

Marginalized Bodies: Weight-Stigma in Eating Disorder Treatment, and What We Can Do About It.

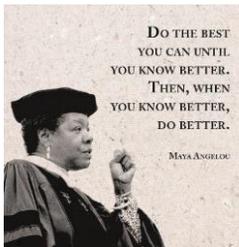
Presentation by:

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Disclaimers

- Marginalized bodies-our focus and why
- Introspection will be asked of you
- Thin privilege
- We are not perfect

Self-Compassion



<https://i.pinimg.com/736x/82/12/72/82122287100e0eac41cd2d12978e-wisdom-quotes/normal-fluogiga.jpg>

Agenda

- Define weight stigma.
- Explore how weight-stigma affects individuals with eating disorders.
- Discuss how weight stigma occurs among eating disorder professionals.
- Fat-phobia awareness model.

Experiential Exercise

- Examining Own Weight Bias Activity
 - -By Fiona Willer

What would your life be like if you weighed 50kg more than you do now?

Weight Stigma

- Weight Stigma: weightism, **weight** bias, and **weight**-based discrimination. discrimination stereotyping based on one's **weight**, especially larger people.
 - **Weight stigma** reflects internalized attitudes towards body size that affects how those who are the targets of bias are treated.

“War on Obesity”



Media Images Confirm the Stereotype

- Thin= healthy/beautiful Fat= unworthy



O-bigotry

- 72% of photographs paired with online news stories about obesity are stigmatizing toward obese individuals.
- Headless (i.e. only from the shoulders down)
- Unflattering angles (e.g. with only their abdomens or lower bodies shown)
- Engaging in stereotypical behaviors (e.g. eating unhealthy foods or engaging in sedentary behavior).

“Battling Obesity in America”

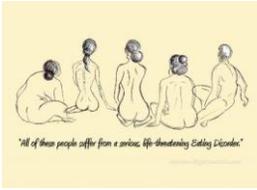


“Battling Obesity in America”



VIDEO

How Does Weight-Stigma Affect those with Eating Disorders?



https://www.google.com/search?q=all+of+these+people+have+a+life-threatening+eating+disorder&source=visualsearch&shzx=5&ved=0ahUKEwifm0U8AWZCYK8EaIC:msQ_AU3Cyg&biw=1401&bih=712&img=oeV_1FPCq&hl=nl

- Negatively impacts, help-seeking behavior
- Encourages "eating disorder" thoughts
- Creates shame, adds to "ED Hierarchy"
- Misdiagnosis
- Insurance coverage of treatment
- Some eating disorder treatment approaches encourage the "fear of fat."

Eating Disorder Professionals and Weight Stigma

- Eating disorder professionals are not immune to weight stigma.
- One research study found that:
 - "Negative weight stereotypes were present among some professionals treating eating disorders. The majority had observed other professionals in their field making negative comments about "obese" patients, 42% believed that practitioners who treat eating disorders often have negative stereotypes about "obese" patients, and 29% reported that their colleagues have negative attitudes toward "obese" patients."

An Exercise

- Which statements show weight stigma?
- Take a moment to answer on your own and then we will review as a group.

Interventions that perpetuate weight stigma

- Tracing a patient's body with a marker, or using a similar intervention to prove to patient that they are "not fat"-reinforces fat-phobia
- Promising a client that you "won't let them" go above a certain weight.
- Telling someone that they are over their "ideal body weight."
- Setting "target weights" for those who need to weight-restore in anorexia recovery that are too low- or believing that everyone should restore to a BMI of 20.
- Reassuring a client that they are "not fat."

So What Can We Do About It?

- Eating disorder professionals

Helping Without Harming

- Client says "I feel fat."
- If they are in a larger body, talk with them about weight stigma, internalized fat phobia, body diversity, and what associations they tie to the word "fat," as well as what other emotions they are experiencing. You also could ask them what they tell themselves that "thinness" would bring them.
- If they are not in a larger body, talk about internalized fat phobia, explore other emotions that they might be experiencing and putting onto their body, ask what they tell themselves (or the eating disorder tells them) that weight loss would bring them.

Helping Without Harming

- For clients in larger bodies, it's so important to validate the weight stigma that they may be experiencing, explore their thoughts and feelings around this, as well as how this might be impacting their struggle.
- Validate to clients that serious eating disorders can occur to someone of any body size, and that you don't have to appear "thin" to be struggling.

Fat-Phobia Awareness Model

- Stage 1: **Nescience**: Lack of awareness. "Toxic" culture messages have been ingested without question.
- Stage 2: **Event**: Landmark moment or event when an individual begins to realize that fat folks are treated poorly.
- Stage 3: **Denial**: Person denies having similar fat-phobic tendencies. "Ostrich mentality" Uses term "overweight."
- Stage 4: **Guilt**: Person renews awareness of societal beliefs, and reevaluates own fat-phobia. No action
- Stage 5: **Limited Action**: Questions internal biases, desire to interact more with marginalized bodies, still avoids using term fat
- Stage 6: **Autonomy**: ally to marginalized bodies, activism. "Take back the term fat."