The Hebrew University of Jerusalem

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)

Bulik, C.M., Thornton, L., Pinheiro, A.P., Plotnicov, K., Klump, K.L, Brandt, H., et al. (2008). Suicide attempts in anorexia nervosa. Psychosomatic Medicine, 70, 378-383.

Call, C., Walsh, B.T., & Attia, E. (2013). From DSM-IV to DSM-5: Changes to eating disorder diagnoses. Current Opinion in Psychiatry, 26(6), 532-536.

Chavez, M., & Insel, T. (2007) Eating disorders: National Institute of Mental Health's perspective. American Psychologist, 62, 159-166.

Hoek, H. (2016). Review of the worldwide epidemiology of eating disorders. Current Opinion in Psychiatry, 29(6), 336-9.

Flament, M.F., Buchholz, A., Henderson, K., Obeid, N., Maras, D., Schubert, N., et al. (2015). Comparative Distribution and Validity of DSM-IV and DSM-5: Diagnoses of Eating Disorders in Adolescents from the Community. European Eating Disorders Review, 23, 100–110.

Nordbo, R., Espeset, E., Gullikson, K., Skarderud, F., & Holte, A. (2006). The meaning of self-starvation: Qualitative study of patients' perception of anorexia nervosa. International Journal of Eating Disorders, 39, 556-564.

Treasure, J., Claudino, A.M., & Zucker, N. (2010). Eating Disorders. Lancet, 375, 583-593.

Ulfvebrand, S., Birgegard, A., Norring, C., Hogdahl, L., & von Hausswolff-Juhlin, Y. (2015). Psychiatric comorbidity in women and men with eating disorders: Results

from a large clinical database. Psychiatry Research, 230(2), 294-299.

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

Class 3: Etiology of ED (14.3.2017)

Bachner-Melman, R. (2012). The relevance of Pathological Altruism to Eating Disorders. In: B. Oakley, A. Knafo, G. Madhavan, & D.S. Wilson (Eds.), Pathological altruism. Oxford University Press.

Bachner-Melman, R., Zohar, A.H., Elizur, Y., Kremer, I., Golan, M., & Ebstein, R.P. (2009). Protective self-presentation style: Association with disordered eating and anorexia nervosa mediated by sociocultural attitudes to appearance. Eating and Weight Disorders, 14(1), 1-12.

Bachner-Melman, R., Zohar, A., Kremer, I., & Ebstein, R. (2006). Psychological profiles of women with a past or present diagnosis of anorexia nervosa. The Internet Journal of Mental Health, 4(2).

Crisafulli, M.A., Thompson-Brenner, H., Franko, D.L., Eddy, K.T., & Herzog, D.B. (2010). Stigmatization of anorexia nervosa: Characteristics and response to intervention. Journal of Social and Clinical Psychology, 29, 756-770.

Holmes, S. (2015). 'That perfect girl is gone': Pro-ana, anorexia and Frozen (2013) as an 'eating disorder' film. Journal of Audience and Reception Studies, 12(2), 98-120.

Kalm, L.M., & Semba, R.D. (2005). They starved so that others be better fed: Remembering Ancel Keys and the Minnesota experiment. Journal of Nutrition, 135, 1347–1352.

Klump, K. L., Bulik, C. M., Kaye, W. H., Treasure, J., & Tyson, E. (2009) Academy for Eating Disorders position paper: Eating disorders are serious mental illnesses. International Journal of Eating Disorders, 42(2), 97-103.

Levine, M. P., & Murnen, S. K. "Everybody knows that mass media are/are not [pick one] a cause of eating disorders": A critical review of evidence for a causal link between media, negative body image, and disordered eating in females. Journal of Social & Clinical Psychology, 28, 9-42.

Rikani, A.A., Choudhry, Z., Choudhry, A.M., Ikram, H., Ashghar, M.W., Kajal, D., et al. (2013). A critique of the literature on etiology of eating disorders. Annals of Neuroscience, 20(4), 157-161.

Steinhausen, H.C., Jakobsen, H., Helenius, D., Jorgensen, P.M., & Strober, M. (2015). A nation-wide study of the family aggregation and risk factors in anorexia nervosa over three generations. International Journal of Eating Disorders, 48, 1-8.

Class 4: Populations at risk for ED (21.3.17)

Bachner-Melman, R., Zohar, A.H., Ebstein, R.P, Elizur, Y., and Constantini, N. (2006). How anorexic-like are the symptom and personality profiles of aesthetic athletes? Medicine & Science in Sport & Exercise, 38(4), 628–636.

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.

Gigi, I., Bachner-Melman, R., & Lev-Ari, L. (2016). The association between sexual orientation, susceptibility to social messages and disordered eating in men. Appetite, 99, 25-33.

Gordon, A.R., Austin, S.B., Krieger, N., White Hughto, J.M., & Reisner, S., & Reisner, S.L. (2016). "I have to constantly prove to myself, to people, that I fit the bill": Perspectives on weight and shape control behaviors among low-income, ethnically diverse young transgender women. Social Science and Medicine, 165, 141-149.

Davey, C., & Bishop, J. (2006). Muscle dysmorphia among college men: An emerging gender-related counseling concern. Journal of College Counseling, (9)2, 171.

Griffiths. S., Mond, J.M., Li, Z., Gunatilake, S., Murray, S.B., Sheffield, J., et al. (2015). Self-stigma of seeking treatment and being male predict an increased likelihood of having an undiagnosed eating disorder. International Journal of Eating Disorders, 48(6), 775-778.

Jones, W. R., & Morgan, J. F. (2010). Eating disorders in men: A review of the literature. Journal of Public Mental Health, 9(2), 23-31.

Rodgers, R.F., Ziff, S., Lowy, A.S., Yu, K., Austin, B. (2017). Results of a strategic science study to inform policies targeting extreme thinness standards in the fashion industry. International Journal of Eating Disorders. DOI 10.1002/eat.22682 [Epub ahead of print].

Schulte, S.J. (2016). Predictors of binge eating in male and female youths in the United Arab Emirates. Appetite, 105, 312-9.

Tasca, G.A., Ritchiea, K., Zachariades, F., Proulxa, G., Trinneer, A., Balfour, L., et al (2013). Attachment insecurity mediates the relationship between childhood trauma and eating disorder psychopathology in a clinical sample: A structural equation model. Child, Abuse, & Neglect, 37, 926-933.

Class 5: Cultural factors in ED (28.3.17)

Akgul, S., Derman, O. & Kanbur, O.N. (2014). Fasting during Ramadan: A religious factor as a possible trigger or exacerbator for eating disorders in adolescents. International Journal of Eating Disorders, 47(8), 905-10.

Becker, A.E. (2004). Television, disordered eating, and young women in Fiji: Negotiating body image and identity during rapid social change. Culture, Medicine and Psychiatry, 28, 533-559.

Chandra, P.S., Abbas, S., & Palmer, R. (2012). Are eating disorders a significant clinical issue in urban India? A survey among psychiatrists in Bangalore. International Journal of Eating Disorders, 45, 443–446.

Homes, S. 'My anorexia story': girls constructing narratives of identity on YouTube. Cultural studies, 1-23. doi:10.1080/09502386.

Katzman, M. (1997). Getting the difference right, it's power not gender that matters. European Eating Disorders Review, 5, 71-74.

Latzer, Y., & Tzischinsky, O. (2005). Eating attitudes in a diverse sample of Israeli adolescent females: A comparison study. Journal of Adolescence, (28)3, 317-323.

Nunes, M.A., Pinheiro, A.P., Hoffmann, J.F., & Schmidt, M.I. (2014). Eating disorders symptoms in pregnancy and postpartum: a prospective study in a disadvantaged population in Brazil. International Journal of Eating Disorders, 47(4), 426-30.

Pike, K.M., & Dunne, P.E. (2015). The rise of eating disorders in Asia: A review. Journal of Eating Disorders, 3, 33.

Thompson-Brenner, H., Boisseau, C.L., & St. Paul, M.S. (2011). Representation of ideal figure size in Ebony magazine: A content analysis. Body Image, 8, 373-378.

Class 6: Recovery from ED (25.4.2017)

Bachner-Melman, R., Zohar, A.H., & Ebstein, R.P. (2006). An examination of cognitive versus behavioral components of recovery from anorexia nervosa. Journal of Nervous and Mental Disease, 194, 697-703.

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

Dan W. Reiff, D.W., & Lampson Reiff, K.K. (1992). Indicators of Recovery. In D.W.

Reiff & K.K. Lampson Reiff (Eds), Eating Disorders: Nutrition therapy in the recovery process. Aspen Publishers Inc., Gaithersburg, MD, pp. 463-479.

Eddy, K., Tabri, N., Thomas, J.J., Murray, H.B., Keshaviah, A., Hastings, E. (2016). Recovery from anorexia nervosa and bulimia nervosa at 22-year follow-up. Journal of Clinical Psychiatry.

Eli, K. (2016). 'The body remembers': Narrating embodied reconciliations of eating disorder and recovery. Anthropology & Medicine, 23(1), 71-85.

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.

Mathieson, L., & Hoskins, M. (2005). Metaphors of change in the context of eating disorders: Bridging understandings with girls' perceptions Canadian Journal of Counselling, (39)4, 260-274.

Noordenbos, G. (2011). Which criteria for recovery are relevant according to eating disorder patients and therapists? Eating Disorders: The Journal of Treatment & Prevention, 19, 441-451.

Patching, J., & Lawler, J. (2009). Understanding women's experiences of developing an eating disorder and recovering: A life-history approach. Nursing Inquiry, 16(1), 10-21.

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

Bachar, E. (2005). Case illustration of the self-psychological treatment of eating disorders. Israel Journal of Psychiatry and Related Sciences, 42(3), 154–162.

Berg, K.C., Peterson, C.B., & Frazier, P. (2012). Assessment and diagnosis of eating disorders: A guide for professional counselors. Journal of Counseling & Development, 90, 262-269.

Brewerton, T.D. (2007). Eating disorders, trauma, and comorbidity: Focus on PTSD. Eating Disorders: The Journal of Treatment & Prevention, 15, 285-304.

Bromberg, P.M. (2001). Treating patients with symptoms—and symptoms with patience. Psychoanalytic Dialogues, 11(6), 891-912.

Golan, M., Yaroslavski, A., & Stein, D. (2009). Managing eating disorders: Countertransference processes in the therapeutic milieu. International Journal of Child Health and Adolescent Health, 2(2), 213-237.

Holmes, S. (2016). 'Blindness to the obvious'? Treatment experiences and feminist approaches to eating disorders. Feminism & Psychology, 26(4), 464-486.

Hay, P. (2013). A systematic review of evidence for psychological treatments in eating disorders: 2005–2012. International Journal of Eating Disorders, 46, 462–469.

Kleinman, S. (2009). Becoming whole again: Dance/Movement therapy for those who suffer from eating disorders. In S. Chaiklin & H. Wengrower (Eds.), The Art and Science of Dance/Movement Therapy: Life is Dance (pp. 125-144). New York, NY. And Hove E. Sussex: Routledge.

Sands, S. (2003). The subjugation of the body in eating disorders: A particularly female solution. Psychoanalytic Psychology, 20, 103-116.

Satir, D.A., Goodman, D., Shingleton, R., Porcerelli, J Gorman, B., Pratt, L., Barlow, D.H. & Thompson-Brenner, H. (2011). Alliance-Focused Therapy for anorexia nervosa. Psychotherapy, 48, 401-420.

Sibeoni, J., Orri, M., Valentin, M., Podlipski, M., Colin, S., Pradere, J., & Revah-Levy, A. (2016). Metasynthesis of the views about treatment of anorexia nervosa in adolescents: Perspectives of adolescents, parents, and professionals. PLoS One, 12(1), e0169493.

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

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.

Hilbert, A., Saelens, B. E., Stein, R. I., Mockus, D., Welch, R., R., Matt, G., & Wilfley, D. E. (2007). Pretreatment and process predictors of outcome in interpersonal and cognitive behavioral psychotherapy for binge eating disorder. Journal of Consulting and Clinical Psychology, 75(4), 645-651.

Juarascio, A., Shaw, J., Forman, E., Timko, C.A., Herbert, J.D., Butryn, M.L., & Lowe, M.R. (2013). Acceptance and Commitment Therapy for eating disorders: Clinical applications of a group treatment. Journal of Contextual Behavioral Science, 2, 85-94.

Hollon, S.D., & Wilson, G.T. (2014). Psychoanalysis or cognitive-behavioral therapy for bulimia nervosa: The specificity of psychological treatments. American Journal of Psychiatry, 171(1), 13-16.

Keizer, A., van Elburg, A., Helms, R., & Dijkerman, C. (2016). A virtual reality full

body illusion improves body image disturbance in anorexia nervosa. PLoS ONE, 11(10), e0163921.

Wisniewski, L. & Ben-Porath, D. (2015). Dialectical Behavior Therapy and eating disorders: The use of contingency management procedures to manage dialectical dilemmas. American Journal of Psychotherapy; 69(2), 129-140.

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

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.

Brownley, K.A., Berkman, N.D., Sedway, J.A., Lohr, K.N., & Bulik, C.M. (2007). Binge eating disorder treatment: A systematic review of randomized controlled trials. International Journal of Eating Disorders, 40(4), 337-348.

Bulik, C.M., Berkman, N.D., Brownley, K.A., Sedway, J.A., & Lohr, K.N. (2007). Anorexia nervosa treatment: A systematic review of randomized controlled trials. International Journal of Eating Disorders, 40(4), 310-320.

Kazdin, A., Fitzsimmons/Craft, E.E., & Wilfley, D.E. (2017). Addressing critical gaps in the treatment of eating disorders. International Journal of Eating Disorders. [epub ahead of print].

Maginot, T.R., Kumar, M.M., Shiels, J. Kaye, W., & Rhee, K.E. (2017). Outcomes of an inpatient refeeding protocol in youth with anorexia nervosa: Rady Children's Hospital San Diego/University of California, San Diego. Journal of Eating Disorders, 5, 1.

McFarlane, T., MacDonald, D.E., Trottier, K., & Olmsted, M.P. (2014). The effectiveness of an individualized form of day hospital treatment. Eating Disorders: The Journal of Treatment and Prevention, 23(3), 191-205.

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.

Olmsted, M.P., Kaplan, A.S., & Rockert, W. (2003). Relative efficacy of a 4-day versus a 5-day day hospital program. International Journal of Eating Disorders, 34, 441–449.

Shapiro, J.R., Berkman, N.D., Brownley, K.A., Sedway, J.A., Lohr, K.N., Bulik, C.M. (2007). Bulimia nervosa treatment: A systematic review of randomized controlled trials. International Journal of Eating Disorders, 40(4), 321-336.

Thompson-Brenner, H., Satir, D.A., Franko, D.L., & Herzog, D.B. (2013). Clinician reactions to patients with eating disorders: A review of the literature. Psychiatric Services, 63, 73-78.

Zipfel, S., Reas, D., Thorton, C., Olmsted, M.P., Williamson, D.A., Gerlinghoff, M., et al. (2002). Day hospitalization programs for eating disorders: A systematic review of the literature. International Journal of Eating Disorders, 31, 105-17.

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

Couturier, J., & Mahmood, A. (2009). Meal support therapy reduces the use of nasogastric feeding for adolescents hospitalized with anorexia nervosa. Eating Disorders: The Journal of Treatment and Prevention, 17:327–332.

Hage, T.W., Rø, Ø & Moen, A. (2015). "Time's up" – staff's management of mealtimes on inpatient eating disorder units. Journal of Eating Disorders, 3(1), 13.

Hage, T.W., Rø, Ø & Moen, A. To bend or not to bend? Rule adherence among staff at an eating disorder unit. Eating Disorders: The Journal of Treatment and Prevention (in press).

Leichner, P., Hall, D., & Calderon, R. (2005). Meal support training for friends and families of patients with eating disorders. Eating Disorders: The Journal of Treatment and Prevention, 13, 407–411.

Long, S., Wallis, D. J., Leung, N., Arcelus, J., & Meyer, C. (2012). Mealtimes on eating disorder wards: A two-study investigation. International Journal of Eating Disorders, 45, 241–246.

Long, S., Wallis, D., Leung, N., & Meyer, C. (2011). "All eyes are on you": Anorexia nervosa patient perspectives of in-patient mealtimes. Journal of Health Psychology, 17(3), 419–428.

Kristeller, J.L., Baer, R.A., & Quillian-Wolever, R.Q. (2006). Mindfulness-based approaches to eating disorders. In R. A. Baer (Ed.), Mindfulness-based treatment approaches (pp. 75–91). Burlington, MA: Academic Press.

Kristeller, J.L., & Wolever, R.Q. (2011). Mindfulness-based eating awareness training for treating binge eating disorder: The conceptual foundation. Eating Disorders: The Journal of Treatment and Prevention, 19, 49–61.

Treasure, J., Cardi, V., & Kan, C. (2012). Eating in eating disorders. European Eating Disorders Review, 20(1), e42-9.

Vartanian, L.R., Spanos, S., Herman, C.P., & Polivy, J. (2015). Modeling of food intake: a meta-analytic review, Social Influence, 10(3), 119-136.

Class 11: FBT and MFT: Judy Krasna – families' perspective (13.6.2017)

le Grange, D., Lock, James, Loeb, K. & Nicholls, D. (2010). Academy for Eating Disorders position paper: The role of the family in eating disorders. International Journal of Eating Disorders, 43, 1-5.

Carter, R., Yanykulovitch-Levy, D., Wertheim, H., Gordon-Erez, S. Shahimov, M., Weizman, A., et al (2016). Group cognitive behavioral treatment in female soldiers diagnosed with binge/purge eating disorders. Eating Disorders: The Journal of Treatment and Prevention, 24(4), 338-53.

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.

Johnston, J.A.Y., O'Gara, J.S.X., Koman, S.L., Wood Baker, C., & Anderson, D.A. (2015). A pilot study of Maudsley family therapy with group dialectical behavior therapy skills training in an Intensive Outpatient Program for adolescent eating disorders. Journal of Clinical Psychology, 71(6), 527–543.

Le Grange, D., Lock, J., Agras, W. S., Bryson, S. W., & Jo, B. (2015). Randomized clinical trial of family-based treatment and cognitive-behavioral therapy for adolescent bulimia nervosa. Journal of the American Academy of Child & Adolescent Psychiatry, 54(11), 886-894.

Lock, J. (2011). Evaluation of family treatment models for eating disorders. Current Opinion in Psychiatry, 24, 274–279.

Stewart, C., Voulgari, S., Eisler, I., Hunt, K., & Simic, M. (2015). Multi-family therapy for bulimia nervosa in adolescence. Eating Disorders: The Journal of Treatment and Prevention, 23, 345-355.

Voriadaki. T. Simic, M., Espiec, J., & Eisler, I. (2015). Intensive multi-family therapy for adolescent anorexia nervosa: adolescents' and parents' day-to-day experiences. Journal of Family Therapy, 37, 5–23.

Class 12: Ethical dilemmas in ED treatment (20.6.2017)

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

Giordano, S. (2005). Risk and supervised exercise: the example of anorexia to illustrate a new ethical issue in the traditional debates of medical ethics. Journal of Medical Ethics, 31, 15–20.

Watson, T.L., Bowers, W.A., & Andersen, A.E. (2000). Involuntary treatment of eating disorders. American Journal of Psychiatry, 157, 1806–1810.

Guarda, A S., Pinto, A.M., Coughlin, J., Hussain, S., Haug, N., & Heinberg, L.J. (2007). Perceived coercion and change in perceived need for admission in patients hospitalized for eating disorders. American Journal of Psychiatry, 164, 108-114.

Matusek, J.A., & Wright, M.O. (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, 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.

Williams, M., & Haverkamp, B.E. (2015). Eating disorder therapists' personal eating disorder history and professional ethics: an interpretive description. Eating Disorders: The Journal of Treatment and Prevention, 26, 393-410.

Class 13: ED Prevention (27.6.2017)

Atkinson, M.J., & Wade, T.D. (2014). Does mindfulness have potential in eating disorders prevention? A preliminary controlled trial with young adult women. Early Intervention in Psychiatry, 10(3):234-45.

Bar, R. J., Cassin, S. E., & Dionne, M. M. (2016). Eating disorder prevention initiatives for athletes: A review. European Journal of Sport Science, 16(3), 325-335.

Bergstrom, R.L., Neighbors, C., & Malheim, J.E. (2009). Media comparisons and threats to body image: Seeking evidence of self-affirmation. Journal of Social and Clinical Psychology 28(2), 264-280.

Cohn, L., Murray, S., Wooldridge, T. & Walen, A. (2016). Including the excluded: Males and gender minorities in eating disorder prevention. Eating Disorders: The Journal of Treatment and Prevention, 24(1), 114-120.

Levine, M.P., & Smolak, L. (2016). The role of protective factors in the prevention of

negative body image and disordered eating. Eating Disorders: The Journal of Treatment & Prevention, 24(1), 39–46.

Neumark-Sztainer D. (2009). The interface between the eating disorders and obesity fields: Moving toward a model of shared knowledge and collaboration. Eating and Weight Disorders, 14, 51-58.

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

O'Dea, J. (2002). Can body image education programs be harmful to adolescent females? Eating Disorders: The Journal of Treatment & Prevention, 10, 1-13.

Piran N. (2010). A feminist perspective on risk factor research and on the prevention of eating disorders. Eating Disorders: The Journal of Treatment & Prevention, 18, 183-198.

Stice, E., Becker, C.B., & Yokum, S. (2013). Eating disorder prevention: Current evidence-base and future directions. International Journal of Eating Disorders, 46, 478-485.

Watson, H., Joyce, T., French, E., Willan, V., Kane, R.T., Tanner-Smith, E.E., et al. (2016). Prevention of Eating Disorders: A systematic review of randomized, controlled trials'. International Journal of Eating Disorders, 49(9), 833-862.

Wilksch, S.M., Paxton, S.J., Byrne, S.M., Austin, S.B., O'Shea, A., & Wade, T.D. (2017). Outcomes of three universal eating disorder risk reduction programs by participants with higher and lower baseline eating disorder prevention: Current evidence-base and future directions shape and weight concern. International Journal of Eating Disorders, 50(1), 66-75.

Course/Module evaluation:

End of year written/oral examination 70 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 0 %
Assignments 10 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 20 %
Personal journal

Additional information:

The take-home exam (70% of final grade) will take place from 8:00 on Thursday 6.7.17 to 12:00 noon on Sun 9.7.17. The exam will consist of three open essay-style questions on topics studied during the course.

There will be 10 mini-assignments (individually or in pairs) about the weekly reading (10% of final grade). Each week, each pair will read one of the suggested readings or a relevant reading of their choice and write a maximum of 5 lines (in English) about it. This may include a brief summary, comments, opinions, questions, relevant personal or clinical anecdotes, associations etc. What you write should make it clear that you have read the article/chapter. Send the mini-report by 8pm each Monday to rachel.bachner@mail.huji.ac.il. Marks will be deducted for sending your mini-report late, writing more than 5 lines, and for content that is irrelevant or that leaves me wondering whether you in fact read the text.

Throughout the semester, each student will keep a personal self-reflection journal documenting your personal reactions to course material, your relationship with food, and issues associated with body image and eating disorders.)20% of final grade). You are invited to share your thoughts and feelings relating to lectures, class discussions, reading material, and anything else you encounter in your daily life that relates to topics presented in the course. Try to write regularly, with a date for each entry. Length is flexible – quality is more important than length and a longer journal is not necessarily better than a shorter one. Length: between 3 and 8 pages. The grade for this journal will be based on
1. the knowledge about ED that you acquire during the course as reflected in your journal.
2. your personal, genuine thoughts and emotions connected to the knowledge that you acquire during the course.
3. the depth and originality of your reflections about eating disorders research, therapy and prevention.
4. your insight into how your personal relationship with your body and with food evolves during the course in response to course material.
5. the degree to which you successfully integrate the academic material to which you are exposed during the course with personal and interpersonal issues connected to it.
The personal journal can be typed or hand-written – but it must be clearly legible. It will be submitted at the end of the semester, on Tuesday, 27.6.17. One point will be deducted for each day it is overdue.

Note on language: All assignments, journals and exams must be written in English. Every effort will be made not to base your grades on your level of English, however points will be deducted if what you write is not clear and easily understood.

A survey will be administered three times during the course and those who choose to participate and complete the survey three times will receive a bonus point.