

BONNIE HIRSCHHORN

The Hungry Ghost: Art Therapy and Psychoanalysis in Working with Eating Disorders and Body Image

Who are the hungry ghosts?

Why do some patients feel that they never get enough?

Why do they see through a filter of deprivation?

Why are they invested in constantly depreciating themselves?

How does this contribute to the manifestation of eating disorders and body image distortion?

This presentation will focus on the psychoanalytical understanding of eating and body image as symbolic of emotional hunger, self object world and developmental issues. We will look at the meaning behind the symptom in order to include patients who do not fit the standard criteria for an eating disorder.

As an instructor at the Institute for Expressive Analysis, I integrate psychoanalysis with art therapy. In this workshop, art therapy will be explored through slides and experiential exercises in order to learn how to use this modality to:

a) Work with imagery that response to self and object representation; b) Use reparative symbols that are created and integrated in the treatment; c) Understand how the artwork changes and develops over time as it mirrors the patient's progress; d) Explore your own counter-transference as a visual cue to understanding your patient's internal world.

Bonnie Hirschhorn is licensed as a psychoanalyst, creative arts therapist, clinical social worker, and is a certified relationship therapist. She has been in private practice for the past 25 years in Manhattan and New Paltz, NY. She specializes in integrating creative modalities for the treatment of eating disorders, compulsive eating, body image and has presented extensively on the subject.