

CPED 576 Treatment of Negative Body Image

CREDITS: 1

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CATALOGUE DESCRIPTION

Research related to the impact of negative body image on all populations. Ways in which negative body image is developed and maintained. Special focus on people meeting criteria for eating disorders and body dysmorphia. Evidence-based treatment strategies to help client make peace with their bodies.

COURSE OBJECTIVES

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

1. Understand the difference between eating disordered negative body image distress and distress related to dysmorphia.
2. Understand how negative body image constructs are developed and maintained and the cost to one's sense of self, relationships and well-being.
3. List three preventative and protective factors to prevent the development and maintenance of a negative body image.
4. Be able to describe and implement at least five treatment strategies (cognitive, behavioral and mindfulness-based) to effectively treat negative body image.

COURSE DESCRIPTION

This course is required for completion of the L&C Eating Disorders Certificate. L&C students may also take the course as an elective. This one-credit course meets on two Saturdays from 9:00am to 5:30pm and includes self-directed activities outside of the class sessions. During the course meetings, didactic presentations will be balanced by group activities and experiential exercises. Course activities include readings from texts, professional journals, reflection exercises, video and in-class presentations.

TEXTS

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

Maine, M. (1999) *Body Wars*. Gurze: Carlsbad, CA.

Assignments and Projects

Group Presentation

Students will do a group presentation on at least one treatment theory / modality utilized in the treatment of negative body image. This is due during the second day of class.

Literature Review

Students will submit a 3-page literature review on either a research study or book related to negative body image on how negative body image constructs are developed and maintained in certain populations or age groups either within the US or worldwide. The review will also cover the prevalence of and protective factors against negative body image constructs within these populations. This assignment is due the second day of class.

COURSE REQUIREMENTS AND EVALUATION

Evaluation Criteria:

Group Presentation	40%
Literature Review	40%
Class Participation	20%

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.

COURSE SCHEDULE

Session 1	Readings	Assignments	Due
Body Image – Conceptual Foundations; Developmental Perspectives and Influences; Individual and Cultural Differences; Body Image Dysfunctions and Disorders	Maine, M. (1999) <i>Body Wars</i> . Gurze: Carlsbad, CA.	Literature Review Group Project	
Session 2			
CBT, ACT, Mindfulness-based, Behavioral and other treatment approaches. Preventative strategies.	The Body Image Workbook; Living with Your Body and Other Things You Hate		Literature Review Group Project

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 have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.