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WHEN SELF-LOVE ISN'T ENOUGH:

HOW HEALTH PRACTITIONERS CAN SUPPORT BODY APPRECIATION IN AN UNJUST WORLD

3 hour workshop, conducted for iaedp
November 3, 2017

When we walk into a room, our body precedes us, affecting how we are perceived and treated. The feeling that our bodies don't properly represent us or cause us to be treated in a way we don't appreciate is common for people with marginalized identities, whether it's because we're fat or thin, of color, gender non-conforming, disabled, were born across a border, or have other marginalized status(es). These challenges of being "seen" can lead to struggles with healthy embodiment, including eating disorders.

Commonly accepted eating disorder treatment focuses on helping clients manage their personal behaviors, like eating and activity, yet has limited success and may even backfire, increasing feelings of self-blame and inadequacy. Body appreciation can often feel unattainable and admonitions do little to address the very real personal costs of marginalization.

New perspective emerges when we challenge the narratives that centralize privileged people and instead center marginalized people's experience, considering the social, cultural and economic dimensions of our lived experiences and how they contribute to dis-ease and recovery.

In this provocative workshop, Dr. Linda Bacon shares the backstory of her own eating disorder and recovery and the lessons learned from marginalization. She translates this into concrete strategies to integrate social justice perspective into clinical practice and inspire and empower your clients to reclaim ownership of their bodies.

Learning Objectives

Upon completion of this workshop, participants will be able to:

- Demonstrate understanding of the significance and impact of social determinants on the development of body dissatisfaction and the health and well-being of their clients.
- Develop the cultural humility that enables delivery of compassionate, ethical, relevant and effective care to people of different social, economic and cultural groups.
- Identify strategies to help clients manage the various social identities that provide them with advantages or make them targets for stigma, discrimination, marginalization and invisibility.

Note: Will be accessible for participants who are not health practitioners. Material can be applied for general self-growth and enhancing skills to engage with others.

Information: <https://lindabacon.org/events/>