



TITLE: Eating Disorders as an emotionally mental defense mechanism

Name: Michaela Sklatinioti

Affiliation: Clinical Psychologist - Psychotherapist

Country: Greece

Email ID: sklatinioti.michaela@gmail.com

ABSTRACT

Anorexia nervosa, bulimia nervosa, and binge eating are types of eating disorders (EDs) characterized by psychological and mental manifestations. Various psychological factors can significantly influence the development and functioning of EDs in an individual's life. Elements such as family dynamics, societal and cultural influences, contribute to the formation of emotional defense mechanisms throughout one's lifespan. Moreover, certain personality traits, including heightened neuroticism, anxiety, low self-esteem, emotional disturbances also play a role. The combination of these factors can elucidate the disrupted relationship between an individual and nourishment, as well as the display of numerous emotions that perpetuate a cycle of unhealthy coping mechanisms through disordered eating behaviors. Therapeutically disengaging from emotional defenses may be a crucial step in the process of recovery.

BIOGRAPHY

Michaela Sklatinioti is a licensed Clinical Psychologist & Psychotherapist. She is a regular member of the Greek Psychologists Association (SEPS). She has completed her Bachelor's in Psychology with an Honors degree (Greece) and her Master's of Science in Clinical Psychology (the Netherlands). She is a recognised soft skills trainer from the European Federation of Psychology Students Associations (EFPSA), thus she has participated in various Congresses and Training Courses. She holds two specializations in "Psychopathology of Children & Adolescents" and in the "Evaluation & Therapeutic approach for children & adolescents in the autism spectrum". She is an agile learner and eternal optimist.



Presenter Name: Michaela Sklatinioti

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Contact number: +30 6948892189