

## **Introduction**

Anorexia and bulimia are generally very negative and self-invalidating consequences in the social life of a person.

My communication addresses the question in reverse: does an unsuitable social life have an aggravating effect on the emergence and evolution of alimentary disorders?

As a clinical psychologist working in a private office, I assembled three groups of patients with eating disorders in relation to three different styles of social life.

This work is not based on research, but on clinical observations from my private practice.

The majority of these patients had insecure or overprotective childhood and adolescence. Some lived through traumas that lead them to develop particular personality trait or Borderline problems.

Borderline personality disorder will not be discussed here, but will come up along with other psychopathological dimensions.

The objective of this clinical observation is to make evident the negative and aggravating consequences of three social life styles on eating disorders; to compare their differences and similarities; and to draw conclusions that would allow for a better orientation of the psychotherapeutic work.

Below are the three categories, each bearing a name:

## ECED 2015 - Abstract Submission Form

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Keywords:	<b>Anorexia – Bulimia – Life styles – Body image – Self-image</b>

Abstract (max. 250 words):

**Social Life's Role on Exacerbating Anorexia and Bulimia : Three Examples of Life Styles**

Anorexia and bulimia are disorders strongly linked to ideals associated with being thin, accomplishment, and self-control, driven by society. In this way, a person's social lifestyle can play a harmful role and amplify the pathology by giving erroneous corporal representations and a low self-image. As a clinical psychologist specializing in eating disorders, I have distinguished three types of life styles among my patients that have a serious negative impact on their disorders. Restrictive anorexics who avoid to socialize while they feed on pathological body images seen on social networks. Bulimic or compulsive patients spending their time at parties where relationships are based on beauty and physical perfection, which generates distortions of body self-perception. And third category, bulimic or compulsive patients who are too afraid to grow-up and move about in immature social circles where their body and femininity are denied. Psychotherapy aimed at constructing a more stable and balanced life style would better handle these disorders.

Key words: Anorexia - Bulimia - Life styles - Body image - Self-image

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ORAL PRESENTATION