



PSYC 750.11

Eating Disorders

Winter 2017

Instructor:	Dr. Kristin von Ranson	Lecture Location:	AD 247
Phone:	403-220-7085	Lecture Days/Time:	M 9:00AM – 11:45AM, Feb. 20-April 12
Email:	kvonrans@ucalgary.ca		
Office:	Admin 272		
Office Hours:	By appointment		

Course Description and Goals

The purpose of this module is to familiarize students with phenomenology, theory, and practice-related topics in eating disorders, including assessment, treatment, and ethical issues. This module emphasizes psychosocial bases of eating pathology and psychological interventions.

This module is run as a seminar which will include didactic presentations by the instructor, discussion of assigned readings and clinical case material, and student presentations.

Required Text

Required readings are available via D2L and the university library website.

Evaluation

Class participation/discussion of the readings (50%)

Group presentation (50%)

Group presentations: Groups of 2-3 students will jointly prepare and make 40- (for 2 presenters) to 60-minute (for 3 presenters) class presentations on practical topics related to treatment of eating disorders and related problems, e.g., evidence-based psychosocial treatments, such as:

- Family-based therapy
- Dialectical behaviour therapy
- Self-help approaches/stepped care
- Cognitive remediation therapy
- Integrative cognitive-affective therapy
- Multi-family therapy
- Dissonance-based prevention of body dissatisfaction

The presenters will then jointly lead a class discussion on their topic (~10 minutes per presenter). Please email the instructor your PowerPoint slides and your slides in the form of a handout at the start of your presentation. I will post the slides on D2L after class.

Group membership and topics will be determined at the first class meeting.

Grading Scale

This course is evaluated as credit/no credit. Students must receive a grade of 80% to receive credit for the course.

Important dates

Winter 2017

Date	Topic
M Jan 09	Winter term lectures begin.
F Jan 20	Last day to drop Winter Term half-courses. No refunds for Winter Term half courses after this date.
M Jan 23	Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.
Feb 19 - 26	Reading Week. No lectures.
M Feb 20	Alberta Family Day. No Classes. University Closed
F Apr 14	Good Friday. No Classes. University Closed
W Apr 12	Winter Term Lectures End. Last day to withdraw with permission from Winter or Multi Term courses.

Date	Topic	Readings
M Feb. 27	Eating disorders across the lifespan; Assessment	<p>von Ranson, K. M., & Wallace, L. M. (2014). Eating disorders. In E. J. Mash & R. A. Barkley (Eds.), <i>Child Psychopathology (3rd ed.)</i>, pp. 801-847. New York: Guilford Press. http://site.ebrary.com.ezproxy.lib.ucalgary.ca/lib/ucalgary/detail.action?dclid=10883912</p> <p>Berg, K. C., Peterson, C. B., & Frazier, P. (2012). Assessment and diagnosis of eating disorders: A guide for professional counselors. <i>Journal of Counseling & Development, 90</i>, 262-269. http://go.galegroup.com/ps/i.do?id=GALE%7CA295551343&v=2.1&u=ucalgary&it=r&p=AONE&sw=w&asid=27065dc7fb624bb6c850572f62104194</p>
M Mar 6	Treatment: Overview; Evidence-based treatments; Principles of cognitive behavioural therapy for eating disorders	<p>Kass, A. E., Kolko, R. P. & Wilfley, D. E. (2013). Psychological treatments for eating disorders. <i>Current Opinion in Psychiatry, 26</i>, 549-555. doi:10.1097/YCO.0b013e328365a30e http://ovidsp.ovid.com.ezproxy.lib.ucalgary.ca/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00001504-201311000-00006&LSLINK=80&D=ovft</p> <p>von Ranson, K. M., Wallace, L. M., & Stevenson, A. (2012). Psychotherapies provided for eating disorders by community clinicians: Infrequent use of evidence-based treatment. <i>Psychotherapy Research, 23</i>(3), 333-343. doi:10.1080/10503307.2012.735377 http://dx.doi.org.ezproxy.lib.ucalgary.ca/10.1080/10503307.2012.735377</p> <p>Murphy, R., Straebler, S., Cooper, Z. & Fairburn, C. G. (2010). Cognitive behavioral therapy for eating disorders. <i>Psychiatric Clinics of North America, 33</i>, 611-627. doi:10.1016/j.psc.2010.04.004 http://www.sciencedirect.com.ezproxy.lib.ucalgary.ca/science/article/pii/S0193953X10000468</p>

		Cooper, Z. & Fairburn, C. G. (2011). The evolution of "enhanced" cognitive behavior therapy for eating disorders: Learning from treatment nonresponse. <i>Cognitive and Behavioral Practice</i> , 18, 394-402. doi:10.1016/j.cbpra.2010.07.007 http://www.sciencedirect.com.ezproxy.lib.ucalgary.ca/science/article/pii/S107722911000356
M Mar 13	Treatment: Principles of interpersonal psychotherapy for eating disorders	Murphy, R., Straebler, S., Basden, S., Cooper, Z., & Fairburn, C.G. (2012). Interpersonal psychotherapy for eating disorders. <i>Clinical Psychology and Psychotherapy</i> , 19, 150-158. doi:10.1002/cpp.1780 http://onlinelibrary.wiley.com.ezproxy.lib.ucalgary.ca/doi/10.1002/cpp.1780/abstract Rieger, E., Van Buren, D. J., Bishop, M., Tanofsky-Kraff, M., Welch, R., & Wilfley, D. E. (2010). An eating disorder-specific model of interpersonal psychotherapy (IPT-ED): Causal pathways and treatment implications. <i>Clinical Psychology Review</i> , 30, 400-410. doi: 10.1016/j.cpr.2010.02.001 http://www.sciencedirect.com.ezproxy.lib.ucalgary.ca/science/article/pii/S027273581000022X
M Mar 20	Group presentations	TBA
M Mar 27	Group presentations	TBA
M Apr 3	Group presentations	TBA
M Apr 10	Ethical issues	Bell, K. (2010). Anorexia nervosa in adolescents: Responding using the Canadian Code of Ethics for Psychologists. <i>Canadian Psychology</i> , 51, 249-256. doi:10.1037/a0021274 http://ezproxy.lib.ucalgary.ca/login?url=http://search.proquest.com.ezproxy.lib.ucalgary.ca/docview/817562407?accountid=9838 Matusek, J. A. & O'Dougherty Wright, M. (2010). Ethical dilemmas in treating clients with eating disorders: A review and application of an integrative ethical decision-making model. <i>European Eating Disorders Review</i> , 18, 434-452. doi:10.1002/erv.1036 http://onlinelibrary.wiley.com.ezproxy.lib.ucalgary.ca/doi/10.1002/erv.1036/abstract Touyz, S. W. & Carney, T. (2010). Compulsory (involuntary) treatment for anorexia nervosa. Grilo, C. M. [Ed], Mitchell, J. E. [Ed]. The treatment of eating disorders: A clinical handbook. New York, NY, US: Guilford Press, US; pp. 212-224.

Supplementary Readings

Striegel-Moore, R. H., & Bulik, C. M. (2007). Risk factors for eating disorders. *American Psychologist*, 62(3), 181-198.
<http://ovidsp.ovid.com.ezproxy.lib.ucalgary.ca/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&N=00000487-200704000-00005&LSLINK=80&D=ovft>

- Standing Committee on the Status of Women (2014). Eating disorders among girls and women in Canada. Ottawa: House of Commons 41st Parliament, Second Session.
- Anderson, D. A., Lundgren, J. D., Shapiro, J. R., & Paulosky, C. A. (2004). Assessment of eating disorders: Review and recommendations for clinical use. *Behavior Modification*, 28, 763-782.
doi:10.1177/0145445503259851 <http://bmo.sagepub.com.ezproxy.lib.ucalgary.ca/content/28/6/763>
- Anderson, D. A., & Murray, A. D. (2010). Psychological assessment of the eating disorders. In W. S. Agras (Ed.), *The Oxford Handbook of Eating Disorders*, pp. 249-258. New York: Oxford University Press.
- Galsworthy-Francis, L. & Allan, S. (2014). Cognitive behavioural therapy for anorexia nervosa: A systematic review. *Clinical Psychology Review*, 34, 54-72. doi:10.1016/j.cpr.2013.11.001
<http://www.sciencedirect.com.ezproxy.lib.ucalgary.ca/science/article/pii/S0272735813001566>
- Waller, G., Gray, E., Hinrichsen, H., Mountford, V., Lawson, R., & Patient, E. (2014). Cognitive-behavioral therapy for bulimia nervosa and atypical bulimic nervosa: Effectiveness in clinical settings. *International Journal of Eating Disorders*, 47, 13-17. doi: 10.1002/eat.22181
<http://onlinelibrary.wiley.com.ezproxy.lib.ucalgary.ca/doi/10.1002/eat.22181/abstract>
- Wallace, L. M., & von Ranson, K. M. (2012). Perceptions and use of empirically-supported psychotherapies among eating disorder professionals. *Behaviour Research and Therapy*, 50, 215-222.
doi: 10.1016/j.brat.2011.12.006
<http://www.sciencedirect.com.ezproxy.lib.ucalgary.ca/science/article/pii/S0005796711002713>

Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have up to 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. **Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam during exam make-up hours provided by the department** <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>.

Travel During Exams

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will **NOT** be considered by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. **If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam. Under no circumstances will this be accommodated by the department.**

Freedom of Information and Protection of Privacy (FOIP) Act

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>
Please check this website and note the nearest assembly point for this course.

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 130 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suypaca@ucalgary.ca
Student Union Faculty Rep.: arts1@su.ucalgary.ca

Student Ombudsman's Office

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or ombuds@ucalgary.ca
(<http://www.ucalgary.ca/provost/students/ombuds>)

Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.
Call 403-220-5333.

Important Dates

The last day to drop this course with no “W” notation and **still receive a tuition fee refund** is **January 20, 2017**. Last day for registration/change of registration is **January 23, 2017**. The last day to withdraw from this course is **April 12, 2017**.