Novel Insights for Enhancing Positive Body Image and Embodiment
Co-Chairs

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All slides will be posted on: https://u.osu.edu/tracyltylka
Background

SHIFT TOWARD POSITIVE BODY IMAGE AND EMBODIMENT...

Positive body image:
- Body Appreciation
- Body Acceptance and Love
- Broad Conceptualisations of Beauty
- Adaptive Appearance Investment
- Inner Positivity
- Protective Filtering

(see Tylka & Wood-Barcalow, 2015)

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Background

SHIFT TOWARD POSITIVE BODY IMAGE AND EMBODIMENT...

*Positive embodiment:*
X Positive Body Connection and Comfort
X Embodied Agency and Passion
X Attuned Self-Care

(see Piran, 2016)

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Background

SHIFT TOWARD POSITIVE BODY IMAGE AND EMBODIMENT...

X Not the same as low negative body image or high body satisfaction

X Positively correlated with psychological health + well-being

X Inversely correlated with psychological ill-health + ill-being

(See Body Image 2015 “Special Series” on Positive Body Image)

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NEGATIVE BODY IMAGE AND INTERVENTION TECHNIQUES

X Negative body image prevalent + related to serious consequences across key areas of living

X Extant techniques focus on negative body image + have small effects (Alleva et al., 2015)

X Lack of techniques focusing on positive body image / embodiment: Neutral body image at best

X Improving positive body image + embodiment promising strategy

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AIM

“To provide novel research-based insights concerning the protective factors, mindful self-care behaviours, and intervention techniques that can be applied to enhance positive body image and embodiment.”
Presenters

1. NIVA PIRAN, PhD

2. CATHERINE P. COOK-COTTONE, PhD
   Mindful Self-Care for Embodied Self-Regulation

3. TRACY L. TYLKA, PhD
   Impact of a Yoga Intervention on Children’s Body Image

4. JENNIFER B. WEBB, PhD
   Yoga at Every Size: A Preliminary Evaluation of an Online Size-Inclusive Yoga-Based Intervention

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Centre for Appearance Research

Appearance Matters 8
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www.uwe.ac.uk/appearancematters
Let’s get started!
References


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References


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