SAFE, SEEN, SUPPORTED

SAFE, SEEN, SUPPORTED

Navigating eating disorders recovery in the 2SLGBTQIA+ community

Barriers and enablers to accessing support:

SHAME

The experiences of shame emerged in all the interviews. These experiences centered 2SLGBTQIA+ identity and embodiment, and the desire to reduce one's visibility.

Some participants engaged in disordered eating to feel more aligned with hetero- and cis-normative expectations, and some expressed that their shame around sexual and romantic feelings was related to their disordered eating.

Participants emphasized the importance of understanding the relationship between shame, sexuality, gender identity and body image in order to begin the recovery process.

eating disorders Nova Scotia

CLARI

Mount Saint Vincent University

More info: phillip.joy@msvu.ca