

Medical and Physiological Aspects of Eating Disorders and Obesity

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Schedule

February 2 and 3 and March 1 and 2, 2008.

Course Description

This course will present an in depth analysis of the epidemiology, etiology and physiology and nutritional aspects of anorexia nervosa, bulimia nervosa and 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.

Objectives

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

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

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Requirements for Credit

Attendance and Participation

Regular attendance and active participation in class sessions and experiential activities.

Please note: Attendance is required in all class sessions. Please notify me within 2 weeks of absence if you are unable to attend part of the class so that arrangements may be made to make up the time lost. Active participation is encouraged and appreciated.

Position Paper

Prepare one position paper with reference to one literature review or article or treatment modality related to “obesity“. Written statement should be 2-3 pages and referenced according to APA standards. Written review is due **March 1**.

Open Book Exam: March 1

Special Group Project.

We will visit Rain Rock Treatment Center i near Springfield, Oregon on **March 2**. Our appointment will be at 1 pm. We will stay about 3 hours. We will meet at class at 10:00 and carpool.

Please write a 3-4 page critique of your experience with emphasis on how this treatment milieu might influence your work with clients. The written critique will be due **March 15**.

Evaluation Criteria

Attendance and Participation	25%
Position Paper	25%
Open Book Exam	20%
Rain Rock critique	30%

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

Required Reading

Please review “**An Epidemic of Obesity Myths**” which you can download. It is an excellent resource.

Compilation of readings available first class.. Please read prior to each class.
Additional literature to be dispersed in class.

Course Schedule

Saturday, February 2

Course Overview
Medical Assessment and Treatment
Lunch
Medication Management
Medical Intervention

Sunday, February 3

Medical Nutrition Therapy
Neuropsychological Testing
Guest: Robert Kruger, PsyD
Potluck
“Obesity”

Saturday , March 1

Open Book exam
Panel facilitated by Michelle Watson, PhD
Lunch
Helping Overweight Children Have A Positive Body Image
Early Intervention and Prevention

Sunday, March 2

Rain Rock Treatment Center Visit

Medical Assessment and Treatment

Medical Nutrition Therapy

“Obesity”