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PSYC 631.01: Interventions - Eating Disorders

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Psychology 631- Section One
Interventions: Eating Disorders
Fall 2001
Shan Guisinger, Ph.D.

Week 1: September 4 & 5 : Overview

Organizational meeting and summary of course requirements and topics
DSM definitions of Anorexia nervosa (AN), Bulimia nervosa (BN), Eating Disorder Not Otherwise Specified (EDNOS). Compulsive Overeating and Obesity will also be considered. *Chapters 3 & 4 Garner & Garfinkel*

Week 2: September 11 & 12: Introduction to the Biopsychosocial Model

Natural Selection and Behavioral Ecology. *Adapted to Flee Famine, S. Guisinger; Chapter 8, Garner & Garfinkel*

Week 3: September 18 & 19: History of Anorexia Nervosa

Chapter 1, Garner & Garfinkel; Readings from T. Kuhn, Structure of Scientific Revolutions

Week 4: September 25 & 26: Psychological Theories of AN

Readings from H. Bruch, *The Golden Cage*; W. Swift, *Bruch Revisited*
Psychodynamic and family perspectives. What's bad about being good?

Week 5: October 2 & 3: Social Theories of Eating Disorders

Why now? A century of bad advice to women. *S. Orbach, Hunger Strike; N. Wolf, Hunger*

Week 6: October 9 & 10: Biomedical Theories of Eating Disorders

Readings from K. Brownell & C. Fairburn, Eating Disorders and Obesity
Take HOME Exam handed out.

Week 7: October 16 & 17: Nutrition and Eating Disorders

Chapter 9, Garner & Garfinkel

Week 8: October 23 & 24: Bulimia Nervosa

Biological issues.
Readings from K. Brownell & C. Fairburn, Eating Disorders and Obesity
Chapter 2, Garner & Garfinkel
Take Home Due.

Week 9: October 30 & 31: Bulimia Nervosa

Psychological and social issues.
Chapter 2, Garner & Garfinkel
Rough draft of your papers is due

Week 10: November 6 & 7: **Treatment for Bulimia Nervosa**

Chapter 6 & 14, Garner & Garfinkel

Week 11: November 13 & 14: **Compulsive Overeating**

*Hirschman & Munter, *Overcoming Overeating**

Week 12: November 20 & 21: **Nutrition in BN, Obesity, and Binge Eating Disorder**

Week 13: November 27 & 28: **Diabetes and obesity as adaptations to famine**

*Readings from K. Brownell & C. Fairburn, *Eating Disorders and Obesity**

Week 14: December 4 & 5: **Values & Ethics in Eating Disorders Therapy**

In class presentations

Week 15: December 11 & 12: **Issues in Eating Disorders**

In class presentations

Week 16: December 18 & 19: **Eating Disorders Therapy with specific Populations**

In class presentations

Required Texts:

Garner, D. M. & Garfinkel, P.E. (1997) Handbook of Treatment for Eating Disorders, 2nd Ed. New York: Guilford.

Course Objectives:

Traditionally psychologists have approached eating disorders as purely or mostly psychological disorders. This course is designed to make you question the traditional social science model. You will be asked to understand and master sophisticated evolutionary models and biological and social aspects as well and to apply this knowledge to treatment.

Skills:

The material covered and the experiential components of this course are designed to facilitate the skill development for, and the understanding of, Eating Disorders therapy practice.

Evaluation & Requirements

1. Active participation in class discussion. You are expected to attend every class. If you must be absent, leave a message on my voice mail (543-8138 or e-mail --

guis@selway.umt.edu). You are allowed 2 excused absences before your grade will be dropped automatically. (25% of your grade)

2. Presentations re: **Your history of your relationship with food and dieting.** Were you bottle-fed, fed on a schedule, ever put on a diet. How were sweets handled in your family. What were your parents and loved ones attitudes toward food?

Keep a food diary for a week. The presentations will not be graded but are intended to be experiential.

3. There will be a mid-semester take home exam. The handout will be given on October 9, and due October 23. The exam will focus on knowledge and integration of material. Readings, class discussion, application and integration of your own ideas will be expected in your work. Grading will be based on quality of answering the questions, presentation and clarity of ideas, and your ability to apply and integrate information. (35% of your grade)

4. Final paper and presentation : Rough draft is due Oct 30; paper is due Wednesday the 20th of December in my box. Class presentations will be scheduled for in class December 5 -19. The research paper is on the application of an eating disorders issue or therapy approach with a specific clinical population (issues with dancers, athletes, Native Americans, males, sexual abuse, etc.). Your written paper should be 17 pages minimum and 20 pages maximum. Your in class presentation should include a brief abstract and bibliography to be shared with your classmates. You should plan for a presentation of 30 minutes. (40% of your grade)

Notes:

1) This schedule is subject to change. Students are responsible for changes in assignments and schedules that may be announced in class.

2) October 15 is the last day to drop, change a section, or change grading options without a petition. After this date, petitions to drop will be granted only in documentable emergency cases.

3) Students with disabilities have the responsibility to declare their disability to the instructor at the beginning of the course if they require accommodations, and also have the responsibility to arrange for such accommodations with Disability Services for Students (Corbin Hall). The instructor will work collaboratively with the student and DSS to provide these accommodations.

4) Departmental and University policies regarding Incompletes do not allow changing "Incomplete" grades after one year after an "I" has been granted.