Syllabus

Eating Disorders - 51409

Last update 01-03-2017

**HU Credits:** 2

**Degree/Cycle:** 2nd degree (Master)

**Responsible Department:** psychology

**Academic year:** 0

**Semester:** 2nd Semester

**Teaching Languages:** English

**Campus:** Mt. Scopus

**Course/Module Coordinator:** Rachel Bachner-Melman, PhD

**Coordinator Email:** rachel.bachner@mail.huji.ac.il

**Coordinator Office Hours:** By appointment

**Teaching Staff:**
- Dr. Rachel Bachner-Melman
Course/Module description:
This course will present and explore the pathology, etiology, diagnosis, assessment, theory, treatment and prevention of eating disorders (EDs), including anorexia nervosa, bulimia, and binge eating disorder. Students will be encouraged to observe their personal connection with their own bodies, eating habits, and the subject of EDs and how these affect fellow students, friends, and family members. Various therapeutic approaches to eating disorders will be presented, including Cognitive Behavioral Therapy, Family Based Therapy, Dialectical Behavioral Therapy, Mindful Eating, Narrative therapy and Psychodynamic approaches. We will also look at topics such as comorbid disorders, the association between trauma and EDs, stigma, at-risk populations, ethical dilemmas, the continuum (or dichotomy?) between disordered eating and EDs, group therapy for EDs, levels of treatment and unique challenges that clients with EDs present for therapists. The impact of culture and the media (including cinema) will be discussed, as well as prevention programs.

Course/Module aims:
(1) Provide students with knowledge about disordered eating and eating disorders.
(2) Encourage students to learn about and understand a variety of approaches towards the etiology, treatment and prevention of eating disorders.
(3) Offer opportunities to learn about interesting topics in the field of eating disorders, including frontal lectures, research articles, student presentations, case descriptions, films, and guest lectures.
(4) Engage students in critically evaluating and actively discussing assigned readings and other course material.

Learning outcomes - On successful completion of this module, students should be able to:
(1) take note of their own history of dieting/eating problems, food beliefs/rules, and body image and be aware of the implications of these for their interactions with people with EDs.
(2) discuss the continuum/dichotomy between disordered eating and EDs.
(3) explain diagnostic criteria and risk factors for EDs and the clinical presentation, course and prognosis of these disorders.
(4) comprehend the physical, psychological, and sociocultural impact of EDs.
(5) appreciate how trauma can contribute to the development of EDs.
(6) describe the co-occurring psychiatric disorders typically associated with EDs.
(7) understand a range of theoretical conceptualizations of EDs and corresponding treatment approaches, including CBT, Family Based Therapy, DBT, narrative therapy, mindful eating and psychodynamic approaches.
(8) recommend effective ways of working in groups with people with EDs.
(9) understand the importance of multidisciplinary teams in treating people with EDs
(10) explain the different levels of care and available ED treatment options in Israel and the US.
(11) evaluate ED prevention and intervention programs.
(12) discuss controversies in the field and limitations to our current knowledge of EDs.

Attendance requirements(%):
   80%

Teaching arrangement and method of instruction: Frontal lectures, guest lectures, student presentations, video clips, discussions.

Course/Module Content:
   28.2.2017 - EDs, a first taste: Getting acquainted and introduction
   7.3.2017 - ED 101  two films + your feedback
   14.3.2017 - Etiology of ED
   21.3.17 - Populations at risk for ED
   28.3.17 - Cultural factors in ED
   29.3.17 18.4.17 - Passover vacation
   25.4.2017 - Recovery from ED
   2.5.17 - Independence Day
   9.5.2017 - Theoretical approaches to ED and psychotherapy
   16.5.2017 - CBT (and derivative approaches) for ED
   23.5.2017 - Therapy for ED: Levels of care, treatment options
   30.5.17 - Erev Shavuot
   6.6.2017 - Eating in ED - Mindful eating, meal support
   13.6.2017 - FBT and MFT: Mrs Judy Krasna families perspective
20.6.2017 - Ethical dilemmas in ED treatment

27.6.2017 - ED Prevention

Required Reading:
Students will be required to read at least one article/book chapter on ED each week. You can select your reading from the material listed in "Additional reading material" or choose another text relevant to the content of the class.

Additional Reading Material:
Class 2: ED 101 – two films + your feedback (7.3.2017)


Class 3: Etiology of ED (14.3.2017)


**Class 4: Populations at risk for ED (21.3.17)**


Class 5: Cultural factors in ED (28.3.17)


Class 6: Recovery from ED (25.4.2017)


Class 7: Theoretical approaches to ED and psychotherapy (9.5.2017)


Class 8: CBT (and derivative approaches) for ED (16.5.2017)


Class 9: Therapy for ED: Levels of care, treatment options (23.5.2017)


**Class 10: Eating in ED - Mindful eating, meal support (6.6.2017)**


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