

**JUSTICE INSTITUTE OF BRITISH COLUMBIA
COURSE OUTLINE**

Division: Centre for Leadership and Community Learning
Program: Counselling and Capacity Building
Course Code: COUNS136
Course Title: How to Work Effectively with Clients with Disordered Eating and Their Families

<input checked="" type="checkbox"/>	New Course	<input type="checkbox"/>	Revised Course
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Previous Course Code & Title:

Course Effective Date:

Course Level:

<input type="checkbox"/>	First Year	<input type="checkbox"/>	Second Year	<input type="checkbox"/>	Third Year	<input type="checkbox"/>	Fourth Year
<input type="checkbox"/>	Other:						

<input type="checkbox"/>	Required	<input type="checkbox"/>	Elective	# of Credits: 0.5
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Delivery Method:

	Method	Hrs
<input checked="" type="checkbox"/>	Face to Face	7
<input type="checkbox"/>	Online	
<input type="checkbox"/>	Correspondence	
<input type="checkbox"/>	Simulation / Lab	
<input type="checkbox"/>	Practicum	

Is this course delivered only online? Yes No # Hours

Comments:

Pre-requisites:

Equivalent Course(s) within the JIBC:

Transfer Credit Exists at: (List Institutions)

Course Description:

This course is for any helping professional interested in increasing their knowledge about the relationship between girls and women (ages 12 and up) and disordered eating, and how to work effectively with clients with disordered eating and/or their families. Participants will learn: signs and symptoms of the various eating disorders such as anorexia, bulimia, and compulsive overeating; why women and girls are so susceptible to disordered eating; what therapeutic techniques and theories work well for clients with disordered eating; and resources for helping professionals and clients who struggle with food and body image. Participants will be given specific tools to: work effectively with clients who present with disordered eating and their families, feel confident about their ability to work with this population, and help other health professionals understand and better treat disordered eating. This will be an interactive and participatory course, so come with your questions and/or cases for discussion.

Grading System:

Check whichever applies to this course: (if applicable)

	Letter Grades		Percentage		Pass/Fail		Credit/No Credit
	Complete/Incomplete	X	Attendance Only				

Passing Grade:

- 100% attendance in class
- Active contribution in large and small group discussions and activities

Grading Scale:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63

A-	3.67	80-84	C-	1.67	56-59
B+	3.33	76-79	D	1.00	50-55
B	3.00	72-75	F	0.00	0-49
B-	2.67	68-71			

Evaluation - Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%		

Comments:

Course Goals:

To assist healthcare providers in working confidently and effectively with disordered eating clients and their families within their own communities and healthcare settings.

Learning Objectives:

Upon successful completion of this course, the participant will be able to:

- Identify the signs and symptoms of the various eating disorders such as: anorexia, bulimia, and compulsive overeating.
- Understand why women and girls are so susceptible to disordered eating and what therapeutic techniques and theories work well for clients with this problem.
- Work respectfully and collaboratively with disordered eating clients and their loved ones, communities, and within the larger healthcare setting.
- Be familiar with the resources for health care providers and clients who struggle with food and body image.

Course Topics/Content:

- Identifying disordered eating
- How to approach a client with disordered eating and establish an on-going supportive relationship

- Disordered eating and family-of-origin issues
- How to work effectively with disordered eating clients within the context of family, community, and the healthcare system
- Identifying our own issues with food/body image as well as our colleagues and how to minimize the impact they have on our work with clients

Text and Resource Materials: ([APA Style Guidelines](#))

Required	Author Surname, Initials - Title	Date Published	Current Edition	Place of Publication	Chapter(s) Covered
1.					
2.					
3.					
4.					
5.					

Comments and Course Policies:

To view the Justice Institute of BC Policies listed below, visit:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy

Harassment Policy

Prior Learning Assessment Policy

Student Code of Conduct

Academic Appeals Policy

Intellectual Property Rights Policy

Research on Human Subjects: Ethics

Student Records