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**BODY IMAGE IN PREGNANT AND NEW MOTHERS TO BE EXPLORED AT
2014 iaedp SYMPOSIUM**

PEKIN, Ill (Feb. 11, 2014) – The desire to have children can be a motivating factor in eating disorder recovery, yet pregnancy and the postpartum period mirror the body changes and body image distress experienced in early recovery. A new presentation at the 2014 iaedp Symposium in St. Petersburg, Florida, February 26-March 2, will explore the risk factors for relapse, body image distress, as well as recovery hope for new and expectant mothers.

Licensed clinical psychologist, Linda Shanti McCabe, MA, PsyD, will lead a presentation examining the issue of body image distress and how to address eating disorder recovery issues with pregnant and postpartum women. After the liberation of throwing out the scale, recovering women are faced with constant weight monitoring during pregnancy and “fat chat” about “losing the baby weight” postpartum.

Markers of recovery (dis-identifying one’s identity from one’s weight, listening to one’s hunger cues and body rather than avoiding/numbing them, tolerating imperfection and ambiguity) as well as tools for recovery (distress tolerance, emotion regulation, support system, journal/art prompts, and medication as determined by psychiatrists) will be shared.

During the presentation, signs and symptoms of postpartum depression and screening tools such as Postpartum Depression Screening Scale and the Edinburgh Postnatal Depression

Scale will be looked at and explored. Experiential meditation and expressive arts will help participants experience somatically what it is like to grow into a different body, just as recovering, pregnant, and postpartum women do. A clinical case example of one woman's story of experience in recovery from an eating disorder and Postpartum depression will also be presented.

About iaedp: Since 1985, the [International Association of Eating Disorders Professionals](#) has provided education and training standards to an international and multidisciplinary group of various healthcare treatment providers and helping professions.