Eating disorders in men: in their own words.

Russell Delderfield
Overview:

1. Body-shock – my story of ED & recovery
2. Key messages from recent research
3. Men’s recovery experiences
4. Conclusions – the S word.
1. Body-shock

- Inhabiting a man's body.
- The grip of bingeing & purging
- Luck of the draw?
- Long term therapy, therapeutic change...and compulsive eating.

‘I take up too much space...

I just need to be a lot smaller.’
2. Key messages from recent research

**Links sexual orientation & ED**

**Classifying**

**Body image, masculinity**

**Treatment & recovery**
• Social torment turned inwards as habits to obsessions.
• Exposure to male ideas of what’s hot and what’s not.
• The family as training ground Abuse > violence > homelessness > poor mental health.
• Starving for more exercise.

• *It’s not about my body versus it is about my body.*
• In recovery – no two men are the same.
3. Men’s (recovery) experiences

- Michael Krasnow - My life as a male anorexic.


- Gary Grahl - Skinny boy : a young man's battle and triumph over anorexia.

- Matthew Campling - Person-centred practice: case studies in positive psychology.
4. Conclusions: the S word

Stigma

Socio-cultural constructs of eating disorders have illuminated by feminist theory, but the lack of equivalent discourse addressing male gender identity has left our knowledge of eating disorders in men aetiolated.

(Jones & Morgan, 2010: 29)

- http://www.brad.ac.uk/eating-disorders-and-men/
- http://blogs.brad.ac.uk/russell-delderfield/


Images:

Images 1, 2 & 3 are taken from:

Harvey, E. (2011) MGEDT Photo Project [online]. Available at: http://ellieharvey.com/section/195792_Men_Get_Eating_Disorders_Too.html [accessed 1st August 2012]. The images are not of my research participants and are representative only.