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Working with people with body image issues and eating disorders: A guide to health professionals

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Body image satisfaction is important, particularly for females, in terms of positive mental health. A healthy body is part of a health body image and perception of self. We know that a poor body image is a key diagnostic criterion for eating disorders and is related to engagement in eating disordered behaviour and poorer mental health. Working with people with body image issues and eating disorders is complex and sensitivity is needed. Eating disorders are severe and complex conditions that often require expertise in order to work effectively with this client group. This presentation is a guide to health professionals, including dieticians and nutritionists as to how to work with adults presenting with body image issues and eating disorders. The author will draw on her experience as a researcher and clinician having worked with many people of all ages and both genders presenting to her as a clinical psychologist.

Biography

Vivienne Lewis is a Clinical Psychologist, specialising in the area of body image and eating disorders both in her clinical practice and in her research at the University of Canberra, Australia. She is the author of "*Positive Bodies: Loving The Skin You're In*" a self-help book for people, including both men and women, with body image issues. She also recently released a guide for health professionals working with people with body image issues and eating disorders called 'No Body's Perfect'. Both of these books are published through Australian Academic Press. She is actively involved with many government eating disorder and body image services promoting the celebration of body acceptance and diversity. She is a Committee Member for the professional body, the Australian Psychological Society College of Clinical Psychologists.

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