’I wish they would have brought it up’: Towards meaningful conversations about size in psychotherapy

Other

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'I wish they would have brought it up!': Towards meaningful conversations about size in psychotherapy.

**Method**

**Stage 1** – online questionnaire with clients of size about experiences of psychotherapy.
- 35 detailed qualitative responses (70 responses overall)
- Participants from UK, US, Canada & Australia
- Phenomenological, Thematic Analysis

**Stage 2** – pending ethical approval. In depth interviews. Client and therapist experience of productive/affirmative therapeutic dialogue about size.

**Preliminary Findings: People of Size (POS) experience a series of barriers to productive conversations about size and weight stigma in their psychotherapeutic relationships.**

**Weight Stigma**

The ‘social devaluation and denigration of people perceived to carry excess weight’ (Tomiyama, 2014). (Emphasis mine)

Small but growing body of evidence for impact of weight stigma in psychotherapy:
- Rothblum (2018)

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**References**


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