INTRODUCTION AND OVERVIEW OF EATING DISORDERS

FALL 2003

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CATALOG DESCRIPTION:
This course will introduce students to the history, symptomology and treatment of anorexia nervosa, bulimia, and binge eating disorder. Other related areas covered include women’s issues, cultural differences, societal attitudes, the addiction cycle and sexual abuse. The biological, psychoanalytic, cognitive-behavioral and other theoretical perspectives will be examined. Also presented are various referral sources and current job availability in the field. This course is part of a paraprofessional educational program.

This online portion of the institute is designed to provide the student with an understanding of the broad spectrum of history, research, and theoretical models, which form the foundation for treating the needs of the eating disordered individual. Treating these needs demands knowledge in a number of areas of intervention.

COURSE CONTENT:
There will be 10 modules presented online. These will consist of the following:
1. Introduction and Overview of Eating Disorders
2. History and Research of Eating Disorders
3. Theoretical Models of Eating Disorders
4. Dual Diagnosis
5. Eating Disorders and Chemical Dependency: Interrelationships
6. ED’s: Special Populations (males, athletes, children, cultural groups)
7. Obesity and Size Acceptance
9. Cognitive-Behavioral Approaches to Eating Disorders
10. Prevention of Eating Disorders

Each module is designed to introduce the student to the elements necessary for a foundation in the field of eating disorders. It is necessary, therefore, for each student to complete all modules presented in order to appreciate the vast amount of specialized knowledge necessary to be an effective eating disorders counselor.

Upon completion of this course the student will be able to:
1. Identify and evaluate for the presence of eating disorder based on symptomatology presented.
2. Define specific characteristics unique to each eating disorder.
3. Recognize behavior patterns and relevant history as having a strong correlation to the existence of the eating disorder.
4. Conceptualize and discuss the various etiologies presented in research specific to eating disorders.
5. Identify various types of community resources available for the treatment of eating disorders.

REQUIRED TEXTS:
Selected Readings and related web sites

COURSE REQUIREMENTS: Successful completion of this course will be based on completion of all reading assignments, online exams and a final written paper.

CLASS MEETS: Online at http://socccd.blackboard.com
Optional on-site orientation Monday, August 25, 2003 12:00-2:00 p.m. HS 19 (optional)
-or- Online orientation with Professor Phelps

CLASS ASSIGNMENTS: At the completion of each module, the student will be given essay questions and/or a multiple choice exam pertaining to the topic covered. All exams/assignments must be completed by December 21, 2003.
**GRADING:** To receive a grade of A in the course the student must complete all assignments prior to December 21, 2003 with a score of 90% or higher. A grade of B requires completion of all assignments with a score of 80% to 89%. A grade of C requires completion of all assignments with a score of 70% to 79%.

Extra credit is possible. Please discuss extra credit options with your instructor.
How To Get Into Your Saddleback Online Course in Blackboard

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1. At the login type your username (assigned to you by Saddleback)
2. It is the first part of your email address +#
   Example: lphelps0 (first initial, last name, #)
3. Your password is your student ID#
4. Find the HS181 link on the righthand side of the screen and click
5. You’re in!

How to Get Your Email

1. Go to [http://www.saddleback.edu](http://www.saddleback.edu)
2. Find New Student, Get Your Email or find MySite on the righthand side of the screen
3. Click on either link (Get your email or MySite)
4. Type in your Student ID#
5. Type in your PIN (the last 4 digits of your SS#)

Some Suggestions Before You Start:
1. If you use AOL as your dialup (internet service provider/ISP), it is best to dial in, shrink the AOL browser, and then open Internet Explorer or Netscape. The AOL browser often doesn’t work with Blackboard.
2. It’s a good idea to have Microsoft Word for essays and papers, but you can use Works or any text editor (Wordpad, Notebook, etc.)
3. We use a lot of Power Point slides. There is a Power Point viewer free for download on the Saddleback DE website and inside our course
4. You should know how to copy and paste text from your word processor into Blackboard
5. Keep hard copies or electronic copies of everything, just in case!