



LEWIS & CLARK COLLEGE

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

CPED 578-01/CECP 878-01: Family Treatment of Eating Disorders

CREDITS: 1

DATES: January 20 & February 10, 2017 9:00am - 5:30pm

INSTRUCTOR: Jennifer VanDuker, LPC

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CATALOGUE DESCRIPTION

This course cover the topic of disordered eating and eating disorders in children and adolescents. Family therapy treatment strategies—including the Maudsley method and other approaches—will be discussed. Additional focus will be placed on ways to foster healthy eating and positive lifestyle choices in families.

COURSE STRUCTURE

This one-credit course meets two Fridays and includes self-directed and on-line activities outside of the class sessions. The course will balance didactic presentations with group activities, and guest speakers.

COURSE OBJECTIVES

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

1. Be able to list the criteria for and prevalence of eating disorders in children and adolescents per the DSM V.
2. Understand the physiological factors and medical risks associated with eating disorders in children.
3. Have a thorough understanding of family-based therapy and be able to describe at least three principles and three interventions.
4. Have an understanding of the process of nutritional rehabilitation of children.

RECOMMENDED TEXTS/READINGS

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

Lock, J., le Grange, D., Agras, W.S., and Dare, C. (2000). *Treatment Manual for Anorexia, First Edition. A Family Based Approach*. Guilaford Publications: New York.

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

COURSE REQUIREMENTS AND EVALUATION

Assignments and Projects

1. Literature Review

Evaluation Criteria

Literature Review	60%
Class Participation	40%

90-100%	A
80-89%	B
70-79%	C
60-69%	D
0-59%	F

CPED 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	Readings	Assignment	Due
Review of DSM-5 criteria for Eating Disorders, assessment, and Level of Care. Overview of medical complications and risk factors, nutritional rehabilitation, warning signs, and etiology.	DSM-5 APA Practice Guidelines Additional readings emailed prior to class.	Literature Review	Session 2, start of class
Session 2			
Family-Based Treatment; principles, interventions, challenges, and ethical considerations	Readings emailed prior to class.		

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.