

# **BODY IMAGE**

## **Overcoming Eating Disorders**



**EVERYMAN EDUCATION**

**Tel. 00 44 (0) 113 2944889**

**fax. 0871 661 8014**

**e-mail: [everymaneducation@ntlworld.com](mailto:everymaneducation@ntlworld.com)**

**[www.educationresources.org.uk](http://www.educationresources.org.uk)**

## **BODY IMAGE**

### **Overcoming Eating Disorders**

The film features Emma and Susanna, as well as interviews with Dr. Mickley, who explains both medical and psychological aspects of Bulimia and Anorexia. Emma, a 17 year old American recovering anorexic and her parents, talk openly and sincerely about her struggle with the disease and her recovery process. Also Susanna Feder, a recovered bulimic who is now a psychologist and counsellor, reads sobering passages from her diary which intimately describes her feelings

### **TIME LINE**

<b>00. 00. 05</b>	Introduction - comments.
<b>00. 00. 05</b>	Title.
<b>00. 01. 28</b>	Who suffers eating disorders and why.
<b>00. 02. 12</b>	Beauty in a previous decades and beauty now.
<b>00. 02. 46</b>	Large increase in the number of women with eating disorders.
<b>00. 03. 04</b>	Emma Bryant - recovering from anorexia.
<b>00. 03. 25</b>	Description of anorexia.
<b>00. 03. 48</b>	Passage from the diary of Susan Feder describing the feelings of a bulimic.
<b>00. 04. 14</b>	Medical description of bulimia.
<b>00. 04. 56</b>	Emma Bryant – why Emma wanted to change her body shape..
<b>00. 05. 36</b>	View of Emma’s father and mother.
<b>00. 06. 24</b>	Medical problems associated with being under weight.
<b>00. 07. 00</b>	For most people eating disorders start with dieting....
<b>00. 07. 36</b>	Body Image and Society.
<b>00. 08. 18</b>	Media images and how sufferers use the disease to avoid difficult issues.
<b>00. 08. 50</b>	Possible reasons for eating disorders.
<b>00. 09. 04</b>	Emma talking about pressures in her life.
<b>00. 10. 07</b>	Adolescents and body image.
<b>00. 10. 41</b>	Low self esteem.
<b>00. 11. 10</b>	Susan Feder reading from her diary.
<b>00. 11. 36</b>	Emma – “I want to be different from my parents....”
<b>00. 12. 03</b>	Emma’s mother talking of her own family
<b>00. 12. 27</b>	Emma talks of her suppressed anger.
<b>00. 12. 43</b>	Families and children with eating disorders. Hidden messages; a cry for help.
<b>00. 13. 06</b>	Eating disorders and teenage problems.
<b>00. 13. 42</b>	Emma.
<b>00. 14. 06</b>	Susan Feder reading from her diary; descriptions of the diseases effect.
<b>00. 14. 47</b>	Emma realises she has a serious problem.....
<b>00. 15. 21</b>	Emma’s mother talking about Emma.

<b>00. 15. 35</b>	Characteristics of people with eating disorders.
<b>00. 16. 01</b>	Physical symptoms.
<b>00. 16. 24</b>	Question of normality...
<b>00. 16. 56</b>	Facts regarding anorexia and bulimia.
<b>00. 18. 11</b>	Facts re exercise and eating disorders.
<b>00. 18. 52</b>	Description of effects from a sufferer.
<b>00. 19. 22</b>	Emma needs help.
<b>00. 20. 05</b>	The disease takes over.
<b>00. 20. 30</b>	What to do if you or a friend has a problem.
<b>00. 21. 10</b>	Find out what works for you.
<b>00. 21. 18</b>	Emma dealing with her problems.
<b>00. 21. 42</b>	Confronting the problems in Emma's family.
<b>00. 22. 08</b>	Recovery and therapy for Emma.
<b>00. 22. 43</b>	Treatment issues.
<b>00. 23. 16</b>	The road to recovery.
<b>00. 23. 41</b>	Recovery as described by Susan Feder.
<b>00. 24. 10</b>	Emma talks freely of her recovery.
<b>00. 24. 32</b>	Emma's father talks of Emma and the stress she feels.
<b>00. 24. 57</b>	Getting help and advice.
<b>00. 25. 19</b>	Learning to accept things the way they are.
<b>00. 25. 46</b>	Emma describes how she will never be totally free of the disease.
<b>00. 26. 26</b>	Susan Feder reads from her diary - summary.
<b>00. 27. 20</b>	End Credits

### **RELEVANT WEB SITES**

[Healthy eating for teenagers](http://www.ivillage.co.uk/parenting/teens/teencon/qas/0,,186633_187198,00.html) www.ivillage.co.uk/parenting/teens/teencon/qas/0,,186633\_187198,00.html

[BBC - Birmingham - tyi extra - Anorexia True Story](http://www.bbc.co.uk/birmingham/teens/2002/08/anorexia.shtml) - www.bbc.co.uk/birmingham/teens/2002/08/anorexia.shtml

[Anorexia & bulimia](http://www.rcpsych.ac.uk/default.aspx?page=1428) - www.rcpsych.ac.uk/default.aspx?page=1428

[Anorexia and Binge Eating - Food - 4Health from Channel 4](http://www.channel4.com/health/microsites/0-9/4health/food/abe_index.html) - www.channel4.com/health/microsites/0-9/4health/food/abe\_index.html

[Anorexia Nervosa explained in easy to understand English.](http://easyweb.easynet.co.uk/simplepsych/60.html) - easyweb.easynet.co.uk/simplepsych/60.html

[Anorexia Nervosa, Bulimea and eating disorders.](http://omni.ac.uk/browse/mesh/D000856.html) - omni.ac.uk/browse/mesh/D000856.html