

Bosetto, Daniela (Italy)

Psychologist, psychotherapist

Director at the School of Adlerian Psychotherapy CRIFU of Milan

Professional Affiliation: S.I.P.I. (Italian Companies Individual Psychology), APIAAM Association of Individual Psychology Alfred Adler of Milan

Marasco, Egidio Ernesto (Italy)

Psychologist, psychotherapist, lecturer at the Adlerian School of Psychotherapy of CRIFU.

Professional Affiliation: S.I.P.I. (Italian Companies Individual Psychology), APIAAM Association of Individual Psychology Alfred Adler of Milan

Eating Disorders and Inferiority Feelings

Chair: Gwennola Marchand (F)

Intended Audience: *clinicians, students*

From an Adlerian perspective, eating disorders may represent the emergence of a psycho-social discomfort, often induced in the subject by inferiority feelings. The concept of nutrition has joined a cultural background that implies the relationship, not only with the body image, but also with the social reference context. Nevertheless, many people, hoping to adapt to their belonging social background principles, attempt to establish an increasing level of control through their own nutritional choices. Given their vulnerability, this leads to a specific eating disorder. In adolescence, one often faces radical shifts concerning biological maturation, cognitive development and social relations. The teenager must re-assume his own self, investigating all the features shaping his own corporal and mental experience into a psychosomatic whole that will give birth to a peculiar, distinct and remarkable creature. In the clinical domain, EBD may emerge as defensive strategies stemming from an emotional discomfort, wherever the body is the setting for psychic distress the person can't express. The link between eating disorders and some psychological constructs such as alexithymia, is undoubtedly relevant. The focus of attention should converge on a diagnostic and therapeutic multidisciplinary approach; with an Adlerian foundation in this specific case. We mean to present a case concerning a mother who entered Adlerian psychotherapy and indicated that her sixteen-year-old daughter had expressed a clear feeling of inferiority, by reason of her disclosing eating disorder. As a result, a consultation was proposed. We would like to establish the influence of social, educational and family environments on the rise of eating disorders.

Learning Objectives:

1. Audience members will study diagnostic and therapeutic multidisciplinary approach; with an Adlerian foundation in a case of eating disorder.
2. Audience members will learn about effects of cultural changes on family functioning.