



“Corpo, affetti, nutrimento ed esperienza estetica nei percorsi di accompagnamento allo sviluppo, presso l’ambulatorio pediatrico dei disturbi dell’alimentazione”.

"Body, affects, nourishment and aesthetic experience in the pathways accompanying development, at the pediatric clinic for eating disorders"

A cura di Dott.ssa Bina Claudia Guarneri, Psicologa pediatrica, Psicoterapeuta, Arte Terapeuta, Socio SIPPed , (Borsista ASP 1 Agrigento, U.O.C Pediatria e Neonatologia Presidio Ospedaliero Sclafani (Ag), Ospedale Giovanni Paolo II).



Eating disorders in developmental age and childhood obesity are complex problems that are increasing exponentially, and require increasingly complex interventions and new cure / care settings capable of preventing related developmental risks and preserving the continuity of being.



Transition times.

Supporting the child and adolescent's transitions in Pediatric condition

2nd S.I.P.Ped. International Conference

November 7 – 9, 2019

Palermo, Sicily, Villa Magnisi, Ordine dei Medici Chirurghi e Odontoiatri



Palermo



Eating disorders in developmental age are widespread and difficult to recognize at an early stage.

These disorders, in fact, initially manifest themselves in a silent way and become more and more persistent and pervasive, putting at risk the continuity of the child's being.

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Obesity, in the pediatric age, is configured as a complex chronic disease, aetiology, multifactorial.

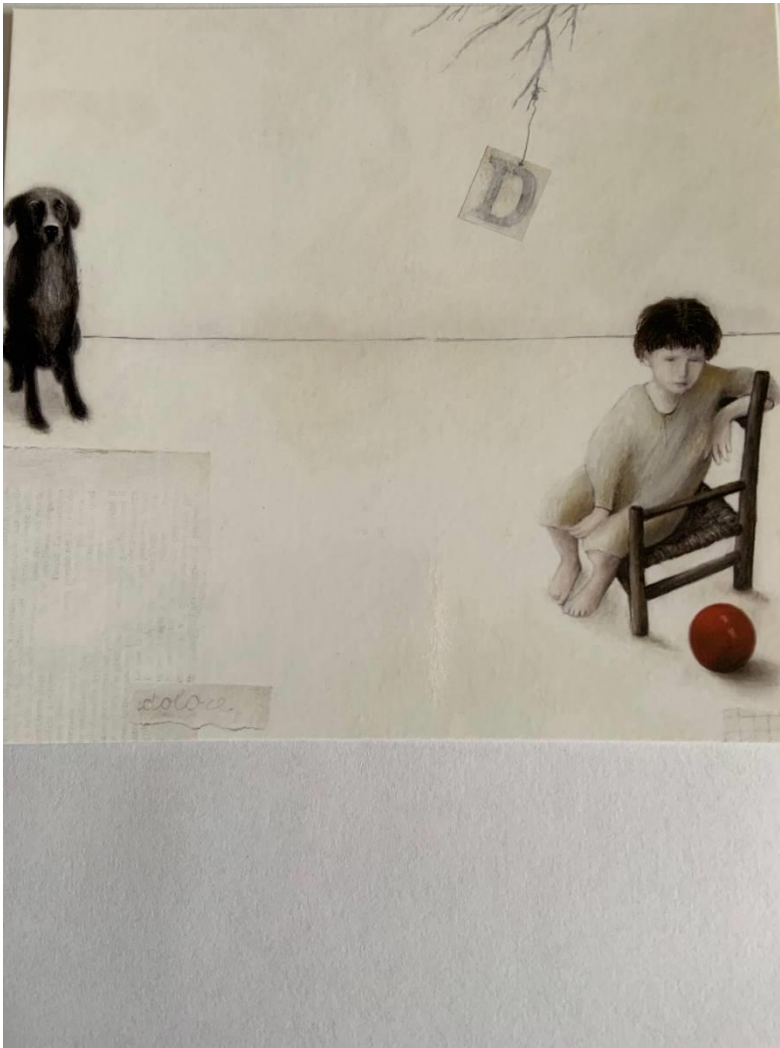
Childhood obesity, "is one of the greatest challenges to public health in the twenty-first century" and needs new effective and adequate governance models, monitoring, prevention interventions and health promotion and specific care settings.



Selective eating or "selective eating", in infancy and early adolescence, appears to be "the most ferocious precursor of major disorders" (Dalla Ragione 2018) and deserves great attention from the scientific community and caregivers.

Problems related to overweight, underweight, obesity and food selectivity, draw the parent's attention to the body and food, in terms of calorie intake, in excess or defect, overshadowing the effort to raise a child and the teenager.

An effort that is accentuated in the evolutionary.



It happens that food is stripped of its symbolic, emotional and nourishing value to be used as a means of protecting itself from the fatigue of growing and painful experiences. Thus we are witnessing a narrowing of experiences of self and openness to life, to a "closing of the mind in front of emotional experiences" (Magagna, 2008).

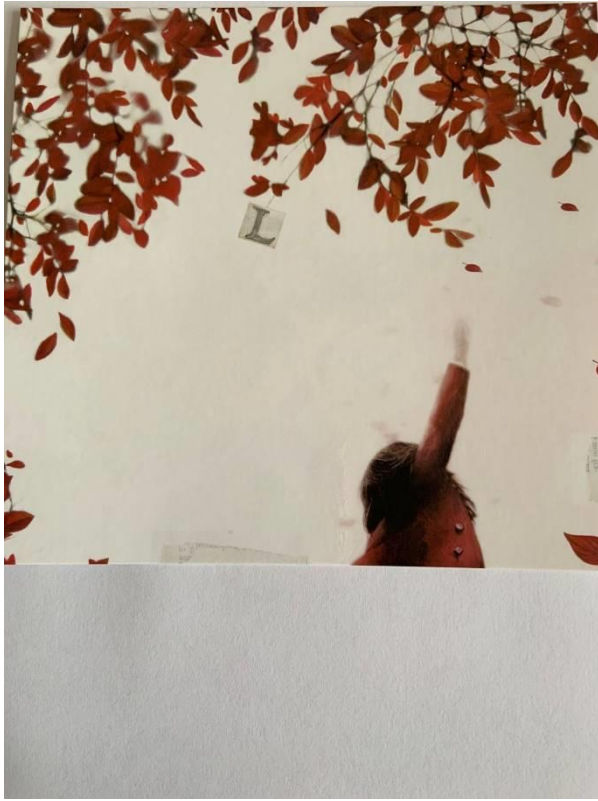


In the child's growth path and above all during evolutionary transitions the relationship with food can change, sometimes it can be exacerbated, problematic nodes can emerge that disorganize the evolutionary trajectory and block the texture of the continuity of being

In the pediatric condition of childhood obesity and in eating disorders, food is stripped of its symbolic and affective value to be used as a tool of consolation, of affective regulation, or seen as a "foreign body" (Pozzoli, 2011) to be controlled.

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The good care / care practices of eating disorders and obesity, in the developmental age, aim to re-establish a "peaceful relationship with food" (Ministry of Health 2017) and to promote development paths, expanding the experiential field of the child and of the family.



It is necessary to offer paths that allow the child and the families to recover the symbolic value of food as nourishment, regulated by emotional sharing which gives the child confidence and strengthens the sense of self.



In taking charge of the complexity of these pediatric conditions, interventions aim to establish new forms of dialogue with the affective, corporeal dimension and the area of nourishment, to modify the affective family climate, to recreate and strengthen the aesthetic transitional area, as an essential basis for the vital experiences of development, and to rediscover the beauty of the relationships they nurture.

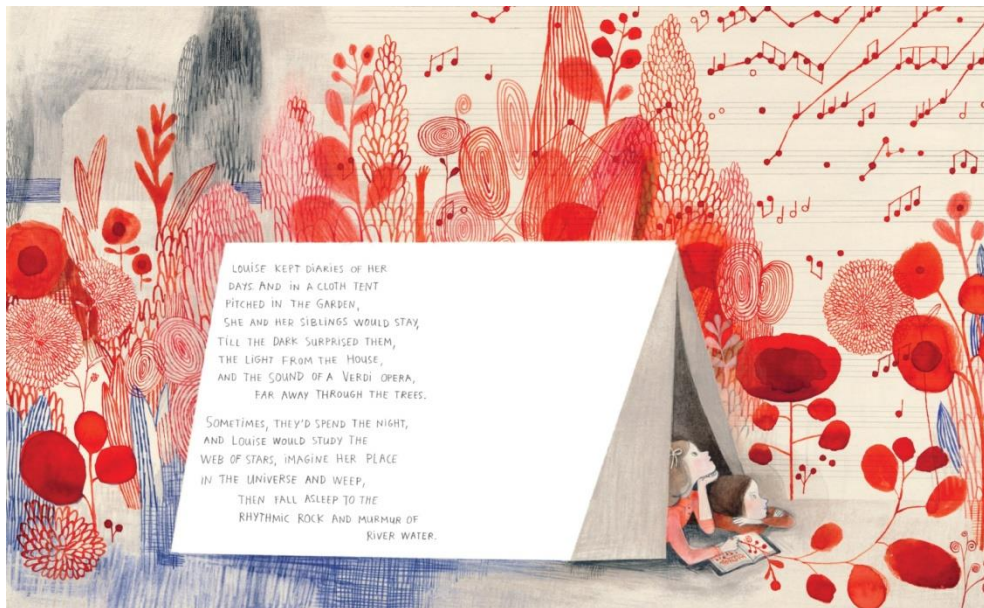
It is a matter of restoring the parent child's relational dance, bringing the parent back to the discovery of his own child.

But to do this we need to take the child's perspective and value it

And at the same time helping parents to rediscover their resources and potential and to recognize those feelings of ambivalence that can enchant themselves in the relationship.

The expansion of the aesthetic transitional area, the recovery of the primary aesthetic dimension and the activation of the poietic bases of the mind, through repeated experiences and positive results, can re-model the configuration of the inner world by promoting the birth of flexible psychic organizations.

The promotion of "aesthetic development" (Harris Williams, 2010) and of "creative living" (Winnicott, 1971) become essential in the prevention of risk conditions and in the crossing of the same to stop the developmental blocks and the interruption of the continuity of the 'to be.





Un sentimento Zitto,
sta lì. Certo che esiste.
Puoi essere contento
Oppure molto triste
Ma se non lo sai dire
A chi ti sta accanto
Quel sentimento vive
per te soltanto.
Perciò non fare il duro
Racconta quel che senti
Ci sono le parole
Per tutti i sentimenti

Janna Carioli, Sonia M.L
Possentini

