

Reformed Theological Seminary
Eating Disorders – 2PSY593
January 8, 10, 2008
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Course Description

This course is designed to engage students in an examination of eating disorders in children, adolescents, and adults. The course will include diagnosis and treatment of eating disorders, including relapse and follow-up care. The course will also consider family dynamics and preventative measures as well as interventional approaches. Students will have an opportunity to explore specific eating disorders as well as develop an integrated approach to counseling that includes biological, psychological, relational, and spiritual categories. Classes will be in seminar format and will include lectures, reading, film, and discussion.

Course Objectives

Through class assignments, students will demonstrate the following:

1. Understanding of eating disorders, including anorexia, bulimia, compulsive overeating, sub clinical eating disorders, family dynamics, as well as appropriate methods of assessment, while uncovering personal assumptions about eating disorders and personal style in treating eating disorder clients.
2. Knowledge of various treatment modalities and applicability to specific adolescent issues.
3. Understanding of counseling families to use both preventative and interventional approaches.
4. Students will learn to develop an integrated model of counseling by understanding eating disorders from class tests, novels, other literature, current research, film, the Scriptures, and personal experience.
5. Knowledge of treatment resources in the community for clients.
6. Students will write a 4-6 page research paper presenting a case student of an eating disorder client and a treatment plan for this client.
7. Students will complete a final examination demonstrating a thorough knowledge of the continuum of eating disorders and treatment considerations.

Course Content, Topics, and Schedule

1/08/08	Course overview & syllabus review Overview of anorexia, bulimia & compulsive overeating Matthew 13	<i>Come to class having read: Hunger Pains, Chapters 1-2 Mom, I Feel Fat! Chapter 1-4</i>
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	The Biology of Eating Disorders Anorexia, Bulimia & Compulsive Overeating Psalm 139:1-4	<i>Come to class having read: Hunger Pains, Chapters 3-5 Your chosen text from 3 options.</i>
	Understanding the Eating Disorder Client John 4	<i>Come to class having read: Hunger Pains, Chapter 6-11 Mom, I Feel Fat!, Chapters 9-11</i>
1/10/08	Family Systems and Eating Disorders Spirituality and Eating Disorders Luke 15:11-31	<i>Come to class having read: Hunger Pains, Chapters 12- 14 Mom, I Feel Fat! Chapters 5-8</i>
	An Integrated Model for Counseling Eating Disorder Clients	
	Final Exam	To Be Discussed in Class

Attendance is mandatory for both class days. Your final grade will be an average of the research paper and the final examination as well as class participation. Missing class hours may result in the loss of a letter grade in the class.

Reading: Students are asked to read all required texts by the dates shown on the course schedule.

Final Examination: Students will show an understanding of diagnosis and treatment of eating disorders. The exam will include multiple choice, short answer, and essay questions. Further details will be given in class.

Papers:

Research Paper – Students will write a 4-6 page paper, presenting a case study of an eating disorder client and show an understanding of diagnosis and appropriate treatment plan for that client. Papers may include references to class texts, journal articles, films, novels, and their own experience. **Due to MAC Office 1/18/08.**

Course Policies

1. Grading Policy:
Class Participation 25%

Research Paper	50%
Final Exam	25%

2. Grading Scale:

A	94-100
B	85-93
C	84-76
F	75 or below

3. It is expected that written products will be legible, professional in appearance, and error free.
4. No late papers accepted.
5. No electronic paper accepted.

Course Texts

Required:

Hunger Pains, Mary Pipher, Ph.D., ISBN: 1-55850-532-6

Mom, I Feel Fat! Sharon Hersh, M.A., LPC, ISBN: 0-87788-538-9

Students will read 1 of the following:

Holy Hunger, Margaret Bullitt-Jonas, ISBN: 0-375-70087-0

Appetites, Caroline Knapp, ISBN: 1-58243-226-0

Wasted, Marya Hornbacher, ISBN: 0-06-093093-4