Kinavey
2. Trip to Rain Rock Treatment Center

### **Case Study**

**You will select and review one case study. You may chose one from the options provided or a client of your choice. You will be responsible for reviewing the case and assigning initial diagnosis. You will provide a rationale for the diagnosis, differential diagnoses and/or medical concerns, strengths you see in client and concerns you may have. You make a preliminary treatment plan including resources within the client's community. You will present a 3-4 written paper and share the case in class session 4.**

### **Open Book Exam: Session 4**

#### **Evaluation Criteria:**

Attendance and Participation	20%
Reflection Papers	40%
Case Study	20%
Open Book Exam	20%

90-100%	A
80-89%	B
70-79%	C

## CPSY DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class

time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

**COURSE SCHEDULE**

Session 1	Readings	Assignments	Due
Compassionate Approach to Assessment and Treatment of Eating Disorders and Weight Concerns Pharmacological Options Family Dynamics "Beauty Mark"	Treatment of Eating Disorders: A Clinical Handbook Chapters 2, 10, 11 , 13 and 21  Effective Clinical Management: Ch. 4 and 7		
<b>Session 2</b>			
Neurobiology and Eating Disorders  Rain Rock Visit	Treatment of Eating Disorders: A Clinical Handbook; Chapter 29 and 32	Onsite Visit to Rainrock Treatment Center Reflection Paper: Visit to Rainrock Treatment Facility	
<b>Session 3</b>			
Treatment Strategies  Providence St. Vincent's Program Guest Speaker	Treatment of Eating Disorders: Handbook for Clinicians: Chapter 5, 14,18,19,20	Panel Presentation	
<b>Session 4</b>			
Bariatric Procedures: Guest Speaker  Compassionate Approach to Weight Concerns	Treatment of Eating Disorders: A Clinical Handbook: Chapters 24, 28  Effective Clinical Management: Ch.10	Case Study Open book exam	Reflection papers due Case Study Due Course evaluations

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NON-DISCRIMINATION POLICY

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL ASSISTANCE

If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.