CPED 572/CPCE 833: Introduction to Eating Disorders
1 CREDIT
FALL 2018

INSTRUCTOR
Jacqueline Abbott, DrPH, RDN, LD, CEDS

TIME AND PLACE: 9:00 am to 5:30 pm on September 8 and 15, 2018.

CATALOGUE DESCRIPTION
This course is an overview of the etiology of eating disorders, including biological, cultural, socio-economic and environmental factors. Assessment and diagnosis of eating disorders, appropriate levels of care and medical complications and barriers to treatment will be reviewed. Comprehensive treatment modalities will be considered from a team based approach. The medical model of obesity and its impact on eating disorders will be explored.

COURSE STRUCTURE
This is a one credit course. Didactic presentations will be balanced by group activities, media presentations and guest speakers who are experts in the field. Course activities include readings professional journals, group reflection exercises and experiential activities.

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 with an understanding of current and historical classification schemes.
2. Medical, biological, neurological, genetic, psychological, economic and socio-cultural issues that predispose, precipitate and maintain across the lifespan.
3. Recognition and cause for physical consequences and treatment of eating disorders.
4. Goals for appropriate medical and nutritional stabilization and treatment based on APA guidelines and accepted standards of care.
5. Appropriate screening instruments, biological measures, interviews and data that reflect evidence based guidelines.
6. Effective theories of treatment such as CBT, DBT, ACT, FBT and intuitive eating to determine an appropriate and individualized treatment plan.
7. Misconceptions about weight, BMI, obesity, healthism and their impact on eating disorders.
9. Effects of the current and empirical research on influences on eating behavior from a biological, cognitive and socio-cultural perspective.
10. Family based treatment concepts using effective strategies to meet the needs of individuals and families using a team based approach.
12. Insight into personal reaction regarding food, weight and body image and how these impact the counseling relationship.
14. Treatment options and community resources for all socioeconomic levels.
**READINGS:**

**Sessions 1 and 2:**


National Eating Disorder Centre Bulletin:
*Body Equity*
*Men and Eating Disorders*
*Body Dissatisfaction and Maladaptive Eating Behaviors Among Transgender People*
*Faces of Disordered Eating: Food and Weight Preoccupation Among Black Women*
*Food and Weight Preoccupation in Midlife*
*ACT and Eating Disorders*
*The Best of Two Worlds: Integrating EBT with FBT and the New Maudsley Model in the Treatment of Eating Disorders*
*DBT and Eating Disorders*
*Treatment across the Lifespan*
*Exposing the Diet Myths*
*A Brief Review of Exercise in Eating Disorders Treatment*
*Meal Support*
*Bariatric Surgery and Eating Disorders*
*Fat as a Therapeutic Issue: Raising Awareness in Ourselves and our Clients*
*Becoming Critical Consumers; Prevention of Eating Disorders*
All are downloadable at nedic.ca

**Session 1:**

Academy for Eating Disorders homepage: *Critical Points for Early Recognition and Medical Risk Management in the Care of Individuals with Eating Disorders*, 2012. downloadable at feast-ed.org under Clinical Guidelines and Resources

Cleveland Clinic. *Eating Disorders* by Franco et al.. downloadable at www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/psychiatry-psychology/eatingdisorders/

Academy for Eating Disorders Position Paper 2009. *Eating Disorders are Serious Mental Raising Awareness in Ourselves and our Clients*; 103.


**Session 2:**


The Body Positive: Be Body Positive Group Curriculum sample. downloadable thepositivepositive.org


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. **Your history of your relationship with food.** How was food viewed when you were a child? How were sweets handled in your family? What were the attitudes of your loved ones toward food, exercise and health? Did you have family dinners? How did your family view "obesity"? Were you ever put on diet or choose to diet? What does healthy mean to you? Name five things that you appreciate about your body.

   Please prepare a written summary. Privacy will be respected. We will have an open discussion on this issues in Session 2.

2. **Food journal.** This assignment will be done the week between Session 1 and Session 2. Download the Kartini Food Plan at kartini.com. Follow it exactly as prescribed for 4 days. Journal what this experience was like for you. For the next 3 days, practice intuitive eating and mindful practices. You may use the BEST form provided or record as best for you. Journal how this experience was for you. Include 4 pros and 4 cons of each method.

3. **Refection Journal.** The purpose of this assignment is to help you consider your role in the eating disorder treatment team and how you might facilitate or hinder client progress. Keep a personal self-reflection journal throughout the course to express your reactions to the different theories as to the etiologies of eating disorders and different treatment modalities reviewed. What do you think you would use or not use? What are the pros and cons? Write a brief summary of your impressions.

4. **Take home quiz** on all medical and nutritional information presented in Session 1.
GRADING:

Grades will be computed as follows:

- Your Relationship with Food 25%
- Food Journal 25%
- Personal Reflection 25%
- Take Home Exam 25%

A: 90-100%
B: 80-89%
C: 70-79%
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<td>Session 1 and Session 2 readings</td>
<td>Your History of Your Relationship with Food.</td>
<td>Sept. 15</td>
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<tr>
<td>Overview of DSM-V criteria.</td>
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<td>Spectrum of Disordered Eating</td>
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<td>Predisposing; precipitating and participating factors.</td>
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<td>Medical and nutritional consequences.</td>
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<td>Assessment instruments.</td>
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<td>Guest Speaker: Keelie Korsiness, MSci., RDN, LD Clementine</td>
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<td>Family based treatment strategies.</td>
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<td>Guest Speaker: Leslie Weisner, MA, LMFT. Kartini Clinic</td>
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<td>Your Body Food journals</td>
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<td>Effective Treatment Modalities</td>
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<td>Guest Speaker: Zanita Zody, LPC, PHD Clinical Director, Clementine</td>
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<td>Impact of healthism.</td>
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