



LEWIS & CLARK COLLEGE

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

MHCA 577: Nutritional Principles and Treatment for Eating Disorders and Obesity and the Treatment of Body Image Concerns

CREDITS: 2

DATES: May 31st, June 7, June 21 and June 28, 2014

INSTRUCTORS: Kirsten McAteer, LPC,– Clinical Director of Monte Nido Portland

OFFICE: kmcateer@lclark.edu

CATALOGUE DESCRIPTION

This course will cover an overview of nutrition principles and therapy as it pertains to eating disorders. Students will learn principles of nutritional rehabilitation for underweight clients, structuring eating for clients with bulimia nervosa and binge eating disorder as well as principals of intuitive and mindful eating. Students will also learn about feeding the healthy family. Students will examine their own relationships with food and body image and strategies for personal wellness. This course will also cover body image disturbances and ways to treat body image disorders, both body image disturbances stemming from eating disorders and body dysmorphic disorder.

COURSE OBJECTIVES

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

1. Understand principles of nutritional rehabilitation
2. List five dangers of dieting behaviors.
3. List four benefits of balanced nutrition.
4. Understand how to help clients structure meals, self-monitor their food intake, and practice food challenges.
5. Be able to explain and help clients understand and practice intuitive and mindful eating practices.
6. Differentiate between hunger and satiety cues.
7. List three preventive measures to deter child and adolescent weight concerns.
8. Understand how negative body image constructs are developed and maintained.
9. Be able to describe and implement five cognitive and acceptance strategies to combat negative body image constructs.

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, and guest speakers, and outside activities. 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.

Tribole, E. & Resch, E. (2012) *Intuitive Eating, 3rd Edition*. St. Martin's Griffin

Cash, T. (2008) *The Body Image Workbook: An 8 Step Program for Learning to Like Your Looks, 2nd Edition*. New Harbinger Publications

One of the following to be read before session 3: *The Beauty Myth*, Wolf; *The Body Myth or Body Wars*, Maine; or *The Woman in the Mirror*, Bulik.

Assignments and Projects

Food Journal and Personal Reflection Paper

Students will keep a food journal for the course of the class and write a personal reflection about their own relationship with food and their relationship to their bodies and personal goals to achieve a more balanced, healthy relationship with both.

Literature Review

Students will read one of four books (see above under *Texts*) on body image and write at least a 3-page literature review. I would like to read about how the books personally impacted you and your views on body image and body image in society, and how they may inform your work. APA style is to be used.

Case Study and Treatment Plan

Students will submit a written case study and treatment plan to address specific body image and/or nutrition related concerns and will present it to the class.

Take Home Exam – Due the Following Week

COURSE REQUIREMENTS AND EVALUATION

Evaluation Criteria:

Personal Food Journal and reflection paper	20%
Journal/Book Review Due	20%
Case Study Presentation Due	25%

Exam

30%

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

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. Please note: as this course is taught over four Saturdays, missing a day is not an option as you would miss more than 25% of the course.

COURSE SCHEDULE

Session 1	Readings	Assignments	Due
Review of Medical Complications of Eating Disorders; Nutritional Rehabilitation for the Underweight Client and Basic Nutritional Theory; Structuring Eating; Setting up Food Challenges	Treatment of Eating Disorders: A Clinical Handbook: Chapters 4, 10		
Session 2			
Overview of Intuitive Eating and Mindful Eating; Incorporating both into Practice; Mindful Meal	Intuitive Eating		
Session 3			
Body Image – Conceptual Foundations; Developmental Perspectives and Influences; Individual and Cultural	Be prepared to discuss your chosen body image text and reflection paper		Exam Handed out (will be due the following week) Book review and reflection paper on body image

Differences; Body Image Dysfunctions and Disorders			
Session 4			
Body Image Assessment; Medical, Surgical and other Approaches; Psychosocial Interventions and Prevention (CBT, ACT, etc.)	The Body Image Workbook	Practice Challenging Negative Body Image Core Beliefs in a Group Setting	Food Journals and Reflection Papers; Case Study and Treatment Plan.

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.