



# *The Hebrew University of Jerusalem*

## *Syllabus*

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

*Last update 17-10-2020*

*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: Prof. 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:

Prof 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 (with camera open) of at least 80% 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: The course will take place on zoom and will include lectures, guest lectures/interviews, films/clips, discussions, case reports and work in small groups.*

*General lesson schedule (for most but not all classes):*

*14:30-15:00: Rachel's class / discussion or questions on materials that you prepared at home or material from previous week.*

*15:00-15:30/15:45: Interview with guest or discussions in groups/small groups*

*15:30/15:45-16:00: Discussion on interview, questions and answers for whoever would like to stay.*

*(Only) when a class has this structure, attendance during the first two parts of class is mandatory, but not for the last part of the class.*

Course/Module Content:

*First taste – Introduction 21.10.20*

*What are EDs? The different diagnoses 28.10.20*

*Can children have EDs? ARFID & eating in childhood 4.11.20*

*What causes EDs? Etiology & comorbidity 11.11.20*

*How to treat two disorders? Trauma and EDs 18.11.20*

*What do dieticians do? Nutritional therapy 25.11.20*

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*When to hospitalize? Levels of treatment 2.12.20*

*Is forced treatment justified? Ethical dilemmas 9.12.20*

*How long does treatment take? Severe and enduring EDs 16.12.20*

*How are EDs treated? Psychological approaches 23.12.20 and 30.12.20*

*You present – Case reports 6.1.21*

*You present – Case reports 13.1.21*

*Is recovery from ED possible? A look at recovery 20.1.21*

**Required Reading:**

Brewerton, T. D. (2019). An overview of trauma-informed care and practice for eating disorders. *Journal of Aggression, Maltreatment & Trauma*, 28(4), 445-462.

Hay, P. & Morris, J. (2016). Eating disorders. Editor: Paz Toren; Translation: A. Hanoach-Levy, T. Gilon Mann, D. Stein. In: J.M. Rey (ed), *IACAPAP e-Textbook of Child and Adolescent Mental Health*. Geneva: International Association for Child and Adolescent Psychiatry and Allied Professions.

Lindgren, B-M., Enmark, A., Bohman, A., & Lundstrom, M. (2015). A qualitative study of young women's experiences of recovery from bulimia nervosa. *Journal of Advanced Nursing*, 71(4), 860-869.

Norris, M. L., Spettigue, W. J., & Katzman, D. K. (2016). Update on eating disorders: Current perspectives on avoidant/restrictive food intake disorder in children and youth. *Neuropsychiatric Disease and Treatment*, 12, 213.

Woodruff, K., Clark, L., Joy, E., Summers, S. A., Metos, J. M., Clark, N., & Jordan, K. C. (2020). An interpretive description of women's experience in coordinated, multidisciplinary treatment for an eating disorder. *Global Qualitative Nursing Research*, 7, 1-10.

**Additional Reading Material:**

בכר, א' (2002). אנורקסיה ובולימיה: אבחון והיסטורית הטיפול. מתוך: הפחד לתפוס מקום אנורקסיה ובולימיה: גישת הפסיכולוגיה של העצמי. ירושלים: הוצאת מגנס האוניברסיטה העברית. עמ' 11-23.

וייסבלאי, א. (2010). הפרעות אכילה בקרב ילדים ובני נוער: תיאור התופעה, מניעתה ואיתורה.

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ירושלים: הכנסת.

טרבס, ג., שטנגר, ו., וגור, א. (2013). סוגיות בטיפול בהפרעות אכלה בישראל. *חברה ורווחה*, לג, 121-140.

לצר, י. ושטיין, ד. (2011). הפרעות אכילה. מתוך: צ. מרום, א. גלבוש-שכטמן, נ. מור, י. מאירס (עורכים), *טיפול קוגניטיבי-התנהגותי במבוגרים: עקרונות טיפוליים*. תל אביב: דיונון. עמ' 175-196.  
רועה, ד.ת. רוט, ש., ופניג, ס. (2003). צמצום התובנה למחלת האנורקסיה כביטוי ליחס אמביוואלנטי להחלמה. *שיחות*, י"ח(3), 247-253.

Abbate-Daga, G., Marzola, E., Amianto, F., & Fassino, S. (2016). A comprehensive review of psychodynamic treatments for eating disorders. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 21(4), 553-580.

Agras, W.S., Fitzsimmons-Craft, E.E., & Wilfley, D.E. (2017). Evolution of cognitive-behavioral therapy for eating disorders. *Behaviour Research and Therapy*, 88, 26-36.

Alexander, J. (2016). A life wasted: A patient's perspective. In S. Touyz, D. Le Grange, P. Hay, & H. Lacey (Eds). *Managing severe and enduring anorexia nervosa: A clinician's guide*. Editors: Stephen Touyz, Daniel Le Grange, Phillipa Hay and Hubert Lacey. Routledge: New York.

Alphin, F.B., Pilewski, K., Diekman, C., Waterhous, T.S., Brake, J., Biron, L. et al. (2014). Transitioning care effectively: A guide for the expert level registered dietitian nutritionist (RDN) working with clients with eating disorders. Position paper of the Disordered Eating and Eating Disorder Subunit of the Sports, Cardiovascular and Wellness Nutrition (Practice Group of the Academy of Nutrition and Dietetics). *SCAN Advanced Practice Guide*, 1-4.

Carter, J., Bewell, C., Blackmore, E., & Woodside, D. (2006). The impact of childhood sexual abuse in anorexia nervosa. *Child Abuse & Neglect*, (30)3, 257-269.

Dawson, L., Rhodes, P., & Touyz, S. (2014). The recovery model and anorexia nervosa. *Australian & New Zealand Journal of Psychiatry*, 48, 1009-1016.

Demmler, J. C., Brophy, S. T., Marchant, A., John, A., & Tan, J. O. (2020). Shining the light on eating disorders, incidence, prognosis and profiling of patients in primary and secondary care: national data linkage study. *British Journal of Psychiatry*, 216(2), 105-112.

Douzenis, A. & Michopoulos, I. (2015). Involuntary admission: The case of anorexia nervosa. *International Journal of Law and Psychiatry*, 39, 31-35.

Eisler, I., Lock, J., & le Grange, D. (2010). Family-based treatments for adolescents with anorexia nervosa: Single-family and multifamily approaches. In C.M. Grilo & J.E.

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Mitchell (Eds.), *The treatment of eating disorders: A clinical handbook* (pp.150-174). New York: The Guilford Press.

Hail, L. & Le Grange, D. (2018). *Bulimia nervosa in adolescents: Prevalence and treatment challenges*. *Adolescent Health, Medicine and Therapeutics*, 9,11-16.

Halmi, K. A. (2009). *Salient components of a comprehensive service for eating disorders*. *World Psychiatry*, 8(3), 150.

Matusek, J. A., & Wright, M. O. D. (2010). *Ethical dilemmas in treating clients with eating disorders: A review and application of an integrative ethical decision-making model*. *European Eating Disorders Review*, 18(6), 434-452.

Neiderman, M., Farley, A., Richardson, J., & Lask, B. (2001). *Nasogastric feeding in children and adolescents with eating disorders: toward good practice*. *International Journal of Eating Disorders*, 29(4), 441-448.

Noordenbos, G. (2016). *How to block the ways to eating disorders*. *Eating Disorders: The Journal of Treatment & Prevention*, 24(1), 47-53.

Offord, A., Turner, H., & Cooper, M. (2006). *Adolescent inpatient treatment for anorexia nervosa: A qualitative study exploring young adults' retrospective views of treatment and discharge*. *European Eating Disorders Review*, 14, 377-387.

Reiter, C. S., & Graves, L. (2010). *Nutrition therapy for eating disorders*. *Nutrition in Clinical Practice*, 25(2), 122-136.

Treasure, J., Duarte, T.A., & Schmidt, U. (2020) *Eating disorders*. *Lancet*, 395(10227), 899-911.

Westerberg, D.P., & Waitz, M. (2013). *Binge Eating Disorder*. *Osteopathic Family Physician*, 5(6), 230-233.

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 60 %

Assignments 30 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 10 %

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*Active participation - attendance and partici*

*Additional information:*

*For a more detailed course plan including details about course requirements, see file with course program on Moodle.*