

CPED 572/CPCE 833: Introduction to Eating Disorders

FALL 2016

INSTRUCTOR

Mary DiOrio, LCSW

Contact info will be provided

TIME AND PLACE: TBD

CATALOGUE DESCRIPTION

Etiology of eating disorders, including biological, cultural, and environmental factors.

Assessment and diagnosis of eating disorders, appropriate levels of care and a thorough overview of medical complications.

COURSE STRUCTURE

This is a one credit course. Didactic presentations will be balanced by group activities, video presentations and possible guest speakers. Course activities include readings from texts, and professional journals, group reflection exercises and in-class presentations.

COURSE OBJECTIVES

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

1. Criteria for each eating disorder as described in the DSM-V.
2. Predisposing, precipitating and maintaining factors of eating disorders.
3. Physical signs and symptoms for each eating disorder.
4. Medication options for treatment of eating disorders.
5. Significant physiological findings observed in anorexia nervosa and bulimia nervosa.
6. Components of appropriate medical and nutritional stabilization.
7. The "Spectrum of Disordered Eating".
8. How to effectively assess for Eating Disorders.
9. Standards of care and determine the appropriate level of care.
10. Treatment resources for the insured and uninsured client.

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>

COURSE REQUIREMENTS AND EVALUATION

In-Class Participation: You are expected to complete and be ready to discuss readings before each class. Course participants learn from each other. Your active engagement in class activities is therefore expected. **Please refrain from use of computers and cell phones during class.**

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 and resources that are available to clients.

1. Group Project: Group presentation on treatment programs and options **50 points**

The class will be divided into groups of 4-5 on the first session. Your group will research a different local or national outpatient 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.

2. In Class Group Exam: 10/21 **50 points**

GRADING

Grades will be computed as follows:

Group project	50 %
In Class Group Exam	50 %
	A: 90-100%
	B: 80-89%
	C: 70-79%

CPSY DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. 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 – 10/7	Readings	Assignments	Due
Introduction & overview. Socio-cultural determinants. Diagnosis, assessment and treatment planning	Readings: APA Guidelines. Chapters 1,2,3	Assignment: Group meeting to discuss project	

for Anorexia Nervosa, Bulimia Nervosa, ED NOS and BED. Medical Complications	<i>The Treatment of Eating Disorders: A Clinical Handbook</i> - Chapters 1, 2, 3 & 4.		
SESSION 2 – 10/8	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 Psychiatric Co-Morbidities (substance use, trauma, personality disorders, etc.)	<i>The Treatment of Eating Disorders: A Clinical Handbook</i> – Chapters 10, 11, 12, 13 & 26.		
SESSION 3 – 10/21	Readings	Assignments	Due
Special Topics Group Presentations In Class Group Exam	<i>The Treatment of Eating Disorders: A Clinical Handbook</i> – Chapters 23, 24, 25 & 27, &31-35.	Group Presentations In Class Group Exam	

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.