



LEWIS & CLARK COLLEGE

GRADUATE SCHOOL OF EDUCATION AND COUNSELING
Department of Counseling Psychology
Professional Mental Health & Addiction Counseling

Nutrition Therapy and Eating Disorders

CREDITS: 1

DATES: July 7, 8, 22, 23 2017

INSTRUCTOR: Valerie Edwards, MS, RD, LD

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CATALOG DESCRIPTION

This course will cover an overview of nutrition principles and therapy as it pertains to eating disorders. Students will learn principles of nutritional rehabilitation for underweight clients, structuring eating for clients with bulimia nervosa and binge eating disorder as well as principles of intuitive and mindful eating. Students will also learn about dynamics of feeding the healthy family. Students will examine their own relationships with food and strategies for personal wellness.

COURSE OBJECTIVES

At the end of the course, students will be able to:

1. Understand the roles of the nutritionist and the therapist in eating disorder treatment and ways they can collaborate most effectively as part of a treatment team.
2. Understand principles of nutritional rehabilitation
3. List five dangers of dieting behaviors.
4. List four benefits of balanced nutrition.
5. Understand how to help clients structure meals, self-monitor their food intake, and practice food challenges.
6. Be able to explain and help clients understand and practice intuitive and mindful eating.
7. Differentiate between hunger and satiety cues.

COURSE DESCRIPTION

This one-credit course meets on two weekends and includes self-directed activities outside of the class sessions. The course will balance didactic presentations with case presentations, group activities, and role play. Course activities include readings from texts, professional journals, handouts, reflection exercises and in-class role play.

TEXTS

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

Tribole, E. & Resch, E. (2012) *Intuitive Eating, 3rd Edition*. St. Martin's Griffin

Readings from Herrin, M. (2012) *Nutrition Counseling in the Treatment of Eating Disorders, 2nd Edition*. Routledge: UK

Additional readings may be provided in class.

Assignments and Projects

Food Journal and Personal Reflection Paper

Students will keep a food journal for the course of the class and write a personal reflection about their own relationship with food and their relationship to their bodies and personal goals to achieve a more balanced, healthy relationship with both.

Take Home Exam – Due the Following Week

COURSE REQUIREMENTS AND EVALUATION

Evaluation Criteria:

Personal Food Journal and reflection paper	40%
Exam	40%
Class Participation and discussion	20%

90-100 points	A
80-89	B
70-79	C

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.

COURSE SCHEDULE

Session 1	Readings	Assignments	Due
Review of Medical Complications of Eating Disorders; Nutritional Rehabilitation for the Underweight Client and Basic Nutritional Theory; Structuring Eating; Setting up Food Challenges	Treatment of Eating Disorders: A Clinical Handbook: Chapters 4, 10 Readings and journal articles emailed prior to the start of the class.	Overview of food journal and reflection paper.	
Session 2			
Overview of Intuitive Eating and Mindful Eating. Experiential practice – a mindful meal.	Intuitive Eating		Reflection paper. Take home exam passed out to be turned in the following week.

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

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 need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.