

Monday Evening Meeting

24 July 2017

7.00 - 8.30 pm

False Bodies, True Selves:

Exploring Appearance-Focused Identity Struggles

Presented by: Nicole Schnackenberg

Donald Winnicott expounded the view that each of us come into this world naturally embodying our True Self. This is a sense of self based on spontaneous, genuine experience; this comes with a vibrant feeling of aliveness and a sense of having a real self. In this Monday evening discussion we will explore the relevance of Winnicott's theory of the True Self in relation to appearance-focused identity struggles such as anorexia and body dysmorphic disorder. We will also consider how the objectified body can act as a transitional object between the False Self and the True Self and explore some of Bion's ideas around suffering, truth and authenticity.



Nicole Schnackenberg currently divides her time between her doctoral studies in child psychology at the Tavistock Centre, her position as a trustee of the Body Dysmorphic Disorder Foundation and her facilitation of the Eat Breath Thrive yoga programme for food and body image issues in Putney. She has authored a book on transpersonal modes of healing for appearance-focused identity struggles entitled 'False Bodies, True Selves: Moving Beyond Appearance-Focused Identity Struggles and Returning to the True Self' and co-edited a book, 'Reflections on Body Dysmorphic Disorder: Stories of Courage, Determination and Hope'. Nicole has given numerous talks and workshops on body image issues across the country and is due to travel to both the Ukraine and Russia later this year to deliver a range of workshops on the insights contained in 'False Bodies, True Selves'.

This event is free for WMIP Members and first-time visitors

Subsequent visitors £10

Tea and coffee will be available

*Venue: Edgbaston Quaker Meeting House, St. James Road, Edgbaston, B15 1JP
Five Ways train station and On-street parking nearby*