

## **WORKSHOP 5: FINDING HOPE IN TELLING OUR STORIES: UNDERSTANDING THE INTERSECTION OF DISCRIMINATION AND SHAME IN THE TREATMENT OF EATING DISORDERS IN PEOPLE OF COLOR AND LGBTQ+ COMMUNITIES**

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**Background:** People from ethnic minority groups and those in LGBTQ+ communities suffer from eating disorders at similar or higher rates than the general population. Among other risk factors, a history of microaggressions, discrimination and marginalization, and the well-documented confluence of stressors associated with minority status puts them at particularly high risk for the development of disordered eating behaviors and their attendant consequences.

**Issues of Focus:** Despite the seriousness and lethal nature of eating disorders for all those affected, there remains a tremendous disparity in mental health services utilization among those from marginalized groups. People from these groups are underidentified by professionals and tend to receive treatment for eating disorders at significantly lower rates. These disparities reflect a profound need for culturally competent assessment and treatment services for members of marginalized communities.

**Proposition:** Cultural competency among care providers is crucial in providing effective treatment and has particular salience in the context of illnesses as complex and multifaceted as eating disorders. It is essential for therapists, dietitians, physicians, nurses, and other allied professionals to possess cultural knowledge and be able to apply such cultural understanding to assessment and delivery of interventions.

**Potential Outcomes:** This workshop will focus on providing an overview of current research and understanding of eating disorders in marginalized groups in order to help develop skills for better using cultural knowledge to understand the impacts of our clients' cultures, including sexual/gender minority status, country of origin, immigrant or ethnic minority status, gender roles, and class issues.

**Implications:** Discussion will focus on improving the sensitivity of providers to their own cultural values and biases so that they might better understand how their own cultural beliefs might impact upon the provision of culturally competent assessment and treatment.

### **Learning Objectives**

At the conclusion of this workshop, participants will be able to:

1. Assess the sensitivity of providers to their own cultural values and biases so that they might better understand how their own cultural beliefs might impact upon the provision of culturally competent assessment and treatment.

2. Apply skills for better using cultural knowledge to understand the possible impact of eating disorder clients' culture, including sexual/gender minority status, country of origin, immigrant or ethnic minority status, gender roles, and class issues.

#### References

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