

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. 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. Discuss how their own dieting/eating disorder history, food beliefs/rules, and body image could show up in their interactions with clients.
2. List three criteria for each of hospitalization, inpatient and outpatient treatment.
3. Describe specific concerns and strategies for the following treatment concerns: 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. Practice three CBT strategies, three art therapy exercises, and three mindfulness techniques.
6. Describe the Maudsley Method and the Health at Any Size Theory of treatment.
7. List four treatment options in their community.
8. Create 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?????? I changed to create in case we do these in class?

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. The afternoon of the fourth class (November 14) will include a field trip to Harmony in Motion, an Equine Assisted Psychotherapy program. More details to be shared in the course.

Assignments and Projects

1. 'You as a Provider' Paper: Students are to write a 1-2 page summary paper on how their own diet/eating disorder history, food beliefs/rules, and body image could influence how they work with clients.
2. Book review: Students are to read and review one book of interest related to the treatment of eating disorders or disordered eating. The book review is to be submitted in written form on the last day of class. The book review is not to exceed three pages in length.
3. Treatment brochure or website: Students are to create a brochure or design a website for group or individual treatment that describes a course of treatment from or combined treatment modality discussed in this course. This brochure is to be turned in on the last day of class.
4. Open Book Exam: An open book exam will be done in class, as a group on November 14.

Evaluation Criteria

Attendance and Participation	20%
'You as a Provider' Paper	20%
Book review	20%
Open Book Exam	20%
Brochure/Website	20%

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 material prior to class.