



Kursplan kursstart 15 februari 2018

Bakgrund och behandling av ätstörningar (7,5 högskolepoäng)

Plats: Lokalen Länsman, K24, Köpmangatan 24, Östersund (om inte annat anges)

Kontakter: David Clinton, kursansvarig & examinator (david.clinton@ki.se)
och Sandra Forss, lokalt ansvarig (sandra.forss@regionjh.se)

Obligatorisk kursbok:

Clinton, D. & Norring, C. (2002). *Ätstörningar: Bakgrund och aktuella behandlingsmetoder*. Stockholm: Natur & Kultur. (Förkortning: *ÄTS*)

Svenska Psykiatriska Föreningen (2015). *Ätstörningar - Kliniska riktlinjer för utredning och behandling*. Stockholm: Svenska Psykiatriska Föreningen och Gothia Fortbildning AB.

Frivilliga kursböcker:

Fairburn, C. G., & Brownell, K. D. (2012). *Eating Disorders and Obesity: A Comprehensive Handbook*, Andra upplagan. New York: Guilford Press. (Förkortning: *EDO*)

Agras, W. S. (2010). *The Oxford Handbook of Eating Disorders*. Oxford: Oxford University Press. (Förkortning: *OHED*)

Lask, B. & Bryant-Waugh, R. (2013). *Eating Disorders in Childhood and Adolescence* (4th edition). London: Routledge. (Förkortning: *EDCA*)

DAG 1 Torsdag 15 februari

9:00 **Introduktion till utbildningen: upplägg, examinationen användning av KI biblioteket på distans**

David Clinton & Sandra Forss

1. KÄTS lathund för databaser på KI-biblioteket, andra handouts och kursinformation

10:00 Kaffe

10:30 **Att arbeta med ätstörningar: Gruppdiskussion**

David Clinton

Obligatorisk:

1. Clinton, D. & Norring, C. (2002). *Tillbakablick och framåtblick*. ÄTS, s. 241 - 248.
2. Gulliksen, K. et al (2012). Preferred therapist characteristics in treatment of anorexia nervosa: The patient's perspective. *International Journal of Eating Disorders*, 45: 932-941.

Frivillig:

1. Clinton, D. (1996). Why do eating disorder patients drop out? *Psychotherapy and Psychosomatics*, 65: 29-35.
2. Clinton, D. et al (2004). Patient satisfaction with treatment in eating disorders: Cause for complacency or concern? *European Eating Disorders Review*, 12: 240-246.
3. Zipfel, S. m.fl. (2013). Focal psychodynamic therapy, cognitive behaviour therapy, and optimised treatment as usual in outpatients with anorexia nervosa (ANTOP study): randomised controlled trial. *The Lancet*, doi:10.1016/S0140-6736(13)61746-8.

12:00 Lunch

13:00 **Historiska och kulturella perspektiv på ätstörningar**

David Clinton

Obligatorisk:

1. Norring, C. & Clinton, D. (2002). *Historik*. ÄTS, s. 19-26.
2. Hällström, T. (1999). Självsvält under 1500 år: verk av Gud, djävulen eller viktfixeringen? *Läkartidningen*, 96: 4648-4653.

Frivillig:

1. Vandereycken, W. (2002). *History of Anorexia Nervosa and Bulimia Nervosa*. EDO, kap. 27, s. 151-155.
2. Vandereycken, W & van Deth, R. (1994). *From Fasting Saints to Anorexic Girls. The History of Self-Starvation*. London: The Althone Press.
3. Grimm, V. (1996). *From Feasting to Fasting, The Evolution of a Sin: Attitudes to Food in Late Antiquity*. London: Routledge.
4. Allen, S.L. (2002). *In The Devil's Garden: A Sinful History of Forbidden Food*. New York: Random House.

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

15:00 - 16:30 **Epidemiologi, förlopp och prognos**

Emma Forsén Mantilla

Obligatorisk:

1. Engström, I. (2002) *Ätstörningarnas förekomst*. ÄTS s. 43-50.
2. Clinton, D. & Norring, C. (2002). *Förlopp, utfall och prognos*. ÄTS, s. 51-65.
3. Arcelus J, Mitchell AJ, Wales J, Nielsen S (2011). Mortality rates in patients with anorexia nervosa and other eating disorders: A meta-analysis of 36 studies. *Archives of General Psychiatry*, 68: 724.
4. Steinhausen HC (2002). The outcome of anorexia nervosa in the 20th century. *Am J Psychiatry*, 159: 1284-93.
5. Wentz E, Gillberg IC, Anckarsater H, Gillberg C, Rastam M (2009). Adolescent-onset anorexia nervosa: 18-year outcome. *Br J Psychiatry*, 194: 168-74.

Frivillig:

1. Fichter MM, Quadflieg N, Hedlund S. (2008). Long-term course of binge eating disorder and bulimia nervosa: relevance for nosology and diagnostic criteria *Int J Eat Disord*, 41: 577-86.
2. Hoek, H.W., & van Hoeken, D. (2003). Review of the prevalence and incidence of eating disorders. *International Journal of Eating Disorders*, 34, 383-396.
3. Hudson, J.I., Hiripi, E., Pope, H.G. Jr., & Kessler, R. (2007). The prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biol Psychiatry*, 61, 348-358.
4. Rosling AM, Sparen P, Norring C, von Knorring AL (2011). Mortality of eating disorders: a follow-up study of treatment in a specialist unit 1974-2000. *Int J Eat Disord*, 44: 304-10.
5. Smink, F., van Hoeken, D., & Hoek, HW. (2012). Epidemiology of eating disorders: Incidence, prevalence and mortality rates. *Current Psychiatry Reports*, vol. 14, 406-414.

DAG 2 Fredag 16 februari

9:00

Ätstörningsdiagnostik

Andreas Birgegård

Obligatorisk:

1. Norring, C. & Clinton, D. (2002). *Diagnostik och bedömning*, ÄTS s. 27-41.
2. Birgegård, A., Clinton, D., Norring, C. (2012). DSM-IV vs. DSM-5: Implementation of proposed DSM-5 criteria to a large naturalistic database and comparison of present and future. *International Journal of Eating Disorders*, 45: 353-361.

Frivillig:

1. Birgegård, A., Clinton, D. & Norring, C. (2013). Diagnostic issues of binge eating in eating disorders. *European Eating Disorders Review*, 21: 175-183.
2. Gordon, K., Holm-Denoma, J., Crosby, R., Wonderlich, S. (2010). OHED, s. 9-24.
3. Thompson-Brenner, H., m.fl. (2008). A personality classification system for eating disorders: a longitudinal study. *Comprehensive Psychiatry*, 49: 551-560.
4. Waller, G. (2005). Psychological perspectives on atypical diagnoses in the eating disorders. In: Norring, C., Palmer, R. (Eds.). *EDNOS - Eating Disorders Not Otherwise Specified: The Other Eating Disorders*. London: Routledge, pp 313-323.
5. Walsh, B. T., Sysko, R. (2009). Broad categories for the diagnosis of eating disorders (BCD-ED): An alternative system for classification. *Int J Eat Dis*, 42: 754-764.

10:30

Kaffe

16/2 FORTS. OVAN

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

11:00 - 12:30 **Klinisk bedömning av ätstörningar: Intervjuer, skattningsskalor och självskattningsskalor**
Andreas Birgegård

Obligatorisk:

1. Clinton, D.N. & Noring, C. (1999). The Rating of Anorexia and Bulimia (RAB) Interview: Development and preliminary validation. *Eur Eating Disorders Rev*, 7: 362-371.
2. Benjamin, L.S., Rothweiler, J.C., & Critchfield, K.L. (2006). The use of Structural Analysis of Social Behavior (SASB). *An Rev Clin Psychol*, 2: 83-109.
3. Björck C, Clinton D, Sohlberg S & Noring C. (2007). Negative self-image and prognosis in eating disorders: Results at 3 years follow-up. *Eating Behaviors*, 8: 398-40.

Frivillig:

1. Garner, D.M. *Measurement of eating disorder psychopathology*. EDO, s. 141-146.
2. Birgegård, A., Björck, C., Noring, C., Sohlberg, S., & Clinton, D. (2009). Anorexic self-control and bulimic self-hate: Differential outcome prediction from initial self-image. *International Journal of Eating Disorders*, 42: 522-530.
3. Cooper, Cooper & Fairburn (1989). The validity of the eating disorder examination and its subscales. *British Journal of Psychiatry*, 154: 807-812.
4. Nevenon, L., m.fl. (2006). Validating the EDI-2 in three Swedish female samples. *Nord J Psychiat*, 60: 44-50.
5. Wolk, S., Loeb, K. & Walsh, B. (2005). Assessment of patients with anorexia nervosa: Interview versus self-report. *International Journal of Eating Disorders*, 37: 92-99.

12:30 Lunch

13:30-15:00 **Komorbiditet och neuropsykiatri**

Elin Monell

Obligatorisk:

1. Noring, C. & Clinton, D. (2002) *Diagnostik och bedömning*, ÄTS s. 27-41.
2. O'Brien KM., Vincent NK. (2003). Psychiatric comorbidity in anorexia and bulimia nervosa: Nature, prevalence, and causal relationships. *Clinical Psychology Review*, 23: 57-74.
3. Ringskog S, (1999). Somatiska komplikationer vid anorexia och bulimia nervosa *Läkartidningen*, 96: 882-6.
4. Wentz E, Lacey JH, Waller G, Rastam M, Turk J, Gillberg C (2005). Childhood onset neuropsychiatric disorders in adult eating disorder patients: A pilot study. *Eur Child Adolesc Psychiatry*, 14: 431-7.

Frivillig:

1. Cortese, S., Isnard, P., Dalla Bernardina, B. & Mouren, MC. (2007). Attention-deficit/hyperactivity disorder, binge eating, and obesity. *J Clin Psychiatry*, 68: 976-7.
2. Surman CBH, Randall ET, Biederman J (2006). Association between attention deficit/hyperactivity disorder and bulimia nervosa: Analysis of 4 case-control studies. *Journal of Clinical Psychiatry*, 67: 351-354.

EXAMINATION - Inlämning av förarbete till Examinationsuppgift 2 (i grupp), fredag 16 februari

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

DAG 3 Torsdag 1 mars

9:00 - 10:30 **Psykologiska faktorer vid ätstörningar**

Johanna Levallius

Obligatorisk:

1. Clinton, D., Engström, I. & Norring, C. (2002). *Uppkomst och utveckling av ätstörningar* (psykologiska delar av kapitlet). ÄTS s. 78-85.
2. Clinton, D. (2006). Affect regulation, object relations and the central symptoms of eating disorders. *European Eating Disorders Review*, 14: 203–211.
3. Kuipers, G. & Bekker, M. (2012). Attachment, mentalization and eating disorders: A review of studies using the Adult Attachment Interview. *Cur Psychiatr Rev*, 8: 326-336.

Frivillig:

1. Bruch, H. (1973). *Eating Disorders: Obesity, Anorexia Nervosa and the Person Within*. New York: Basic Books.
2. Caglar-Nazali, H. (2014). A systematic review and meta-analysis of 'Systems for Social Processes' in eating disorders. *Neuroscience and Biobehavioral Reviews*, 42: 55-92.
3. Levalius, J., Clinton, D., Bäckström, M., Norring, C. (2015). Who do you think you are? Personality in eating disorders. *Journal of Eating Disorders*, 3:3
4. Skårderud, F. (2009). Hilde Bruch revisited and revised. *Eur Eat Disord Rev*, 17: 83-88.
5. Turner, H., m.fl. (2009). An approach to sub-grouping the eating disorder population: Adding attachment and coping style. *Eur Eat Disord Rev*, 17: 269-280.
6. Waller, G. (2002) *The Psychology of Binge Eating*. EDO, kap 18, s 98-102.
7. Zachrisson, H. & Skårderud, F. (2010). Feelings of insecurity: Review of attachment and eating disorders. *European Eating Disorders Review*, 18: 97-106.

10:30 Kaffe

11:00 - 12:30 **Biologiska faktorer vid ätstörningar**

Ulf Wallin

Obligatorisk:

1. Clinton, D., Engström, I. & Norring, C. (2002). *Uppkomst och utveckling av ätstörningar* (biologiska delar av kapitlet). ÄTS s. 67-73.

Frivillig:

1. Leibowitz, S.F. (2002). *Central physiological determinants of eating behavior and body weight*. EDO, kap. 1, s. 5-10
2. Smith, G.P. & Gibbs, J. (2002). *Peripheral physiological determinants of eating and body weight*. EDO, kap. 2, s. 11-15.
3. Blundell, J.E. (2002). *A Psychobiological system approach to appetite and weight control*. EDO, kap. 8, s. 43-49
4. Mehler, P & Andersen, A. (2010) *Eating Disorders. A Guide to Medical Care and Complications*. Baltimore, Johns Hopkins University Press.

12:30 Lunch

13:30 - 15:00 **Klinisk bedömning av ätstörningar: Medicinska aspekter**

Ulf Wallin

Obligatorisk:

1. Hägglöf, B. (2002). *Somatiska aspekter vid anorexia nervosa och bulimia nervosa*. ÄTS s. 95-109.

Frivillig:

1. Lask, B. & Bryant-Waugh, R. (2013). *Eating Disorders in Childhood and Adolescence* (4th edition). London: Routledge.
2. Halmi, K. (2002). Physiology of anorexia nervosa and bulimia nervosa. EDO, kap. 48, s. 267-271.
3. Pomeroy, C. & Mitchell, J. (2002). Medical complications of anorexia nervosa and bulimia nervosa. EDO, kap. 50, s. 278-285.
4. Mitchell, J. & Crow, S. (2010). Medical comorbidities of eating disorders. OHED, kap. 15, s. 259-266.
5. Katzman, D., Kanbur, N. & Steinegger, C. (2010). Medical screening and management of eating disorders. OHED, kap. 16, s. 267-292.
6. Norrington, A., Stanley, R., Tremlett, M. & Birrell, G. (2012). Medical management of acute severe anorexia nervosa. *Archives of disease in childhood. Education and practice*, 97, s. 48–54.
7. Mehler, P & Andersen, A. (2010). *Eating Disorders. A Guide to Medical Care and Complications*. Baltimore, Johns Hopkins University Press.

12:30 Lunch

15:00 - 16:30 **Kaffe och arbete i små grupper med Examinationsuppgift 2**

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

DAG 4 Fredag 2 mars

9:00 Behandling av ätstörningar: Kognitiv beteendeterapi - KBT

Karolin Lindberg

Obligatorisk:

1. Kåver, A. (2002). *Kognitiv beteendeterapi vid ätstörningar*. ÄTS, s. 145-161.
2. Fairburn, C. (2011). Att övervinna hetsätning. Lund: Studentlitteratur.

Frivillig:

1. Fairburn CG, Cooper Z, Doll HA, O'Connor ME, Bohn K, Hawker DM, Wales JA, Palmer RL. (2009). Transdiagnostic cognitive behavioral therapy for patients with eating disorders: A two-site trial with 60-week follow-up. *American Journal of Psychiatry*, 166: 311-319.
2. Fairburn CG, Cooper Z, Doll HA, O'Connor ME, Palmer RL, Dalle Grave R. (2013). Enhanced cognitive behaviour therapy for adults with anorexia nervosa: A UK-Italy study. *Behaviour Research and Therapy*, 51: 2-8.
3. Fairburn CG, Wilson GT (2013). The dissemination and implementation of psychological treatments: Problems and solutions. *International Journal of Eating Disorders*, 46: 516-521.
4. Fairburn, CG., Bailey-Straebler, S., Basden, S., Doll, HA., Jones, R., Murphy, R., O'Connor, ME., & Cooper, Z. (2015). A transdiagnostic comparison of enhanced cognitive behaviour therapy (CBT-E) and interpersonal psychotherapy in the treatment of eating disorders. *Behaviour Research and Therapy*, 70: 64-71.

10:30 Kaffe

11:00 Behandling av ätstörningar: Psykodynamiska perspektiv och MBT

David Clinton

Obligatorisk:

1. Skårderud, F. (2007). Eating one's words, part III: Mentalisation-based psychotherapy for anorexia nervosa. *Eur Eat Disord Rev*, 15: 323-339.
2. Clinton, D. (2006). Affect regulation, object relations and the central symptoms of eating disorders. *European Eating Disorders*, 14: 203-211.
3. Hofsten, A-M. *Psykoanalytisk psykoterapi med ätstörda patienter*. ÄTS s. 163-177.

Frivillig:

1. Arcelus, J., Haslam, M., Farrow, C. & Meyer, C. (2013). The role of interpersonal functioning in the maintenance of eating psychopathology: A systematic review and testable model. *Clinical Psychology Review*, 33: 156-167.
2. Skårderud, F. (2007). Eating one's words, part I: 'Concretised metaphors' and reflective function in anorexia nervosa - An interview study. *European Eating Disorders Review*, 15: 163-174.
3. Skårderud, F. (2007). Eating one's words, part II: The embodied mind and reflective function in anorexia nervosa - Theory. *European Eating Disorders Review*, 15: 243-252.
4. Illing, V. et al (2010). Attachment insecurity predicts eating disorder symptoms and treatment outcomes in a clinical sample of women. *Journal of Nervous and Mental Disease*, 198: 653-659.
5. Rothschild-Yakar, L. et al (2010). Mentalization and relationships with parents as predictors of eating disordered behavior. *Journal of Nervous and Mental Disease*, 198: 501-507.
6. Tasca, G. et al (2011). Implications of attachment theory and research for the assessment and treatment of eating disorders. *Psychotherapy*, 48: 249-259.

12:30 Lunch

13:30 - 14:30 Integrerande gruppdiskussion: Psykoedukation, KBT och PDT vid behandling av ätstörningar

David Clinton & Karolin Lindberg

Obligatorisk:

1. Nevenon, L. (2002). *Psykopedagogik vid ätstörningar*. ÄTS, 129-136.

Frivillig:

1. Garner, D.M. m.fl. (1985). Psychoeducational principles in the treatment of bulimia and anorexia nervosa. I D.M. Garner & P.E. Garfinkel (Eds), *Handbook of Psychotherapy for Anorexia Nervosa and Bulimia*. New York: Guilford.

14:30 Kaffe

15:00 - 16:30 Fortsättning av gruppdiskussionen

David Clinton & Karolin Lindberg

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

DAG 5 Torsdag 15 mars **OBS lokal: "Storsjön", Lagmannen, Köpmangatan 21**

9:00 - 10:30 **Behandling av ätstörningar: Medicinsk behandling**

Ulf Wallin

Obligatorisk:

1. Hägglöf, B. (2002). Farmakologisk behandling vid ätstörningar. ÄTS s. 121-125.
2. Treasure, J. *Compulsory treatment in the management of eating disorders*. EDO, kap. 61, s. 340-344.

Frivillig:

1. Aigner, M., Treasure, J., Kay, W., Kasper, S., & The WFSBP Task Force on Eating Disorders (2011). World Federation of Societies of Biological Psychiatry (WFSBP) Guidelines for the Pharmacological Treatment of Eating Disorders. *The World Journal of Biological Psychiatry*, 12: 400-443.
2. Garber, A. et al. (2013) Higher calorie diets increase rate of weight gain and shorten hospital stay in hospitalized adolescents with anorexia nervosa. *Journal of Adolescent Health*, published online July 11, 2013.
3. Hart, M. (2013). Nutrition and refeeding. EDCA, kap. 12, s. 222-238. Walsh, T. (2002). *Pharmacological treatment of anorexia nervosa and bulimia nervosa*. EDO, kap. 58, s. 325-329.
4. McElroy, S., Guerdjikova, A., O'Melia, A., Mori, N. & Keck jr, P. (2010). *Pharmacotherapy of the eating disorders*. OHED, kap. 24, s. 417-451.
5. Mehler, P & Andersen, A. (2010). *Eating Disorders. A Guide to Medical Care and Complications*. Baltimore, Johns Hopkins University Press.
6. Woodside, B. (2002). *Inpatient treatment and medical management of anorexia nervosa and bulimia nervosa*. EDO, kap. 60, s. 335-339.

10:30 Kaffe

11:00 - 12:30 **Behandling av ätstörningar: Familjeterapi**

Ulf Wallin

Obligatorisk:

1. Gustafsson, N. (2002). *Familjeterapi*. ÄTS, s. 179-193.
2. Wallin, U. (2002). Behandling av barn med ätstörningar. ÄTS s. 111-119.
3. Eisler, I. (2013). Family therapy for adolescent eating disorders: a special form of therapy or family therapy with a specific focus? *Journal of Family Therapy*, 35, Issue S1 April 2013, sid 1-2.
4. Downs, K, m.fl. (2013). A substantive and methodological review of family based treatment for eating disorders. *Journal of Family Therapy*, 35, sid 3-28.

Frivillig:

1. Dare, C. & Eisler, I. (2002). Family therapy and eating disorders. EDO, s. 314-319.
2. Le Grange, D. & Rienecke Hoste, R. (2010). Family therapy. OHED, s. 373-385.
3. Rausch Herscovici, C. (2013). Family approaches. EDCA, kap. 13, s. 239-257.
4. Lock, J & Le Grange, D. (2013). *Treatment manual for anorexia nervosa. A Family-based approach*. New York: Guilford Press.
5. Wallin, U. (2004). Ätstörning och familjen – en översikt. *Tidsskriftet for Norske Lægeforening*, 124: 2251-3.
6. Asen E & Scholz, M. (2010). *Multi-family therapy*. London: Routledge.
7. Wallin, U. (2007). *Multifamiljeterapi vid anorexia nervosa: Behandlingsmanual*. Lund: Enheten för Anorexi och Bulimi. – BUP, USiL.
8. Wallin, U. (2008). Familjer som hjälper familjer – Multifamiljeterapi vid Anorexia Nervosa. *Svensk Psykiatri*, 3: 10-16.

12:30 Lunch

15/3 FORTS. OVAN

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

13:30-15:00 **Behandling av ätstörningar: Kroppsinriktad behandling**

Marie-Louise Majewski

Obligatorisk:

1. Norring, C. & Clinton, D. (2002). Kroppsinriktad behandling. ÄTS s. 137-143.
2. Wallin, U., Kronovall, P. & Majewski, M-L (2000). Body Awareness Therapy in Teenage anorexia Nervosa: Outcome after 2 years. European Eating Disorders Review, 8:19-30.
3. Probst, M. m.fl. (2013). Physiotherapy for patients with anorexia nervosa. Advances in Eating Disorders: Theory, Research and Practice. Published online: 14 June 2013.
4. Vancamfort, D., et al (2013). A systematic review on physical therapy interventions for patients with binge eating disorder. Disability and Rehabilitation, 35: 2191–2196.

Frivillig:

1. Danielsen, M. & Rø, Ø. (2012). Changes in body image during inpatient treatment for eating Disorders predict outcome. Eating Disorders: The Journal of Treatment & Prevention, 20: 261-275.
2. Kolnes, L. (2012), Psychomotor physiotherapy and eating disorders: Embodying the body in anorexia nervosa a physiotherapeutic approach. Journal of Bodywork and Movement Therapies, 16: 281-288.
3. Probst, M. Pieters, G. & Vanderlinden, J. (2008). Evaluation of body experience questionnaires in eating disorders in female patients (AN/BN) and nonclinical participants. Int J Eat Disord, 41:657–665.
4. Probst, M., Pieters, G. & Vanderlinden, J. (2009). Body experience assessment in non-clinical male and female subjects. Eating and Weight Disorders, 14:16-21.
5. Catalan-Matamoros, D., m.fl. (2011). A pilot study on the effect of Basic Body Awareness Therapy in patients with eating disorders: a randomized controlled trial. Clin Rehabil. Published online 14 March 2011.
6. Schneider, N. m.fl. (2009). Comparison of body size estimation in adolescents with different types of eating disorders. European Eating Disorders Review, 17: 468-475.
7. Bratland-Sanda, S. m.fl. (2010). Physical activity and exercise dependence during inpatient treatment of longstanding eating disorders. Int J Eat Disord, 43: 266-273.

DAG 6 Fredag 16 mars **OBS lokal: "Storsjön", Lagmannen, Köpmangatan 21**

9:00 **Näringsmässiga aspekter av ätstörningsbehandling**

Gisela van der Ster

Obligatorisk:

1. Scribner Reiter, C. & Graves, L. (2010). Nutrition therapy for eating disorders. Nutrition in Clinical Practice, 25: 122-136.

10:30 Kaffe

11:00 - 12:30 **Behandling av ätstörningar: Slutenvård och omvårdnad**

Maja Molin

Obligatorisk:

1. Johnsson, P. (2002). *Ett slutenvårdsprogram för svårbehandlad och långvarig anorexia nervosa och bulimia nervosa*. ÄTS s. 231-238.
2. Bakker, R. et al (2011). Recovery of normal body weight in adolescents with anorexia nervosa: The nurse's perspective of effective interventions. Journal of Child and Adolescent Psychiatric Nursing, 24: 16-22.
3. van Ommen, J. et al. (2009). Effective nursing care of adolescents diagnosed with anorexia nervosa: the patients' perspective. Journal of Clinical Nursing, 18: 2801-2808.

Frivillig:

1. Colton, P. et al (2004). Disturbed eating behavior and eating disorders in preteen and early teenage girls with type 1 diabetes. Diabetes Care, 27: 1654-1659.
2. Wiksten-Almströmer, M. et al (2007). Menstrual disorders and associated factors among adolescent girls visiting a youth clinic. Acta Obstet Gynecolog, 86: 65-72.

12:30 Kaffe

16/3 FORTS. OVAN

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

13:30 - 15:00 **Behandling av ätstörningar: Långtidssjuka**

Maja Molin

Obligatorisk:

1. Molin, M. m.fl. (2016). Case management at an outpatient unit for severe and enduring eating disorder patients at Stockholm Centre for Eating Disorders—a study protocol. *J Eat Disord*, 4: 24.

Frivillig:

1. Hay, P. m.fl. (2012). Treatment for severe and enduring anorexia nervosa: A review. *Aus NZ J Psychiatry*, 46: 1136-1144.
2. Robinson, P. m.fl. (2015). Severe and enduring anorexia nervosa: A qualitative study of patients with 20+ years of anorexia nervosa. *Eur Eat Disord Rev*, 23: 318-326.
3. Bamford, B., m.fl. (2015). Eating disorder symptoms and quality of life: Where should clinicians place their focus in severe and enduring AN? *Int J Eat Disord*, 48: 133-138.

DAG 7 Fredag 23 mars

9:00 **Behandling av ätstörningar: Patientperspektivet**
Brukarrepresentant, David Clinton & Sandra Forss

Obligatorisk:

1. Clinton, D. & Norring, C. (2002). *Tillbakablick och framåtblick*. ÄTS, s. 241 - 248.

10:30 Kaffe

11:00 **KLINISKT ARBETE: Del 1**

Diskussion och rollspel av fall som kursdeltagarna har i behandling samt kliniska situationer inom ätstörningsbehandling.

David Clinton & Sandra Forss

Obligatorisk:

1. Clinton, D., Engström, I. & Norring, C. (2002). *Uppkomst och utveckling av ätstörningar: ett multifaktoriellt synsätt*. ÄTS s. 67-92.
2. Clinton, D. (2010). Towards and ecology of eating disorders: Creating sustainability through the integration of scientific research and clinical practice. *European Eating Disorders Review*, 18: 1-9.

12:30 Lunch

13:30 **KLINISKT ARBETE (forts)**

David Clinton & Sandra Forss

15:00 Kaffe

15:15 - 16:00 **KLINISKT ARBETE (forts)**

David Clinton & Sandra Forss

UNDERVISNINGSFRIDAG fredag 6 april

Tid att arbete med Examinationsuppgift 1

DAG 8 Fredag 20 april

09:00 **KLINISKT ARBETE: Del 2**

Diskussion och rollspel av fall som kursdeltagarna har i behandling samt kliniska situationer inom ätstörningsbehandling.

David Clinton & Sandra Forss

11:00 Kaffe

11:15 **KLINISKT ARBETE (forts)**

David Clinton & Sandra Forss

12:30 Lunch

13:30 **KLINISKT ARBETE (forts)**

David Clinton & Sandra Forss

15:00 Kaffe

15:15 - 16:00 **KLINISKT ARBETE (forts)**

David Clinton & Sandra Forss

UNDERVISNINGSFRIDAG fredag 27 april

Tid att arbete med Examinationsuppgift 2

Bakgrund och Behandling av Ätstörningar 7,5 p (Östersund VT17)

EXAMINATION - Inlämning av Examinationsuppgift 1, senast fredag 4 maj

DAG 9 Torsdag 17 maj (obs. preliminära tider)

- 10:00 **EXAMINATION**
Redovisning och diskussion av grupparbete
David Clinton & Sandra Forss
- 12:00 Lunch
- 13:00 **EXAMINATION** (forts.)
Redovisning och diskussion av grupparbete
David Clinton & Sandra Forss
- 14:30 Kaffe
- 15:00 - 16:00 **EXAMINATION** (forts.)
Redovisning och diskussion av grupparbete
David Clinton & Sandra Forss
- 18:00 - **Gemensam kursmiddag (frivillig, bekostas av kursdeltagarna)**

DAG 10 Fredag 18 maj (obs. preliminära tider)

- 9:00 **EXAMINATION** (forts.)
Redovisning och diskussion av grupparbete
David Clinton & Sandra Forss
- 10:30 Kaffe
- 11:00 - 14:00 **Kursutvärdering och gemensam lunch**
David Clinton & Sandra Forss