COURSE OUTLINE

OXNARD COLLEGE

I. Course Identification and Justification:
   A. Proposed course id: ADS R125
      Banner title: Treating Eating Disorders
      Full title: Treatment of Eating Disorders
   B. Reason(s) course is offered:
      Qualifies for additional Eating Disorder Certificate from CAADE.
   C. C-ID:
      1. C-ID Descriptor:
      2. C-ID Status:
   D. Co-listed as:
      Current: None

II. Catalog Information:
   A. Units:
      Current: 3.00
   B. Course Hours:
      1. Weekly Meeting Hours:
         Current: Lecture: 3.00 Lab: Other:
         2. Total Contact Hours:
            Current: 48.00 to 54.00
   C. Prerequisites, Corequisites, Advisories, and Limitations on Enrollment:
      1. Prerequisites
         Current: ADS R115: Alcohol, Drugs, Eating Disorders and Nutrition
      2. Corequisites
         Current:
      3. Advisories:
         Current:
      4. Limitations on Enrollment:
         Current:
   D. Catalog description:
      Current:
      This course in eating disorders is designed to give students an understanding of the
assessment and treatment of co-occurring eating disorders in various treatment settings (inpatient, day treatment, outpatient). The students will develop an understanding of the complexity and variety of eating disorders. The students will explore various philosophies regarding etiology and treatment for clients with eating disorders.

E. Fees:
   *Current:* $ None

F. Field trips:
   *Current:*
   - Will be required: [ ]
   - May be required: [X]
   - Will not be required: [ ]

G. Repeatability:
   *Current:*
   - A - Not designed as repeatable

H. Credit basis:
   *Current:*
   - Letter graded only [x]
   - Pass/no pass [ ]
   - Student option [ ]

I. Credit by exam:
   *Current:*
   - Petitions may be granted: [ ]
   - Petitions will not be granted: [X]

III. Course Objectives:
Upon successful completion of this course, the student should be able to:
   A. Demonstrate understanding of how to assess and screen for anorexia nervosa, bulimia nervosa, binge eating disorder and other eating disorders as defined in Diagnostic & Statistical Manual of Mental Disorders, 5th Ed. (DSM-5).
   B. Identify various theories of etiology & treatment of eating disorders.
   C. Identify roles and importance of all eating disorder treatment personnel (MDs, PhDs, Counselors, Registered Dietitians, and Registered Nurses).
   D. Articulate and apply knowledge of intervention methods used in treating eating disorders.

IV. Student Learning Outcomes:
   A. Identify 3 generally accepted theories on etiology of eating disorders.
   B. Identify 2 psychometrically validated screening/assessment instruments for the treatment of eating disorders and obesity.
   C. Identify 3 accepted treatment theories of eating disorders.

V. Course Content:
   Topics to be covered include, but are not limited to:
   A. Review of Nutrition & Eating Disorder Basics:
1. Overview
2. Terms
3. Key concepts

B. Overview of Eating Disorders
1. Diagnosis, assessment and treatment planning for Anorexia Nervosa
2. Diagnosis, assessment and treatment planning for Bulimia Nervosa
3. Diagnosis, assessment and treatment planning for Binge Eating Disorder and Eating Disorder Not Otherwise Specified
4. Medical Complications of Eating Disorders

C. Treatment of Anorexia Nervosa
1. Cognitive-Behavioral Therapy for Anorexia Nervosa
2. Specialist supportive clinical management for Anorexia Nervosa
3. Cognitive Remediation Therapy for Anorexia Nervosa
4. Family-Based treatments for adolescents with Anorexia Nervosa
   a. Single-Family Approaches
   b. Multi-Family Approaches
5. Pharmacotherapy for Anorexia Nervosa
6. Nutritional rehabilitation for Anorexia Nervosa
7. In-patient and day hospital treatment for Anorexia Nervosa
8. Compulsory (Involuntary) treatment for Anorexia Nervosa
9. The chronically ill patient with Anorexia Nervosa
   a. Development
   b. Phenomenology
   c. Therapeutic considerations

D. Treatment of Bulimia Nervosa and Binge Eating Disorder
1. Cognitive-Behavioral Therapy for Bulimia Nervosa
2. Interpersonal Psychotherapy for Bulimia Nervosa and Binge-Eating Disorder
3. Dialectical Behavior Therapy for Bulimia Nervosa and Binge-Eating Disorder
4. Integrative Cognitive-Affective Therapy for Bulimia Nervosa
5. Psychodynamic Therapy for Eating Disorders
6. Self-Help approaches for Bulimia Nervosa and Binge-Eating Disorder
7. Family-Based Treatment for Adolescents with Bulimia Nervosa
8. Pharmacotherapy for Bulimia Nervosa
9. Pharmacotherapy for Binge-Eating Disorder

E. Special Topics in Treatment
1. Treatment of childhood eating difficulties and disorders
2. Obesity treatment for Binge-Eating Disorder in the obese
3. Eating problems and bariatric surgery
4. Treatment of psychiatric comorbidities
5. Treatment of Night-Eating Syndrome
6. Treatment for body image disturbances
7. Caring for someone with an eating disorder
8. New technologies in treatments for eating disorders

F. Research Issues
1. Evaluating the efficacy of eating disorder treatments: research design and statistical issues
2. Assessment of eating disorder treatment efficacy

VI. Lab Content:
None
VII. Methods of Instruction:
Methods may include, but are not limited to:
A. Guided lecture using white board and/or multi-media presentation of principles for managing and treating clients with eating disorders.
B. Instructor led class discussion of techniques for managing clients with eating disorders.
C. Instructor led class discussion of evidenced based best practices for treating clients with eating disorders.
D. Class and small group role plays to practice practical skills for managing and treating clients with eating disorders.

VIII. Methods of Evaluation and Assignments:
A. Methods of evaluation for degree-applicable courses:
   Essays [X]
   Problem-solving assignments (Examples: Math-like problems, diagnosis & repair) [ ]
   Physical skills demonstrations (Examples: Performing arts, equipment operation) [ ]

For any course, if "Essays" above is not checked, explain why.
B. Typical graded assignments (methods of evaluation):
   1. Mid-Term Essay: Evidence-Based Treatments for Eating Disorders at Different Levels of Care
   2. Final Project: Writing a treatment plan for one type of eating disorder (i.e. Anorexia Nervosa, Bulimia Nervosa or Binge Eating Disorder) demonstrating understanding and ability to apply principles of evidence based best treatment practices.
C. Typical outside of classroom assignments:
   1. Reading
      a. Reading in the class textbook and other reliable sources of information.
   2. Writing
      a. Writing a term paper summarizing at least 3 evidence based treatment theories for eating disorder.
   3. Other
      a. Researching evidence based best practices for their mid-term & final papers.

IX. Textbooks and Instructional Materials:
A. Textbooks/Resources:
B. Other instructional materials:
   1. Multi-media presentations and videos

X. Minimum Qualifications and Additional Certifications:
A. Minimum qualifications:
   1. Addiction Paraprofessional Training
B. Additional certifications:
1. Description of certification requirement: Masters in Psychology
2. Name of statute, regulation, or licensing/certification organization requiring this certification:

XI. Approval Dates
Curriculum Committee Approval Date:
Board of Trustees Approval Date:
State Approval Date:
Catalog Start Date: Fall 2018

XII. Distance Learning Appendix
A. Methods of Instruction
   Methods may include, but are not limited to:
   1. Regular, effective contact can be achieved through use of the district provided LMS's email and messaging system, telephone contact, synchronous chats, asynchronous discussions, orientations, assignments with timely feedback, and other relevant synchronous and asynchronous technologies which encourage faculty and student interaction. Methods of instruction may include live discussions using CCC Confer or video conferencing (such as Skype), live and archived faculty presentations (e.g., PowerPoints, PDFs, lectures, and multimedia) coupled with asynchronous student questions to the instructor, social media (e.g., podcasts, wikis, blogs, and online videos), animation, virtual office hours, weekly announcements, workshops, group and individual meetings, supplemental sessions for review and study, and virtual field trips with follow up discussions, among others.

B. Information Transfer
   Methods may include, but are not limited to:
   1. Collaborative projects: group blogs, wikis
   2. Course announcements
   3. Discussion boards
   4. E-Mail
   5. Instructor-provided online materials
   6. Messaging via the LMS
   7. Modules on the LMS
   8. Personalized feedback
   9. Phone/voicemail
   10. Podcasts/webinars/screencasts
   11. Textbooks
   12. Videoconferencing/CCCConfer/Skype