



The remembering body

Maria Påhls (Freelance performance artist), Håkan Larsson (Freelance photographer and film maker), David Clinton (Department of Medical Epidemiology and Biostatistics, Karolinska Institutet), Rasmus Isomaa (Wellbeing Services County of Ostrobothnia)

Abstract

OBJECTIVE: The objective of the workshop is to explore body-based experiences of eating disorders, the patient's ability to reliably recall such experiences, and how they impact patients, researchers, and clinicians.

DESCRIPTION: In research, clinical evaluation, and treatment of eating disorders, patients are often asked to recall a variety of body experiences. "The remembering body" workshop explores these experiences and the patient's ability to reliably recall them. The workshop is based on the idea that core inner experience of eating disorders can be linked to shame and traumatic events that are beyond the reach of the conscious mind. The workshop centres on Maria Påhls lived experience of anorexia nervosa. Now recovered, Maria is a professional performance artist who studies her own eating disorder by revisiting memories imprinted on her body and movement. Assisted by Håkan Larsson and motivated by her ambition to create contemporary art inspired by the human body, Maria will share her memories of traumatic experiences and treatment, inviting workshop participants to actively reflect on and explore the bodily experiences of eating disorders. Together with two researchers and clinicians (David Clinton and Rasmus Isomaa) the workshop will go on to focus on the inner experiences of eating disorders, the impact of trauma, the reliability of retrospective accounts, and the potential risks and benefits of revisiting traumatic memories.

Topics: Treatment, Other

For workshops only

During the workshop, Maria and Håkan will present a film (<https://vimeo.com/816562975/4185e44d40?share=copy>) and some of her works. Maria will also invite the participants to engage with her

experiences. This will be done through: 1) guided imagery in relation to visiting a food market; and 2) reflecting on and experiencing bodily responses in relation to challenging situations for persons suffering from eating disorders. Together, the panel of Maria, Håkan, David, and Rasmus will discuss the clinical and research implications of Maria's work and related topics. The panel will also invite participants to reflect on what thoughts and feelings the workshop generates, their own bodily experiences of working with people suffering from eating disorders, as well as questions such as where the eating disorder resides in the patient's and therapist's body, and how the therapist's relationship to the body is affected by and expressed in their professional work.

Submission Format: Workshop

Is It a Student Paper? No