



**LEWIS & CLARK COLLEGE**

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

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**CPED 575: Treatment Modalities for Eating Disorders**

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CREDITS: 1

DATES: October 20 and November 17, 2017

INSTRUCTOR: Kirsten McAteer, LPC, LLC

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CATALOGUE DESCRIPTION

This course will present a review of the research supported treatment modalities for anorexia nervosa, bulimia nervosa, and binge eating disorder. 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 variety of experiential strategies related to each treatment.

COURSE STRUCTURE

This one-credit course meets on two Fridays and includes 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, understand how temperamental coping can underlie eating disordered behaviors, 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 three clients who meet criteria for each of the following: anorexia nervosa, bulimia nervosa, eating disorder NOS (with co-occurring depression, anxiety disorder, borderline personality disorder, substance use and/or trauma).

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 AND EVALUATION**Assignments and Projects**

1. Literature Review: Students are to read and review a professional journal article or book related to the treatment of eating disorders of disordered eating. The book review is to be submitted in written format on the second class. Please describe how what you review might apply to your own practice, and be prepared to discuss in class on November 17<sup>th</sup>. APA style is to be used and it should be at least two pages long.
2. Students will create and turn in treatment plans for three hypothetical clients with anorexia nervosa, bulimia nervosa, and eating disorder NOS.
3. Take home exam.

**Evaluation Criteria**

Literature Review	25%
Class Participation	20%
Treatment Plans	25%
Exam	30%

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

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

<b>Session 1</b>	<b>Readings</b>	<b>Assignment</b>	<b>Due</b>
Review of DSMV Criteria for Eating Disorders and Related Disorders Assessment of Appropriate Level of Care Qualities of ED therapist. Team based approach to treatment. Body weight. Temperament and Eating Disorders. Treating Chronic ANR. Enhanced CBT-E	Effective Clinical Practice in the Treatment of Eating Disorders: Chapters 1, 3, 12 13, 14, and 15. Treatment of Eating Disorders: A Clinical Handbook: Chapters 5, 7 & 14 Treatment of Eating Disorders: APA Practice guidelines for Treatment of Patients with Eating Disorders 3 <sup>rd</sup> . Edition		
<b>Session 2</b>			
Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Radically-Open DBT and psychodynamic approaches. Overview of resources available to clients.	Effective Clinical Practice in the Treatment of Eating Disorders: Chapter 16. Treatment of Eating Disorders: A Clinical Handbook: Chapters 15, 16, 18	Literature review due. Treatment Plans and take home exams to be at the CPSY Counseling Psychology office by Friday, December 1 <sup>st</sup> .	11/17

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.