

The Hebrew University of Jerusalem

Syllabus

Eating disorders: Etiology diagnosis treatment and prevention. - 3388

Last update 09-02-2023

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Prof. Rachel Bachner-Melman

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

Coordinator Office Hours: By appointment

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. 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 severe and enduring EDs, ethical dilemmas, the association between trauma and EDs, recovery from EDs and unique challenges faced by ED therapists. 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. Discuss the etiology, the diagnosis and treatment of eating disorders.
3. Familiarize the students with various treatment approaches for eating disorders, ethical dilemmas associated with treatment and the process of recovery.
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 and the recovery process from them.
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. understand the importance of multidisciplinary teams in treating people with EDs.
6. explain the different levels of care and available ED treatment options in Israel and abroad.
7. discuss controversies in the field and limitations to our current knowledge of EDs.

8. 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 80% of the classes is obligatory, from the second class. Students who are unable to attend a class should inform the lecturer before the class.

Teaching arrangement and method of instruction: The course will include lectures, guest talks, videos, discussions, case reports and work in small groups.

Course/Module Content:

15.3.23 Introduction

22.3.23 The different diagnoses

29.3.23 A personal story (Guest speaker: Liron Oren Aloni)

19.4.23 Etiology and at-risk populations

3.5.23 Trauma and EDs

10.5.23 Severe and enduring EDs

17.5.23 Prevention of ED (Guest speaker: Prof. Bryn Austin)

24.5.23 Recovery from EDs

31.5.23 No class (Rachel is at conference abroad) - watch:
<https://www.youtube.com/watch?v&eq;z8uonOTCKak>

7.6.23 Multidisciplinary teams and levels of treatment

14.6.23 A family perspective (guest speaker: Ms Maya Foner)

21.6.23 and 28.6.23 Psychotherapy: different approaches and case reports

Required Reading:

Hay, P. & Morris, J. (2016). Eating disorders. Editor: Paz Toren; 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.

Additional Reading Material:

1. 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.
2. וייסבלאי, א. (2010). הפרעות אכילה בקרב ילדים ובני נוער: תיאור התופעה, מניעתה ואיתורה. ירושלים: הכנסת.
3. טרבלס, ג., שטנגר, ו., וגור, א. (2013). סוגיות בטיפול בהפרעות אכילה בישראל. חברה ורווחה, לג, 121-140.
4. 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.
5. רועה, ד. ת. רוט, ש., ופניג, ס. (2003). צמצום התובנה למחלת האנורקסיה כביטוי ליחס אמביוואלנטי להחלמה. שיחות, י"ח(3), 247-253.
6. 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.
7. 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.
8. 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.
9. Alphin, F.B., Pilewski, K., Diekman, C., Waterhouse, 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.
10. Brewerton, T. D. (2019). An overview of trauma-informed care and practice for eating disorders. *Journal of Aggression, Maltreatment & Trauma*, 28(4), 445-462.
11. 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.
12. Dawson, L., Rhodes, P., & Touyz, S. (2014). The recovery model and anorexia nervosa. *Australian & New Zealand Journal of Psychiatry*, 48, 1009-1016.

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13. 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.
 14. Douzenis, A. & Michopoulos, I. (2015). *Involuntary admission: The case of anorexia nervosa*. *International Journal of Law and Psychiatry*, 39, 31-35.
 15. 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. Mitchell (Eds.), *The treatment of eating disorders: A clinical handbook* (pp.150-174). New York: The Guilford Press.
 16. Hail, L. & Le Grange, D. (2018). *Bulimia nervosa in adolescents: Prevalence and treatment challenges*. *Adolescent Health, Medicine and Therapeutics*, 9,11-16.
 17. Halmi, K. A. (2009). *Salient components of a comprehensive service for eating disorders*. *World Psychiatry*, 8(3), 150.
 18. 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.
 19. 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.
 20. 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.
 21. Noordenbos, G. (2016). *How to block the ways to eating disorders*. *Eating Disorders: The Journal of Treatment & Prevention*, 24(1), 47-53.
 22. 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.
 23. 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.
 24. Treasure, J., Duarte, T.A., & Schmidt, U. (2020) *Eating disorders*. *Lancet*, 395(10227), 899-911.

25. 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 20 %
Participation in Tutorials 0 %
Project work 60 %
Assignments 0 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 20 %
Personal journal

Additional information:

Presentation (case report or presentation on a topic of interest) and personal journal are not compulsory and the grade(s) will be included in the final grade only if greater than the grade for the final paper.

For a more detailed course plan including details about course requirements, see Moodle.