



CE Event

Format: Presentation

Date: February 25, 2016

Time: 12:00pm-1:00pm MDT

CE CREDITS: 1.0 CE credit for 1 hour presentation

Type: Lecture, interactive with Question and Answer

Presenter: Melissa K. Taylor, MS, LMFT

Title: "The Portrayal and Sexualization of the Female Body in the Media: Exploring the Destruction of the Female Identity and its Effects on Familial Relationships"

Description of Presentation:

This presentation will highlight research completed by leading body image experts regarding how the media's 'thin ideal' impacts females' physical, psychological, and emotional well-being. Secondly, the presentation will explore how this problem negatively impacts familial relationships, both parent-child and couple interactions. Lastly, we will present interventions to help families openly address these influences in their home environment and in their personal interactions. Presenters will draw on their expertise working with individuals and families torn apart by body image issues, eating disorder histories, and accompanying familial discord.

This presentation will be focused on Clinical Application. It will emphasize the Functional Family Therapy's concept of an extrafamilial factor (the media) that has a large influence on female identity and relationships.

Learning Objectives:

1. I can state one physical, one emotional, and one psychological impact that the thin ideal has on females.
2. I can state how the thin idea and objectification of females impacts parent-child relationships.
3. I can state how the sexualization of females can impact couple relationship dynamics.

4. I learned a new intervention to use with families in my practice.

Outline:

1. Definition of sexualization versus healthy sexuality

- a. What is concerned healthy sexuality and what is considered sexualization

(American Psychological Association, Report of the APA Task Force on the Sexualization of Girls, 2007; Sexuality Information and Education Council of the United States [SIECUS], 2004).

- b. Sexualized Media is offering unhealthy images to younger children on how to act sexual versus how to be sexually appropriate

2. Prevalence of Sexualized Media

- a. Statistics show the pervasiveness of the problem of children being overly exposed to all media. (American Academy of Pediatrics, 2016 website).

- b. Sexualized media is pervasive in movies, magazines, TV shows, music, advertisements, blogs, Twitter, Tumblr, Instagram, and Pinterest.

(APA, 2007)

3. Impact and Consequences of Sexualized Society

- a. The impacts of sexualized media are found to negatively affect children's self-esteem, academic performance, physical health, sexual expectations, activity level in sports, and their identity development.

- b. Girls can learn to use sexuality to bully other girls or to gain power.

- c. Sexualized media impacts the way boys perceive a girl's role and potential. Males who view females in a sexualized way tend to act more sexually coercive with females.

4. Interventions

- a. Ideas for education in your clinical practice with clients and with families.

- b. Community action that has tried to combat the sexualization of the media

Conference Brochure Description:

This presentation highlights the epidemic concerns of the thin ideal, objectification, and sexualization of girls, adolescents, and women in our society. Research and interventions will highlight the impact this has created on the physical, psychological, emotional, and sexual well-being of not only individuals but the healthiness of family interactions.

Biographical Sketch:

Melissa Taylor, LMFT, is the Outpatient Clinical Director at Center for Change. Melissa runs the Partial Hospitalization Program, the Intensive Outpatient Program, and the Outpatient services at CFC. Her clinical focus includes finding clients strengths, working through sexual trauma, eating disorder recovery, and helping families work through their difficulties. Melissa speaks nationally and regionally on eating disorder prevention and recovery. She has spoken at AAMFT, UAMFT, TABS, IECA, IAEDP, BYU Education Week, NATSAP, and other venues. She received her Bachelor's from Brigham Young University and her Masters in Marriage and Family Therapy from the University of Kentucky.

Statement of possible risk: It is possible that participants, as a byproduct of attending this training, will have an opportunity to look at themselves and apply principles into their own lives, as well as those they treat. Therefore, there is always potential that participants could experience a mild degree of emotional discomfort as they look in the emotional mirror in application of these principles in their own lives.