

CPED 575/CECP 834 Treatment of Eating Disorders Syllabus

FALL 2019

Graduate School of Education and Counseling
Lewis & Clark College

CLASS DATES & TIMES:
Saturday, September 14th
Saturday, October 12th
Saturday, November 9th
9am-3pm

Location: Lewis & Clark College, York Graduate Center, Room 116
Instructor: Suzanne Sanchez, LPC
Email: suzannesanchez@lclark.edu

CATALOGUE DESCRIPTION

Content: Evidence-based approaches to treating eating disorders, including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Radically Open Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Interpersonal Psychotherapy and more.

Prerequisites: None.

Credits: 1 semester hour.

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 over three Saturdays and 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 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 four clients who meet criteria for each of the following: anorexia nervosa, bulimia nervosa, binge eating disorder and non-specified eating disorder.

TEXTS

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

Maine, M., Davis, W. & Shure, J. (2009). *Effective Clinical Practice in the Treatment of Eating Disorders*. Routledge, Taylor & Francis Group New York.

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

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

COURSE REQUIREMENTS

1. TREATMENT PLANS & REFLECTION PAPER (20 pts)

Students will create and turn in four treatment plans for four hypothetical clients with anorexia nervosa, bulimia nervosa, other specified eating disorder, and binge eating disorder. The hypothetical client information will be given to you. Treatment plans should include:

Presenting Problem
Goals
Objective
Interventions

Additionally, students will submit a 1-page reflection paper (double space, 12 size font, Times New Roman) discussing why and how interventions were chosen for each treatment plan. You may reference information from assigned readings or additional literature (reading on your own). Please use APA style format for reference additional literature if applicable.

2. EVALUATION & TREATMENT PLAN (35 Points)

Students will both create a hypothetical client with an eating disorder and complete an eating disorder evaluation with a hypothetical client. Students will take turns role playing as the counselor and as a hypothetical client. An intake questionnaire will be completed for the hypothetical client and brought to class for the role play. After class each student will turn in a written eating disorder evaluation which includes presenting problems, formulation, co-morbidity, recommendations (level of care, etc.), DSM diagnoses, and a treatment plan due by the end of the month after the last class.

Evaluation Criteria

Evaluation Assignment	35 Points
Class Participation	45 Points
Treatment Plans	20 Points

Grading scale:

93 - 100 = A	90 - 92 = A-
87 - 89 = B+	83 - 86 = B
80 - 82 = B-	77 - 79 = C+
73 - 76 = C	70 - 72 = C-

69 and below = F

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

Session 1: 9/13/19	CLASS CONTENT: Introductions; Review DSM Criteria for Eating Disorders; Overview of eating disorder treatment services; level of care; treatment planning
Session 2: 10/12/19	CLASS CONTENT: Qualities of an eating disorder therapist and evidence-based treatments (CBT, DBT, CRT, MI, etc.) READING DUE: The Treatment of Eating Disorders: Chapters 1, 2, 5, 6, 11, 14, 15, 16, 18 Effective Clinical Practices in the Treatment of Eating Disorders: Chapters 1, 3, 6, 12 ASSIGNMENTS DUE: Treatment Plans 1 & 2. Take the following quiz and be ready to discuss results: https://implicit.harvard.edu/implicit/takeatest.html
Session 3: 11/9/19	CLASS CONTENT: Common co-morbidities with eating disorders; treatment for special populations; eating disorder evaluation role plays for final assignment READING DUE: The Treatment of Eating Disorders: Chapters 3, 25, 26 Effective Clinical Practices in the Treatment of Eating Disorders: Chapters 11, 14, 16 *Additional Readings to be added through Moodle* ASSIGNMENTS DUE: <ul style="list-style-type: none">• Treatment Plans 3 & 4.• Complete Intake Questionnaire Form for a hypothetical client with an eating disorder.

	<ul style="list-style-type: none"> • Listen to Episode 56 of the podcast Dietitians Unplugged https://dietitiansunplugged.libsyn.com/episode-56-sick-enough-with-dr-jennifer-gaudiani
	<p style="text-align: center;">FINAL ASSIGNMENT DUE: Evaluation and treatment plan are due by 11/23/19. E-mail to suzannesanchez@lclark.edu</p>

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.