

CPED 580: Mind-Body Connections

CREDITS: 1

INSTRUCTOR: Sarah Alexander, LCSW

CLASS DATES & TIMES: Saturday May 12th 10:00 am to 4:00 pm
Sunday May 13th 10:00 am to 4:00 pm
Saturday May 19th 10:00 am to 4:00 pm

CATALOGUE DESCRIPTION

Mindfulness, yoga, and somatic approaches to improving body image, embodied experience, and introspective awareness and the ability to identify, feel, and regulate emotions - critical components of the treatment of eating disorders and negative body image.

COURSE STRUCTURE

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 across two consecutive weekends from 10:00 am to 4:00 pm and includes self-directed activities outside of the class sessions. The course will balance didactic presentation with experiential activities and learning. The course includes readings from texts and participation in in-class activities.

COURSE OBJECTIVES

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

1. Understand the basic principles of interpersonal neurobiology and how various emotions might lead to coping through disordered eating or an impacted relationship with one's body.
2. Be able to implement approaches to at least three families of emotions with clients.
3. Understand different yogic approaches to reduce physiological arousal, improve interoceptive awareness and body acceptance.
4. Understand the benefits and potential risks of incorporating these approaches into the treatment of clients with eating disorders.

TEXTS

Klein, M. & Guest-Jelley, A. (2014). *Yoga and Body Image: 25 Personal Stories about Beauty, Bravery, and Loving Your Body*. Woodbury, MN, US: Llewellyn Publications.

McLaren, K. (2010). *The Language of Emotions: What Your Feelings Are Trying to Tell You*. Boulder, CO, US: Sounds True.

Human Emotions. W. W. Norton & Company: New York

Siegel, D. (2010) *Mindsight: The New Science of Personal Transformation*. New York, NY, US: Bantam Press.

COURSE REQUIREMENTS AND EVALUATION

Assignments and Projects

1. 7-10 Page Paper: Students are to read and review a professional journal article or book related to a) neurobiology and eating disorders; b) incorporating yogic, somatic, and/or mindfulness-based approaches in the treatment of eating disorders; or c) working directly with emotions in the treatment of eating disorders.

2. Emotion Theater: Students will participate in a group exercise incorporating lessons learned in class about the constellations of emotions clients might experience when engaged in eating, living in a larger body than desired, perfectionism, and treating their body with respect.

Evaluation Criteria

7-10 Page Paper 50%
 Class Participation 50%

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 mean 1.5 hours for this 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	Due
Overview of the neurobiology of trauma, eating disorders, and mindfulness and intro to emotions (focus on anger).	Siegel, D. (2010). Mindsight: The new science of personal transformation. New York, NY, US: Bantam Books. (Chapters 1-4 & 7) McLaren, K. (2010). The language of emotions: What our feelings are trying to tell you. Boulder, CO, US: Sounds True. (Chapters 27 & 12-15)	
Session 2		
Attending to emotions (focus on fear), and overview of somatic approaches. Guest Speaker on yoga: Julie Westlin-Naigus	McLaren, K. (2010). The language of emotions: What our feelings are trying to tell you. Boulder, CO, US: Sounds True. (Chapters 7-8 & 16-19) Klein, M. & Guest-Jelley, A., (Eds.). (2014) Yoga and body image: 25 personal stories about beauty, bravery, and loving your body. Woodbury, MN, US: Llewellyn Publications	
Session 3		
Attending to emotions (focus on sadness and happiness), and	McLaren, K. (2010). The language of emotions: What our feelings are trying to tell you. Boulder, CO, US: Sounds True. (Chapters 20-23, 6, & 24-26)	7-10 page paper on applying neurobiology, emotion-based,

Emotion Theater		or somatic approaches to the treatment of eating disorders.
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NON-DISCRIMINATION POLICY

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.