

CPSY 572

INTRODUCTION TO EATING DISORDERS

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Course Description

CSPY 572 will introduce the history, etiology, prevalence, early recognition, treatment and prevention of anorexia nervosa, bulimia nervosa, binge eating disorder, and disordered eating behaviors. The theories and biases regarding obesity in our culture will be discussed. Information will be presented from a multidimensional approach wherein the biological, medical, nutritional, psychosocial, and cultural factors will be examined. Curricula will include experiential strategies and review of case studies that will provide skills and strategies to be included in clinical practice.

Learning objectives

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

1. Describe 3 criteria for each eating disorder as described in the DSMIV-TR.
2. List 4 of each: predisposing, precipitating and participating factors.
3. List 4 physical signs and symptoms for each eating disorder.
4. Describe 4 ways that the media may contribute to body image.
5. Describe the "Spectrum of Disordered Eating".
6. Describe and administer 3 assessment and evaluation instruments.
7. Practice 3 CBT skills helpful in individual group therapy.
8. Present a case study.
9. List 3 treatment resources for the insured and uninsured client.

10. Describe 3 ways in which we might help prevent eating disorders.

Requirements for Credit

Attendance and Active Participation

You are required to attend each class session. Please discuss planned absences two weeks prior to the class. Class time lost due to absences will need to be made up in order to receive credit for the course.

Assignments and Projects

The assignments have been chosen to help provide an opportunity to create materials that will be useful in your own practice. Please choose topics that will be most useful to you. The purpose for all projects is that you be provided with an opportunity to begin to begin to develop resources that will build and strengthen your future practice.

1. Group Project: Website or brochure development.

The class will be divided into groups of 4-5 the first day we meet. Your group will design a brochure or a website that will help future clients learn more about a topic related to eating disorders, weight concerns, treatment strategies, resources within their community or any topic that you feel is important. You may also develop a brochure or website that will describe your practice, a treatment group or service provided. This is an opportunity to be creative and to design an instrument that you will use when you begin your practice. Your group will present the brochure or website to the class on October 17. You will need to provide a copy for each class member.

2. Eating Disorder Information Website Download and Review

Review in depth and prepare a written synopsis on October 17 for each of the following:

Feast-ed.org

NationalEatingDisorders.org NEDA Toolkit for Educators and the NEDA Toolkit for Parent

Benoursihed.org Resource list website recommendations

3. “DISFIGURED” film review. Please view prior to October 16.

4. Open book exam and case studies: October 17.

Please refrain from use of computers and cell phones during class.

Grading

Grades will be computed as follows:

Attendance and participation	15 %
Group project	35 %
Website Reviews	25 %
Open Book Exam	25 %

A: 90-100%

B: 80-89%

C: 70-79%

Readings for this course are provided in the Reading Packet provided in the first class session. There will be a small fee for this packet. In addition, DOWNLOAD the American Psychiatric Practice Guidelines for Eating Disorders. We will refer to this document throughout the course.

Schedule

Saturday, September 11

Overview of Eating Disorders

Socio-cultural Determinants

Group project time

Sunday, September 12

Medical and Nutritional Aspects

Medical and Psychological Assessment and Evaluation

Cognitive Behavioral Therapy

Family Based Therapy

Saturday, October 16

A Non-diet Approach to Food, Weight and Health

Skills Training in Conscious Eating, Body Acceptance and Hunger Awareness

Hilary Kinavey, MS, LPC and Dana Sturtevant, MS, RD , Be Nourished

Sunday, October 17

Open Book Exam and Case Studies

Prevention and Early Intervention and Community Resources

Potluck

Group Projects