This course will present a review of the research supported treatment modalities for anorexia nervosa, bulimia nervosa, and binge eating disorder. Focus will be centered upon the theory, diagnosis, assessment, treatment and method of evaluation for each treatment modality presented. Students will be provided with an opportunity to participate in variety of experiential strategies related to each treatment.

COURSCE STRUCTURE
This one-credit course meets on two Fridays and includes self-directed and on-line activities outside of the class sessions. Didactic presentations will be balanced with group activities, experiential practice and possible guest speakers.

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

1. Discuss how their own dieting/eating disorder history, food beliefs/rules, and body image could show up in their interactions with clients.
2. List six cognitive distortions and alternatives that could be used in individual, family and/or group therapy.
3. Have a clear idea of standards of care and levels of care in the treatment of eating disorders.
4. Be able to assess for temperament, understand how temperamental coping can underlie eating disordered behaviors, and know which treatment approaches to take with different temperaments.
5. Have a clear understanding of at least four evidence-based treatments for eating disorders and a plan to further studies and training in at least one.
6. Create a treatment plan for three clients who meet criteria for each of the following: anorexia nervosa, bulimia nervosa, eating disorder NOS (with co-occurring depression, anxiety disorder, borderline personality disorder, substance use and/or trauma).
TEXTS


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

COURSE REQUIREMENTS AND EVALUATION

Assignments and Projects

1. Literature Review: Students are to read and review a professional journal article or book related to the treatment of eating disorders of disordered eating. The book review is to be submitted in written format on the second class. Please describe how what you review might apply to your own practice, and be prepared to discuss in class on November 17th. APA style is to be used and it should be at least two pages long.
2. Students will create and turn in treatment plans for three hypothetical clients with anorexia nervosa, bulimia nervosa, and eating disorder NOS.
3. Take home exam.

Evaluation Criteria

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Literature Review</td>
<td>25%</td>
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<tr>
<td>Class Participation</td>
<td>20%</td>
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<tr>
<td>Treatment Plans</td>
<td>25%</td>
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<tr>
<td>Exam</td>
<td>30%</td>
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</tbody>
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90-100% A
80-89% B
70-79% C

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**

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Readings</th>
<th>Assignment</th>
<th>Due</th>
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<table>
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<tr>
<th>Session 2</th>
<th>Readings</th>
<th>Assignment</th>
<th>Due</th>
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<tr>
<td>Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Radically-Open DBT and psychodynamic approaches. Overview of resources available to clients.</td>
<td>Effective Clinical Practice in the Treatment of Eating Disorders: Chapter 16. Treatment of Eating Disorders: A Clinical Handbook: Chapters 15, 16, 18</td>
<td>Literature review due. Treatment Plans and take home exams to be at the CPSY Counseling Psychology office by Friday, December 1st.</td>
<td>11/17</td>
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**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.