Spring 2011

Course: Eating and Weight Disorders
Instructor: G. Terence Wilson

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Text

Required:

Recommended:

Useful Websites

- WIN (Weight Information Network)
[www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm)
[www.yaleruddcenter.org/](http://www.yaleruddcenter.org/)
Seminar 1

**Topic:** Obesity: Definition; Prevalence; Health and Psychosocial Consequences

**Readings:**


Seminar 2

Topic: Obesity: Causes

Readings:


Seminar 3

**Topic:** Is obesity a disease? A psychiatric disorder? An addiction?

**Readings:**

Gold, M. Yale Rudd Center podcast


Seminars 4 - 5

Topic: Obesity Treatment: Dietary and Behavioral Interventions

Readings:


**Seminar 6**

**Topic:** Obesity Treatment: Pharmacological and Surgical Interventions

**Readings:**


New England Journal of Medicine, 353, 2187–2189.

Seminar 7

Topic: Obesity: Prevention and Treatment - Future Directions

Readings:


Leibel, R. Why is losing weight so difficult? Podcast, Rudd Center, Yale University


Seminar 8

**Topic:** Eating Disorders: Diagnosis and Classification; Prevalence; and Distribution

**Readings:**

Grilo, C.M. (2006). Chapter 1; Chapter 2, pp. 27 – 38


Seminar 9

Topic: Eating Disorders: Etiology and Maintenance

Readings:


Seminars 10 - 12

Topic: Assessment and Treatment: Anorexia Nervosa, Bulimia Nervosa and EDNOS

Readings:


**Seminars 13 – 14**

**Topic:** Assessment and Treatment: Binge Eating Disorder and Recurrent Binge Eating

**Readings:**

**Topic:** Binge Eating Disorder: Assessment and Treatment

**Readings:**

**Seminar 15**

**Topic:** Eating Disorders: Prevention

**Readings:**
and Clinical Psychology, 76, 347-354.


Presentation on Reflections prevention program.