

Psychology U536 : Developing Education & Intervention Programs for Eating Disorders

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Students in this course will have the opportunity to apply the concepts learned in Psy U364 and U206 about body disturbance and disordered eating and exercise behaviors in college populations to both their own campus and other settings. Each student will conduct a research project in which they design and implement an education, information, and prevention program for at-risk groups, including school athletes, dormitory residents, and students coping with academic/social stresses. Those class members interested in early intervention as well as obesity prevention may focus on K-12 school curricula and family/community models, while others will develop media, Internet, and other education materials designed to promote awareness and behavioral change.

Course participants also serve as members of NEWCOPE, a student organization which provides peer counseling, in-service training to campus residential, athletic, and social organizations, as well as community outreach about problematic eating behavior. Students are also trained in running the NEWCOPE referral and resource drop-in center.

Course Requirements:

Students attend all class sessions and planning meetings throughout the course, prepare periodic progress reports and submit a final research and experiential evaluation paper. All students participate in **NEWCOPE** activities and drop-in center, and serve as members of specific task forces including:

- Campus Outreach
- NU Website
- Publicity
- Freshmen Orientation
- Membership Activities

Grades will be based on task force performance (40%), oral presentation and final written paper on research project (50%) and class attendance and participation (10%).

Texts: (Required) *Preventing Eating Disorders* ed. Piran et al. (Brunner Mazel 1999)

Supplemental: *Eating Disorders: Innovative Directions in Research & Practice*, ed. Striegel-Moore & Smolak, (APA, 2001)

Handbook of Eating Disorders & Obesity, ed. K. Thompson (John Wiley, 2004)

Dates to Note:

January 11- Site visit to Drop-In Center (131 Dockser)/Task force selection

January 18- Drop-In Center begins

February 4-10 *National Eating Disorders Awareness Week*

February 5- Presentation to Psy 206

February 15- Task Force Progress Reports due

February 26- Research Proposals due

March 15- Oral Presentations begin

