

## **CPED 577 NUTRITION/CECP 836**

Spring 2024 CREDITS: 1

DATES: Section 1: 2/17 & 3/2; Section 2: 2/18 & 3/3

TIMES: 9 AM - 5:30 PM on Saturday, 9 AM - 5:30 PM on Sunday (will include some asynchronous time)

INSTRUCTOR: Crystal Vasquez, MS, RD-AP, LD, CNSC, NWCC, FAND (she/her)

CONTACT: [crystalvasquez@lclark.edu](mailto:crystalvasquez@lclark.edu)

Office Hours: By Appointment

### **CATALOG DESCRIPTION**

This course will include an overview of nutrition principles, nutrition therapy, and the role of the dietitian/nutritionist on the treatment team; it will be taught from a Health at Every Size (HAES) perspective.

Students will learn principles of nutritional rehabilitation for malnourished and underweight clients; structured eating and other interventions for all eating disordered clients will be explored. Functions of Anorexia Nervosa and other eating disorders will be discussed from a nutrition perspective, and the cycle of restriction and bingeing will be discussed with Bulimia Nervosa and Binge Eating Disorder. Also discussed will be principles of Intuitive Eating and mindful eating, and when these approaches are useful. Orthorexia will be covered in the context of our obsessive diet culture, along with ways to challenge these beliefs.

Students will also learn strategies for working with families, particularly those of teens. Students will examine their own relationships with food and explore strategies for making positive changes and will learn how to establish professional boundaries around food issues with clients. Collaboration between the dietitian/nutritionist and therapist will be discussed, and case examples will be used to illustrate and differentiate roles of therapist and nutritionist.

### **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 will meet on Zoom and will include both synchronous and breakout activities on Zoom. The course will balance didactic presentations with group activities and discussions and will require a final paper and exam to meet the requirements for course completion.

### **COURSE OBJECTIVES**

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

1. List 3 common medical complications for individuals who have Anorexia Nervosa and 3 for individuals who have Bulimia Nervosa.
2. Be able to explain what is meant by the term "weight is not a behavior".

3. Describe how diet culture and orthorexic attitudes can contribute to the development of eating disorders.
4. Explain the role of a Registered Dietitian/Nutritionist on the treatment team and how this benefits both the client and the therapist.
5. Give two examples of how an eating disorder may be more complex for LGBTQ clients (could consider development or treatment of the ED).
6. Explain briefly how both the type of eating disorder behaviors and biotemperament can give important clues as to what types of treatment, including nutrition therapy, might be helpful for clients with eating disorders. For example, when might a meal plan be more appropriate as compared to Intuitive Eating for a given client and why?

#### REQUIRED TEXTS

- American Psychiatric Association Practice Guidelines (APA, 2006). Treatment of patients with eating disorders, focused on role of the dietitian. Available for download at: [http:// psychiatryonline.org/guidelines.aspx](http://psychiatryonline.org/guidelines.aspx)
- Sick Enough: A Guide to the Medical Complications of Eating Disorders by Jennifer Gaudiani, MD, CEDS, FAED

#### EVALUATION CRITERIA

Class Attendance and Participation 40%

Exam 30%

Final paper 30%

#### FINAL PAPER

1500-word paper summarizing and critiquing ONE of the following:

- a) Sick Enough by Jennifer Gaudiani (pick a topic or theme to focus on within the book)
- b) When Your Teen has an Eating Disorder by Lauren Muhlheim
- c) Six podcasts from either "The Appetite", "Food Psych", or "Body Kindness". I would recommend choosing a theme and picking 6 podcasts that fit into that theme.
- d) If you want to choose a different podcast series or a different book, it needs to be eating disorder and nutrition-related, and I will need to approve it.

Graduate Degree-Applicable Credit Students:

Final Grade: 90-100% A. 80-89% B 70-79% C

Graduate Continuing Education Credit Students:

Credit Above 70% and above, No Credit below 70%

#### 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 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 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.

#### 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.

#### ACCESSIBILITY NEEDS

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.

If you are enrolled at the 800 level and have a disability that may impact your academic performance or participation in this course please contact the Center for Community Engagement ([cce@lclark.edu](mailto:cce@lclark.edu) or 503-768-6040) to discuss the accommodations that you need.

## COURSE SCHEDULE

Topics	Readings	Assignments
Day 1		
<ul style="list-style-type: none"> <li>• Medical Complications of Eating Disorders</li> <li>• Nutrition Rehab for Malnourished patients</li> <li>• Basic Nutrition Therapy and Meal Planning</li> <li>• Nutrition Interventions for binge eating and other ED behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Topics from Sick Enough</li> <li>• APA Guidelines                             <ul style="list-style-type: none"> <li>○ focus on role of the dietitian</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussions</li> </ul>
Day 2		
<ul style="list-style-type: none"> <li>• Addressing weight concerns                             <ul style="list-style-type: none"> <li>○ body image in diverse populations</li> </ul> </li> <li>• Diet Culture and Orthorexia, ARFID</li> <li>• Functions of different ED behaviors</li> <li>• Role of the RD in varying levels of care                             <ul style="list-style-type: none"> <li>○ how to work as a team</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Role plays, case discussions</li> <li>• Exam and Paper due by March 17<sup>th</sup> 11:59pm/</li> </ul>

\*\*\*Syllabus Subject to Change: I have made every effort to plan for the semester, however dates, assignments, and points are subject to change. You will receive advance notice of any changes.