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Topic

I Didn't Have Control Over My Body Then, But I Do Now: Eating Disorders in the Aftermath of Sexual Violation

Abstract

One American is victimized by sexual violence every 98 seconds. Because of the epidemic, problematic frequency of this issue, it is crucial to know how to recognize and respond to sexual violence experiences for the clients we serve. Sexual violence steals a person's control of their environment, their choices, and their own bodies. In an attempt to re-establish control and regulate emotions in the aftermath, many survivors turn to eating disordered behaviors. As helping professionals, it is our job to assist the survivors we serve in re-gaining their power in healthy ways, understanding their behavioral responses as defense mechanisms, and re-establishing feelings of safety and control. In this presentation, learn how to support your clients in the aftermath of sexual violation while negating the continued need for control through engagement in eating disordered behaviors.

Learning Objectives

- 1) Participants will be able to explain prevalence of sexual violence and correlation with future development of eating disorders.
- 2) Participants will be able to identify at least three ways eating disorders can provide survivors a false, but valid, sense of control over their bodies.
- 3) Participants will be able to identify at least two techniques to assist their clients in re-establishing control and self-worth without engaging in eating disordered behaviors.

Schedule

*August 18, 2017
12:00-1:15 pm Presentation*

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