



Faculty of Social Sciences

## **PSUN14, Family Therapy for Eating Disorders, 7.5 credits**

*Familjeterapi vid ätstörning, 7,5 högskolepoäng*

Second Cycle / Avancerad nivå

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### **Details of approval**

The syllabus was approved by the board of the Department of Psychology on 2017-05-09 to be valid from 2017-05-09, spring semester 2017.

### **General Information**

The course is offered as a commissioned education.

The course is offered as contract education.

Swedish and Norwegian

### **Learning outcomes**

For a Pass on the course, the students shall

#### **Knowledge and understanding**

- demonstrate specialised knowledge of how families are affected and changed by an eating disorder
- demonstrate specialised knowledge of the theoretical background to family therapy for treating eating disorders
- demonstrate specialised understanding of the role of family therapy for treating eating disorders
- demonstrate specialised understanding of how families are introduced to, and become involved in, family therapy

### **Competence and skills**

- demonstrate the ability to apply relevant family therapy to the treatment of eating disorders
- demonstrate the ability to assess when family therapy is applicable

### **Judgement and approach**

- demonstrate understanding of when family therapy is applicable for treating eating disorders
- demonstrate the ability to reflect on the function of family therapy when treating eating disorders

### **Course content**

The course aims to provide participants with basic knowledge, experience and awareness of the application of family therapy for treating eating disorders, so as to enable them to perform it in their everyday clinical practice. It provides theoretical understanding and practical experience, and highlights current research.

Family therapy for treating eating disorders has evolved out of different traditions of family therapy, so the course presents how the development of family therapy for eating disorders has been affected by these traditions. The traditions primarily discussed are the structural, strategic, systemic and narrative traditions.

The themes on the course are:

- Family patterns and eating disorders
- The development of family therapy for treating eating disorders
- Structural family therapy
- Strategic family therapy
- Milan systemic family therapy
- Systemic family therapy
- Narrative family therapy
- Families helping families Experiences from work with multi-family therapy for treating anorexia nervosa

## Course design

The course consists of lectures, group work, role play including video feedback, and mirroring of individual work with family therapy. The course is comprised of 10 course days, of which the first four are consecutive days, followed by two days at a time on three separate occasions with four weeks in between. The participants are expected to bring their own cases for role play and discussions. The fundamental elements of the course are:

- Lectures for the entire group
- Role play on different themes
- Group exercises
- Independent specialisation project
- Independent study

## Assessment

Written and oral presentation of a specialisation project and reflection on the presentations of other participants.

*Subcourses that are part of this course can be found in an appendix at the end of this document.*

## Grades

Marking scale: Fail, Pass.

The grades awarded are Pass and Fail. The grades awarded are Pass and Fail. For a grade of Pass, the student must have attained the learning outcomes specified for the course. At the start of the course, the participants are informed about the learning outcomes stated in the syllabus and about the grading scale and how it is applied in the course.

## Entry requirements

The course is only available to persons who, in a professional capacity, treat people with eating disorders. The participant must have good knowledge of eating disorders and basic knowledge of family therapy.

## Subcourses in PSUN14, Family Therapy for Eating Disorders

Applies from V17

1701 Family Therapy for Eating Disorders, 7,5 hp  
Grading scale: Fail, Pass