



## Shira Collings: Health at Every Size and Body Liberation



Shira Collings is a Master's student in Clinical Mental Health Counseling as well as providing training and consultancy on suicide prevention, disability justice, body liberation, and the Health At Every Size paradigm. Explore the harms of conventional weight stigma approaches and how Health At Every Size promotes better health.

**TOP EMBODIMENT TIP:** Stop thinking of your body as separate, that needs to be improved and start thinking:  
*We are our bodies, they have knowledge and wisdom, and should be listened to.*

### Relationship Between Food and Your Body:

- Every person deserves to feel at peace with their body. Our body is an **inseparable** part of us.
- This part of our existence **shapes** the way we think, the way we're **treated** and the way we **perceive** the world.
- To be at **war with our bodies**, dislike our bodies or receive the message that our bodies are wrong is **alienating** a huge part of ourselves.

### Health at Every Size: A Paradigm that Represents a Departure From a More Conventional Paradigm Which Equates Weight with Health and Idolizes Fitness and Weightloss, but Promotes:

- Respect, inclusion and social justice.
- Access to healthcare and life **enhancing behaviors** for people of all sizes.

### Harms of the Conventional Paradigm: The Paradigm Equates Weight and Health.

- It goes by **BMI** as a way to judge whether people are healthy, or how much people need to be eating.
- It leads to **weight stigma**, also called **sizism or fat phobia**, which idolizes fitness and weight loss.
- The generalization that fitness and weight loss are **indicative of self discipline** and health leads to **prejudice**.
- It promotes **disordered eating**. "**Healthy eating**" is code for **restricting** food groups or not eating enough.

### Body Size is Not an Indicator of Personal Health Eating or Exercise Habits:

- People in **higher weight bodies**, who exercise a lot but eat less, have **restrictive eating disorders**.
- **Weight stigma** can be more dangerous than body size or weight.

### Weight Stigma, Embodiment, Health at Every Size:

- The Conventional Approach Leads to Alienating Behaviors, Tension and Pain.
- Promotes Weight Inclusivity, Policies that Enhance Health, Respectful Care, Eating for Well-Being, and Life-Enhancing Movement.

### Resources

- ❖ **Website:** [shiracollings.com](http://shiracollings.com)



❖ **References:** Work of others, recommendations etc.

## Shira Collings





All Trauma & Social Change Presentations are Proudly Sponsored by  
Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



**Steven Hoskinson** is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

**OI's Trauma Safe™ Trajectory** features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



**PTSD: Post-Trauma System Development** emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

**As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)**