



**LEWIS & CLARK COLLEGE**

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

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**CPSY 572: Introduction to Eating Disorders**

**CREDITS**

**DATES:** 10/19, 11/2, 11/16 & 11/23/13

**INSTRUCTOR:** Kirsten McAteer, LPC, CADCI, NCC –  
Clinical Director of the Eating Disorder Center of Portland

**OFFICE:**

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

**COURSE OBJECTIVES**

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

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

**CATALOGUE DESCRIPTION**

This course explores the history, etiology, prevalence, possible causes, early recognition, treatment, and prevention of anorexia nervosa, binge eating disorder, and related disordered eating behaviors.

Class discussion will include an overview of the possible causes of, early intervention for, and treatment of obesity. Information will be presented from a multidimensional approach, reviewing

the biological, sociocultural, psychological, behavioral, nutritional, and medical modalities of treatment.

Topics will also include treatment options, community resources, and insurance coverage for eating disorders and obesity. This course is the prerequisite for all other eating disorders courses.

### COURSE STRUCTURE

This two credit course meets for four Saturdays (October 19<sup>th</sup>, November 2<sup>nd</sup>, November 16<sup>th</sup> and November 23<sup>rd</sup> from 9:00 to 5:30). Didactic presentations will be balanced by group activities, video presentations and possible guest speakers. Course activities include readings from texts, professional journals, guest speaker handouts, group reflection exercises and in-class presentations.

### COURSE OBJECTIVES

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

1. Describe three criteria for each eating disorder as described in the DSM-V.
2. List four of each: predisposing, precipitating and participating factors.
3. List four physical signs and symptoms for each eating disorder.
4. Describe four ways that the media may contribute to body image.
5. Describe four medication options for treatment of eating disorders.
6. List five significant physiological findings observed in anorexia nervosa and bulimia nervosa.
7. Describe three components of appropriate medical and nutritional stabilization.
8. Describe the “Spectrum of Disordered Eating”.
9. Be able to effectively assess for Eating Disorders.
10. Be able to speak to standards of care and determine the appropriate level of care.
11. List three treatment resources for the insured and uninsured client.
12. Describe three ways in which we might help prevent eating disorders.

### TEXTS

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

Maine, M., McGilley, H. & Burnell, D. (2010). *Treatment of eating disorders: Bridging the gap*. Academic Press: Maryland Heights, MO.

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

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

## COURSE REQUIREMENTS AND EVALUATION

### **Assignments and Projects**

The assignments have been chosen to help provide an opportunity to deepen your knowledge about particular eating disorder topics that may be of interest to you and to provide an understanding of treatment options, resources that are available to clients.

#### **Group Project: Group presentation on treatment programs and options 30 points**

The class will be divided into groups of 4-5 on the first session. Your group will research a different local or national out-patient or residential treatment program (through interviews, overview of marketing material and reviews, possible site visits, etc.) and educate the class about the program as a possible referral source. Presentations will include an overview of the program, treatment philosophy and approach, who is the program geared towards, when it would be an appropriate referral and how clients could pay for the program (what insurances they take, if sliding scale or scholarships are available, etc.). Material on the program should be made available for each student. Possibilities include Providence St. Vincent's Intensive Outpatient Program, the Kartini Clinic, Portland DBT, Be Nourished, Rainrock, Remuda Ranch, Roger's Memorial, etc. Each group needs to choose a different treatment program. An overview of an organization that promotes eating disorder education and treatment such as NEDA or the Columbia River Eating Disorder Network, are also options.

#### **Paper on specific eating disorder topic 35 points**

Please write a 5 to 10 page paper (APA formatted) that explores, in greater depth, an eating disorder related topic that is of particular interest to you. There are numerous possibilities including, but not limited to, diabetes and EDs, EDs in mid-life, EDs and men, EDs and athletics, body dysmorphia, obesity, nutrition therapy, medical complications, prevention, etc. Please feel free to touch base with me regarding possible resources and topics. Papers will be due on 11/16.

#### **Exam: 11/23 35 points**

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

### **Grading**

Grades will be computed as follows:

Group project	30 %
Paper	35 %
Exam	35 %

A: 90-100%

B: 80-89%  
 C: 70-79%

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 – 10/13	Readings	Assignments	Due
Introduction & overview. Socio-cultural determinants. Diagnosis, assessment and treatment planning for Anorexia Nervosa, Bulimia Nervosa, ED NOS and BED. Medical Complications	Readings: APA Guidelines. <i>The Treatment of Eating Disorders: Bridging the Research-Practice Gap</i> , Chapters 1, 3, 5 & 6; <i>The Treatment of Eating Disorders: A Clinical Handbook -</i> Chapters 1, 2, 3 & 4.	Assignment: Group meeting to discuss project  Small group discussion on case studies	
SESSION 2 – 10/20	Readings	Assignments	Due
Treatment Standards and Levels of Care. Overview of hospitalization, day treatment, compulsory treatment and treatment of a patient with Anorexia Nervosa who is chronically ill. Psychopharmacology. Nutritional Aspects of Eating Disorders and Eating Disorder Treatment. Eating Disorders and	Readings: <i>Treatment of Eating Disorders: Bridging the Research-Practice Gap</i> Chapters 11, 13, 14 & 15; <i>The Treatment of Eating Disorders: A Clinical Handbook –</i> Chapters 10, 11, 12, 13 & 26.		

Psychiatric Co-Morbidities (substance use, trauma, personality disorders, etc.)			
<u>SESSION 3 – 11/3</u>	Readings	Assignments	Due
Obesity and eating disorders. Body Image Disturbances. Special Topics – Eating Disorders and Diabetes, Eating Disorders and Men, Eating Disorders and Athletes, Women in Mid-life, Childhood Eating Difficulties and Disorders, Night-Eating Syndrome.	Readings: <i>Treatment of Eating Disorders: Bridging the Research-Practice Gap</i> Chapters 2, 17 & 18; <i>The Treatment of Eating Disorders: A Clinical Handbook –</i> Chapters 23, 24, 25 & 27.		Papers due
<u>SESSION 4 – 11/10</u>	Readings	Assignments	Due
Research and Prevention.  Group Presentations  Exam And course overview.	Readings: <i>Treatment of Eating Disorders: Bridging the Research-Practice Gap</i> Chapters 4,27 & 28; <i>The Treatment of Eating Disorders: A Clinical Handbook –</i> Chapters 31 through 35.		Group Presentations

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.