

Management of Eating Disorders
FScN 5601
Spring Semester, 2012
Tues/Thurs 5:10-6:25 pm
Ruttan Hall Room B22

Instructor:

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Contact Information:

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Course objectives and format:

This course is open to upper-level undergraduate and graduate students in nutrition, psychology, medical, nursing, public health, and other related disciplines. The purpose of this course is to provide the student with an understanding of etiology, occurrence, course, treatment, and prevention of eating disorders from a multidisciplinary perspective. In addition, this course will examine the roles and responsibilities of eating disorder treatment team members of varying types across a variety of treatment milieus. The instructor will provide a framework for the course material, and invite regular participation by students. The course format will include lecture, discussion, and case studies incorporating textbook and journal article information. As an outcome of lectures, class discussion, case studies, and project the student will be able to:

- Identify factors associated with risk for eating disorder development and those factors associated with maintenance of the illness
- Critically analyze popular media and advertising for its potential contribution to the development and maintenance of eating disorders
- Understand the continuum from disordered eating to obesity
- Describe the prevalence of eating disorders across age and gender groups, as well as the general course of treatment and recovery
- Describe the most common methods of treatment and their strengths and weaknesses
- Describe the physiological, biochemical, emotional, and behavioral changes that occur during the course of an eating disorder as well as through the course of treatment and recovery
- Understand nutritional, medical, and psychological goals of treatment and recovery
- Articulate principles of normal eating and ideas for societal environmental changes around food

Course Materials:

The required materials for this course are:

- The Eating Disorder Sourcebook, Carolyn Costin, 2007, 3rd edition.
- Articles as assigned (see syllabus for article)
- Eating Disorder memoir book of your choice (you don't necessarily need to buy this book)
- Textbooks will not be available for sale at University bookstores but can be ordered online from an online bookseller (i.e. Amazon.com; Gurze.com)

Exams/Project:

EXAM 1: One time during the semester, there will be a 1-hour exam that covers material from the first section of the course. This will include all material covered, from the required reading, lectures, and class discussion. This exam will be worth 100 points.

EXAM 2: One time during the semester there will be a take home exam which will be explained in class. This exam will be worth 100 points.

PROJECT: The instructor will establish 3-4 groups of 3-4 students and randomly assign the role of multidisciplinary team member to each student. Each group will be given a case scenario and will complete an assessment with that scenario after interviewing the instructor or another clinician who will represent that scenario. For your case scenario, consider the following: assessment/diagnosis, co-occurring conditions, etiology, possible treatment approaches, level of care, and projected outcome using APA guidelines and what you've learned from readings, speakers, and discussions. The assignment consists of each "practitioner" creating an assessment note documenting the outcome of the assessment and the discipline specific plan for treatment and the group presenting the case, plan, and projected course and outcome of case at end of semester to the class. This project is worth 100 points.

FINAL EXAM: The Final Exam is a project rather than an exam. Students will choose an eating disorder memoir to read from a supplied list and will write a 4-6 page paper on their reaction to the person's story of his/her illness and the treatment he/she received. Guidelines for this paper are as follows:

1. The first part of the paper (~1-2 pages) should include a brief overview/summary of the person's eating disorder history (type and severity of eating disorder(s), length of eating disorder(s); and type and severity of co-occurring conditions (e.g. depression, anxiety, borderline personality disorder, etc.)
2. The second part should be a brief overview (~1 page) of the types and settings of treatment received by the individual.
3. The third part (~2 pages) should be 1. your thoughts on what helped this person to get better (if he/she did)-what they thought helped as well as what you think helped, 2..what you think someone with an eating disorder could learn from reading this book (positive and negative) and 3. what you think his/her family could learn
4. The last part (~1 page) should be your answer to these questions: 1. If you were an eating disorder clinician, would you recommend this as a book to someone with an eating disorder? Why or why not? 2. Would recommend this book to the family of someone struggling with an eating disorder? Why or why not?
5. This eating disorder memoir assignment is due by 5:00 p.m. on Friday, May 11th via email to the professor (jcroll@umn.edu) or hard copy to the professor's office (2265 Como Ave, St. Paul). The final exam (paper) is worth 150 points.
6. The list of memoir books to choose from can be found at this link: www.bulimia.com –click on "Bookstore" on the left hand side menu and then click on "personal stories" to find a book. Please choose a book that is focused on one person, not a collection of multiple individual's stories. The assignment is set up such that you reflect on one person's journey.

Course assignments and evaluation procedures:

The student is responsible for material presented in lecture, the texts and any supplementary materials. Class participation points are based on participation in class discussion, regular attendance, and interaction with group project peers. Points will be distributed as follows: 2 exams each worth 100 points; Final exam worth 150 points; Group Project worth 100 points, and Class participation worth 50 points for a total of 500 points for the semester.

Assignment of final grades:

Grades of "A" through "F" will be assigned on the basis of percentage of points earned. In general, grades will be distributed as follows: "A"= 93-100%; "A-"= 90-92; "B+"= 87-89; "B"= 83-86; "B-"= 80-82; "C+"= 77-79; "C"= 73-76; "C-"= 70-72; "D+"= 67-69; "D"= 60-66; "F"= less than 60% of the total points. An "S" grade will be equivalent to a "C-". The exact percentages of possible points required for each grade will be determined after all of the exams have been given and the marks for the entire class reviewed.

Policy on incompletes:

An "I" grade will be given in this course only when there is written agreement between the student and the instructor as to how and when the course work will be completed. Students who do not complete the course work on time and who have not signed a written completion agreement with the instructor will be assigned an "N" or an "F," depending upon the grade basis for enrollment.

Topics to be covered in lecture:

The following outline of topics and the dates specific topics will be covered is subject to change as necessary.

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
Jan 17	Class introduction	Costin: Intro
Jan 19	Continuum of disordered eating to obesity	Costin: Chapter 1
Jan 24	DSM-IV diagnoses; Incidence & Prevalence	Costin: Chapter 1-3
Jan 26	Etiology: Sociocultural Guest Speaker:	Costin: Chapter 4
Jan 31	Etiology: Psychological	Costin: Chapter 5
Feb 2	Etiology: Biological/Genetic	Costin: Chapter 4
Feb 7	Screening/How to approach someone with a possible ED	Costin: Chapter 6
Feb 9	Multidisciplinary Treatment; Treatment Levels APA guidelines: http://www.psych.org/psych_pract/treatg/pg/EatingDisorders3ePG_04-28-06.pdf	Costin: Chap 7 & 15
Feb 14	Movie Night: Viewing of "Thin"	
Feb 16	Assessment Guest Speaker:	Costin: Chapter 7
Feb 21	Movie Night: Finish Viewing "Thin" & Discussion	
Feb 23	EXAM I SPECIAL EVENT: Art and Eating Disorders Showcase, St. Louis Park	
Feb 28	Therapeutic Approaches: Psychological	Costin: Chap 8, 9, & 10
Mar 1 (Leave early)	Therapeutic Approaches: Family Therapy Guest Speaker:	Costin: Chapter 11
Mar 6	Therapeutic Approaches: Nutrition Guest Speaker: tcme.org/intuitiveeating.org	Costin: Chapter 12
Mar 8	Therapeutic Approaches: Nutrition Guest speakers: Eating Disorder Dietitian Group	Costin: Chapter 12

Mar 13	Spring Break	
Mar 15	Spring Break	
Mar 20	Therapeutic Approaches: Body Image Exam II Assigned	
Mar 22	Therapeutic Approaches: Medical Project Groups Assigned	Costin: Chapter 13
Mar 27	Therapeutic Approaches: Psychiatric Guest Speaker:	Costin: Chapter 14
Mar 29	Therapeutic Approaches: Art Therapy Guest Speakers:	Costin: Chapter 16
Apr 3	Therapeutic Approaches: Yoga Tentative Guest Speaker:	Costin: Chapter 16
Apr 5	Therapeutic Approaches: Activity	Costin: Chapter 3
Apr 10	Therapeutic Approaches: Mindfulness	Costin: Chapter 16
Apr 12	Support for Families/Carers of Individuals with ED Guest Speaker:	Costin: Chap 6
Apr 17	Joint Obesity and Eating Disorder Prevention; HAES EXAM II DUE	Costin: Chap 17
Apr 19	Outcomes and Recovery	
Apr 24	Recovery Guest Speaker:	
Apr 26	Advocacy	
May 1	Putting it all together: EXPLANATION OF PROJECTS and TEAMS	
May 3	CLASS PRESENTATIONS PREP/Final Exam Preparation	
May 8	CLASS PRESENTATIONS	
May 9	FINAL EXAM: PAPER DUE VIA EMAIL OR HARD COPY BY 5:00 PM	

*****GUEST SPEAKERS AND DATES ARE SUBJECT TO CHANGE**
These materials are available in alternative formats upon request.