



LEWIS & CLARK COLLEGE

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

CPSY 577: Nutritional Principles and Treatment for Eating Disorders and Obesity

CREDITS: 2

DATES: MARCH 31, APRIL 1, 21,22, 2012

INSTRUCTORS: Jacqueline Abbott, Dr.PH, RD, LD and Dana Sturtevant, MS,RD,LD

CATALOGUE DESCRIPTION

This course will provide a concise yet comprehensive overview of basic human nutrition, digestion and metabolism. A review of the nutrient treatment modalities for eating disorders will be discussed. The manner in which “obesity” is viewed and treated will be discussed. Students will examine their own nutrition status and strategies for personal wellness. In addition, strategies for family treatment, experiential techniques and prevention will be included.

COURSE OBJECTIVES

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

1. Describe three roles of each food group.
2. List five dangers of dieting behaviors.
3. List four benefits of balanced nutrition.
4. Describe four strategies to help manage stressors and build stamina.
5. Describe a three day food plan.
6. Calculate ideal body weight.
7. Differentiate between hunger and satiety cues.
8. List three preventive measures to deter child and adolescent weight concerns.
9. List three resources for wellness in their community.
10. Design a personal wellness plan to be used in their practice.

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, reflection exercises and in-class presentations.

TEXTS

Grillo, C. & Mitchell, J. (2010) *The treatment of eating disorders: A clinical handbook*. Guilford Press: New York.

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

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

American Dietetics Association Practice Guidelines for Nutritional Management of Eating Disorders available and downloadable on ADA website

Recommended Reading:

It would be helpful to review a general nutrition book or website that describes food groups, nutritional guidelines, nutritional requirements for your age, etc. prior to the first weekend session.

COURSE REQUIREMENTS AND EVALUATION

Evaluation Criteria:

Attendance and Participation	20%
Personal Food Journal Due Session 3	25%
Reflection Center Session 4	20%
Community Center Review Due Session 4	20%
Case Study Session 3 and 4	20%

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

Personal Food Journal

Use the Food Journal III by Nourishing Connections worksheet provided in class and record everything you eat and drink for 5 days. Download the Food Journal provided on the Kartini Clinic website. Follow this food plan for 5 days .Write a synopsis of your experience. Describe what it "felt like" to follow each plan. List the strengths and weaknesses of each plan. How did the following influence your choices with each plan: social pressure; marketing or food advertisements; availability, convenience, cost and dictated food choices. Describe how the experience might affect your clinical experience with clients.

Reflection Paper

Write a 2-3 page paper that describes how you might use the strategies shared by Leslie Weisner, clinician from Kartini Clinic in the clinical setting.

Community Activity

Visit a popular health facility that markets a diet, skin improvement or weight related concern. Investigate the claims made by the facility or technique as well as costs from the perspective of a client or parent who highly concerned about weight and/or a changing body. Prepare a 2-3 page summary. Be prepared to share in class in session 4.

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
Review and Overview General Nutrition Role of Carbohydrates, Fats and Protein		Community Activity	
Session 2			
Digestion Nutritional Impact on Recovery Compassionate Approach to Weight Concerns Family Based Treatment	Treatment of Eating Disorders: Bridging the Research Practice Gap: Chapters 8,12 and 17	Food, Activity, Behavior Journal Preparation	

Session 3			
Mindfulness Training for Client and Families Food Journal Activity Complementary Therapies	Case Study review	Reflection Paper	Personal Food Journal Due Session 3
Session 4			
Experiential Strategies Early Intervention and Prevention of ED Community Resources		Share Your Table Potluck Course evaluations Graduation	Community Presentation Review

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

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.