



## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Eating disorders: Etiology diagnosis treatment and prevention. - 3388*

*Last update 26-10-2019*

*HU Credits: 2*

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

*Responsible Department: Social Work*

*Academic year: 0*

*Semester: 1st Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Dr Rachel Bachner-Melman*

*Coordinator Email: [rachel.bachner@mail.huji.ac.il](mailto:rachel.bachner@mail.huji.ac.il)*

*Coordinator Office Hours: By appointment*

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Teaching Staff:

Dr. Rachel Bachner-Melman

Course/Module description:

*This course will present the etiology, assessment and diagnosis, treatment and prevention of eating disorders (EDs), including anorexia nervosa, bulimia, ARFID and binge eating disorder. Various therapeutic approaches to eating disorders will be presented, including Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Mindful Eating, Narrative therapy, Psychodynamic approaches, Family Based Therapy, and group therapy. The need for multidisciplinary treatment, for a trauma-sensitive approach and for different levels of treatment (outpatient, day treatment, inpatient) will be emphasized.*

*We will also look at topics such as stigma, at risk populations, ethical dilemmas, the association between trauma and EDs, and unique challenges that ED therapists face. The impact of culture and the media on body image and EDs will be also be discussed, as well as prevention programs. Students will be encouraged to observe their personal connection with their own bodies, eating habits, and their attitudes to EDs and to obesity.*

Course/Module aims:

- 1. Provide students with knowledge about disordered eating, eating disorders and comorbid conditions such as post-trauma.*
- 2. Impart knowledge about the etiology, the diagnosis, the treatment and prevention of eating disorders.*
- 3. Familiarize the students with various treatment approaches for eating disorders and treatment options in Israel and abroad.*
- 4. Offer opportunities to learn about a range of topics in the field of eating disorders, via frontal lectures, scientific articles, video clips and case reports.*
- 5. Increase the students' awareness of their body image, eating habits and attitudes towards eating disorders and obesity.*

Learning outcomes - On successful completion of this module, students should be able to:

- 1. explain diagnostic criteria and risk factors for EDs and the clinical presentation, course and prognosis of these disorders.*
- 2. comprehend the physical, psychological, and sociocultural impact of EDs.*
- 3. appreciate how trauma can contribute to the development and maintenance of EDs.*
- 4. explain how eating disorders can be treated using a range of treatment approaches such as CBT, Family Based Therapy, DBT, narrative therapy, mindful eating and psychodynamic approaches.*
- 5. recommend effective ways of working in groups with people with EDs.*

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6. *understand the importance of multidisciplinary teams in treating people with EDs.*
  7. *explain the different levels of care and available ED treatment options in Israel and abroad.*
  8. *evaluate ED prevention and intervention programs.*
  9. *discuss controversies in the field and limitations to our current knowledge of EDs.*
  10. *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.*

Attendance requirements(%):

*Attendance of at least 70% of the classes obligatory. Attendance is compulsory from the second class and from then up to three classes can be missed. Students who need to miss a class should inform the lecturer before the class.*

*Teaching arrangement and method of instruction: Frontal lectures, video clips, discussions, work in small groups.*

Course/Module Content:

*First taste  
Introduction to eating disorders (EDs) 30.10.2019*

*What are EDs?  
Diagnosis, experience and comorbidities 6.11.2019*

*When and how should treatment begin?  
Warning signs, early detection and intake 13.11.2019*

*What causes EDs?  
Etiology with an emphasis on traumatic experiences 20.11.2019*

*When is inpatient treatment needed?  
Levels of treatment and multidisciplinary teams 27.11.2019*

*Is involuntary treatment ever justified?  
Ethical dilemmas and trauma-sensitive treatment of EDs 4.12.2019*

*Personal story: Reut (Huminer) Israeli, recovered from ED 11.12.2019*

*What helps (and what doesn't) in the therapy room?  
Issues in individual therapy for ED 18.12.20*

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*Christmas - no class 25.12.19*

*How are EDs treated?*

*Treatment approaches: spotlight on psychodynamic therapies and Family Based Therapy (FBT) 1.1.20*

*Personal story: Mrs Judy Krasna, mother of daughter with ED 8.1.2020*

*Is recovery from EDs possible? A look at recovery 15.1.2020*

*What is the place of eating in ED treatment?*

*Mindful eating and meal support 22.1.2020*

*Required Reading:*

*To be uploaded onto the Moodle site.*

*Additional Reading Material:*

*Will be uploaded onto the Moodle site.*

*Course/Module evaluation:*

*End of year written/oral examination 0 %*

*Presentation 0 %*

*Participation in Tutorials 0 %*

*Project work 85 %*

*Assignments 15 %*

*Reports 0 %*

*Research project 0 %*

*Quizzes 0 %*

*Other 0 %*

*Personal diary - optional. For 1-5 bonus poin*

*Additional information:*

*A more detailed course plan including details about course requirements will be uploaded to moodle.*