

Syllabus

CPSY 575: Treatment Modalities for Eating Disorders

Counseling Psychology

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Course Description

This course will present a review of the research supported treatment modalities for anorexia nervosa, bulimia nervosa, and binge eating disorder. The manner in which obesity is viewed and treated in our society will also be discussed. Focus will be centered upon the theory, diagnosis, assessment, treatment, and method of evaluation for each treatment modality presented. Students will be provided with an opportunity to participate in a variety of experiential strategies related to each treatment.

Learning 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 three criteria for each of hospitalization, inpatient and outpatient treatment.
3. Describe specific concerns and strategies for the following treatment concerns: interpersonal, feminist, trauma and sexual abuse and concerns specific to ethnicity.
4. List six cognitive distortions and alternatives that could be used in individual, family and/or group therapy.
5. Practice three CBT strategies and three mindfulness techniques.
6. Describe the Maudsley Method and the Health at Any Size Theory of treatment.
7. List four treatment options in their community.
8. Create a treatment plan for four clients who meet criteria for each of the following: anorexia nervosa, bulimia nervosa, eating disorder NOS, depression, anxiety disorder, borderline personality disorder.

Required Text for Class:

Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter (2009) edited by Margo Maine, William N. Davis and Jane Shure.

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.

Requirements for Credit

Attendance and Active Participation

Students are required to attend each class session. Any planned absences will need to be discussed at least two weeks prior to the first class. Class time lost due to absences will need to be made up in order to receive full credit for the course. A field trip to Harmony in Motion, an Equine Assisted Psychotherapy program will take place on Sunday, October 30th.

Assignments and Projects

1. Reaction Paper to Harmony in Motion Field Trip: Students are to write a one to two page summary paper on their experience of and reaction to Harmony in Motion's Equine Assisted Therapy Program.
2. Book Review: Students are to read and review one book of interest related to the treatment of eating disorders or disordered eating. The book review is to be submitted in written form on the last day of class. The book review is not to exceed three pages in length. The book review is due and will be presented on Sunday, November 13th.
3. Chapter Presentation: Each student will review a chapter from the textbook: Effective Clinical Practice in the Treatment of Eating Disorders. Chapters will be randomly assigned on the first day of class. Chapter presentation will occur on Saturday, November 12th.
4. Open Book Exam: An open book exam will be done in class, as a group, on Sunday, November 13th.

Evaluation Criteria

Attendance and Participation	20%
Harmony in Motion Reaction Paper	20%
Book review	20%
Chapter Presentation	20%
Open Book Exam	20%

90-100%	A
80-89%	B
70-79%	C
60-69%	D

Required Readings

All materials will be dispensed in class except for the text. Please read topic specific material prior to class.