

# CPED 575/CECP 834 Treatment of Eating Disorders Syllabus

FALL 2021

Graduate School of Education and Counseling

Lewis & Clark College

## CLASS DATES & TIME:

### SECTION 03 (Friday Class)

2-5pm

September 25<sup>th</sup>

October 22<sup>nd</sup>

November 19<sup>th</sup>

### SECTION 04 (Saturday Class)

9am-12pm

September 26<sup>th</sup>

October 23<sup>rd</sup>

November 20<sup>th</sup>

Location: Online

Zoom Link : <https://zoom.us/j/91068644057>

Meeting ID: 910 6864 4057

Instructor: Suzanne Sanchez, LPC

Email: [suzannesanchez@lclark.edu](mailto:suzannesanchez@lclark.edu)

## CATALOGUE DESCRIPTION

Content: This three-part class will provide participants with an in-depth overview of the current evidence-based treatments for adults with eating disorders, including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Motivational Interviewing, Acceptance and Commitment Therapy and more.

Participants will be required to complete approximately two hours of asynchronous learning in addition to the online class meetings. Additional readings (approximately 1.5 hours) will also be assigned to enhance each in-person class.

Participants will learn assessment for determining what level of care might be appropriate for a particular client, as well as ways to facilitate both a step up or adjustment down in a patients level of care—while maintaining progress.

Participants will learn counseling interventions and treatment strategies for common symptoms of eating disorders and how to work well with other providers as part of a larger treatment team. Involving friends and family members as appropriate will also be addressed, as well as treating common co-morbidities.

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. Have a clear idea of standards of care and levels of care in the treatment of eating disorders.
2. List six cognitive distortions and alternatives that could be used in individual, family and/or group therapy.
3. Have a clear understanding of at least four evidence-based treatments for eating disorders.
4. Knowledge of how to diagnose eating disorders and conduct a specific eating disorder evaluation.
5. Discuss how personal dieting/eating disorder history, food beliefs/rules, and body image could show up in their interactions with clients.
6. Able to create an appropriate treatment plan for the different eating disorders.

## 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. Class One Exam (15 pts)**

Students will complete an online exam in Moodle which covers the readings, asynchronous class materials, and in-class activities. Exam must be completed by midnight prior to the next class.

### **2. Class Two Exam (15 pts)**

Students will complete an online exam in Moodle which covers the readings, asynchronous class materials, and in-class activities. Exam must be completed by midnight prior to the next class.

### **3. Class Three Exam (15 pts)**

Students will complete an online exam in Moodle which covers the readings, asynchronous class materials, and in-class activities. Exam must be completed Saturday, December 4<sup>th</sup>, 2021.

### **4. One-Page Personal Reflection Paper (10 pts)**

Students will submit a 1-page reflection paper (double space, 12 size font, Times New Roman) discussing how your own dieting/eating disorder history,

food beliefs/rules, and body image could show up in their interactions with clients. References are not necessary, however 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. Paper should be uploaded into Moodle no later than Saturday, December 4<sup>th</sup>.

**5. Class Participation (45 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**

Class Exams	45 Points
Class Participation	45 Points
Reflection Paper	10 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-
<b>69 and below = F</b>	

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

**\*\*\*Additional Readings, Videos, Podcasts, etc. will be in Moodle\*\*\***

<b>Session 1:</b>	<b>CLASS CONTENT:</b> Introductions Review DSM Criteria for Eating Disorders Eating Disorder Assessment Components Treatment Teams Stepping Clients Up/Down in Tx LOC	<b>READINGS NEEDED FOR EXAM 1:</b>  The Treatment of Eating Disorders: Chapters 1, 2, 11
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		Effective Clinical Practices in the Treatment of Eating Disorders: Chapters 1, 2, 3, 14
<b>Session 2:</b>	<p><b>CLASS CONTENT:</b> Evidence-based treatments (CBT, DBT, CRT, MI, etc.) Interventions &amp; Strategies Treatment Planning</p> <p><b>ASSIGNMENTS DUE:</b> Exam 1</p>	<p><b>READINGS NEEDED FOR EXAM 2:</b> The Treatment of Eating Disorders: Chapters 5, 7, 14, 15, 16</p> <p>Effective Clinical Practices in the Treatment of Eating Disorders: Chapters 9, 10, 11, 16</p>
<b>Session 3:</b>	<p><b>CLASS CONTENT:</b> Qualities of an Eating Disorder Therapist Comorbidities with Eating Disorders Special Populations Practice Assessment</p> <p><b>ASSIGNMENTS DUE:</b> Exam 2</p>	<p><b>READINGS NEEDED FOR EXAM 3:</b> The Treatment of Eating Disorders: Chapters 25, 26</p> <p>Effective Clinical Practices in the Treatment of Eating Disorders: Chapters 6, 12, 13, 15</p>
<b>December 4<sup>th</sup>, 2021</b>	<p><b>ASSIGNMENTS DUE:</b> Exam 3 Personal Reflection Paper (upload into Moodle)</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.