



A trauma and disability informed approach to healing body shame.

Body trait shame leads to negative health outcomes (Lamont, 2015). Self compassion leads to positive health outcomes (Neff, 2015).

Blaming the individual for the results of disability, trauma, and unjust systems creates shame. A singular focus on individual responsibility in health choices ignores the impact of systemic failures and the context those choices are made in. The individual is blamed for something that is not in their power to change. Addressing systems creates room for the individual to discover compassion for themselves, decreasing shame.



Body Loyalty integrates several existing modalities to create a holistic approach to addressing body shame. CBT, DBT, IFS, systems theories, civil rights movements, as well as lived stakeholder experience and disability community wisdom, all inform a method of evaluating what choices will yield the best individual outcomes on a case by case basis.

Context matters in decision making. The appropriate self care intervention is the one with the fewest barriers to execute. Patients need support in determining that for themselves. The Body Loyalty approach teaches how to find individual accommodations as necessary to enact behavioral choices anchored in productive mental health goals.

The Body Loyalty Plan

Marrow	Mind	Muscle
Quiet	Take Your Body's Side	Rest Breath
Self Talk	Start Sarcastic	Awareness
Self Acceptance	Conduct Experiments Validation Over Minimization	Reflection
Self Care	Nothing is Just One Thing	Movement Nourishment
Community Care	Care Builds Trust	Caregiving

Marrow
The deepest core concepts. The animating foundations to build all other interventions on.

Mind
Mindset approaches to challenge stubborn beliefs and resistance to change.

Muscle
The actions. Proactive self care habits that will build trust and self efficacy

Eisler, R. T. (1988). The chalice and the blade: San Francisco: Perennial Library. // Lamont, J.M. (2015). Trait body shame predicts health outcomes in college women.. J Behav Med 38, 998-1008 // Neff, K. (2015). Self-compassion: The proven power of being kind to yourself.

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