

Do you want to learn more about eating disorders?

You can – in just 4 weeks this summer.

Do you see friends, relatives, or teammates restricting the amount and types of foods they eat and working out a lot? Do you hear people being highly judgmental about their bodies? Do you recognize some types of eating and weight conversations as unhealthy but, because they're so common, those perspectives also seem kind of normal? Right now you probably know at least one person with an eating or body problem that privately is affecting her or his life deeply.

Understanding Eating Disorders

[PSY 43362 or PSY 63362](#)

This short summer seminar is offered through the Clinical Psychology Program in the Department of Psychology. It's for anyone interested in learning more about eating disorders – women and men, undergraduate and graduate students, psych majors and non-majors, those who already know a lot about eating disorders and those who know very little. Its purpose is to introduce students to the most up-to-date theory and research on the classification, causes, prevention, and treatment of eating disorders.

This 3-credit course is a seminar so it is discussion-driven, with students actively participating each day. The main substance is articles you read ahead of time that you'll discuss in class. We also will watch films depicting the course and treatment of eating disorders. There won't be a big term paper; instead, there'll be smaller, daily reading reactions to write. And for graduate students, there'll be an individualized project of your choosing that matches your personal interests. The final exam will not be detail-oriented but provide an opportunity to integrate in essay form what you've learned.

Following an introduction to the current ways of classifying eating disorders, we'll discuss the strengths and weaknesses of the current classification system. We then will examine genetic, cultural, familial, and psychosocial risk factors for the development of the various eating disorders. Finally, we will critically review current prevention and treatment efforts, paying particular attention to their underlying theoretical assumptions and also the empirical evidence showing the extent to which they work.

When: July 9 - Aug 3, 2012; 8-9:55am

Where: DeBartolo 113

Questions? Contact me, Dr. Alexandra Corning, 101 Haggard Hall, acorning@nd.edu