

# **Syllabus**

## **CPSY 575: Treatment Modalities for Eating Disorders**

### **Counseling Psychology**

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### **Course Description**

This course will present a review of the research supported treatment modalities for anorexia nervosa, bulimia nervosa, and binge eating disorder. The manner in which obesity is viewed and treated in our society will also be discussed. Focus will be centered upon the theory, diagnosis, assessment, treatment, and method evaluation for each treatment modality presented. Guest lecturers who are experts in the field of eating disorders will provide the students with state of the art information. Students will be provided with an opportunity to participate in a variety of experiential strategies related to each treatment.

### **Learning Objectives**

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

1. Review three characteristics of each eating disorder as described in the DSMIV-TR.
2. List three criteria for each of hospitalization, inpatient and outpatient treatment.
3. Describe three characteristics and strategies of the following treatment concerns: attachment disorder, interpersonal, feminist, gender identity concerns, trauma and sexual abuse and concerns specific to ethnicity.
4. List six cognitive distortions and alternatives that could be used in individual, family and/or group therapy.
5. Describe and administer three assessment and evaluation instruments.
6. Practice three DBT strategies, three art therapy exercises, and three mindfulness techniques.
7. Describe the Maudsley Method and the Health at Any Size Theory of treatment.
8. List four treatment options in their community.
9. Write a treatment plan for four clients who meet criteria for each of the following: anorexia nervosa, bulimia nervosa, eating disorder NOS, depression, anxiety disorder, borderline personality disorder, dual diagnosis.

### **Requirements for Credit**

#### **Attendance and Active Participation**

Students are required to attend each class session. Any planned absences will need to be discussed at least two weeks prior to the first class. Class time lost due to absences will need to be made up in order to receive full credit for the course.

## **Assignments and Projects**

Case Studies: We will review four case studies in class. Please write a brief treatment following the guidelines described in the American Psychiatric Association practice guidelines for each case. Please include treatment strategies for each case that you feel would help your clinical practice. Treatment plans are due by the last class meeting.

Group Project and Presentation: Class will be divided into small groups. Each group will present a case study to the class. The case will be presented as though student is participating in an actual treatment team meeting. A written synopsis of the case will need to be provided for each class member. Project is due by the last class meeting.

An open book exam will be done in class on the fourth class meeting.

## **Evaluation Criteria**

|                              |     |
|------------------------------|-----|
| Attendance and Participation | 20% |
| Case Studies                 | 20% |
| Open Book Exam               | 20% |
| Group Project                | 40% |

|         |   |
|---------|---|
| 90-100% | A |
| 80-89%  | B |
| 70-79%  | C |
| 60-69%  | D |

## **Required Readings**

All materials will be available online through Moogles and/or dispensed in class. Please read topic specific reading prior to class.