Beauty and Beyond: Body Image and Well-being Among Women and Girls of Color

Presented by
Ariana Mitchell, M.S.

Wednesday, May 13, 2020
9:30 am - 11:30 am

*Location: Zoom Remote Video Conference *
Once registration is confirmed, link to access the training will be provided

Registration Fee:
There is no cost associated with this presentation

Continuing Education:
No CE credits will be offered

Registration Link:
https://www.surveymonkey.com/r/FZFSWKS
If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on May 12, 2020
Description:

Dissatisfaction with one’s body image can lead to low esteem, shame, depression, and other negative outcomes. The majority of research on body image has examined experiences of White women and desires to obtain a thin or slender body. However, the “thin ideal” does not capture the full experiences or struggles of women of color. For example, factors such as hair texture, skin tone, and curvaceous shape are known to be important constructs of body image for Black women (Capodilupo & Kim, 2014). Additionally, European/mainstream standards have often deemed these aspects of Black beauty (e.g. darker skin tones and coily hair) unfavorable. This intermediate level presentation will highlight the importance of examining culturally relevant factors of body image. Additionally, it will explore how racism and discrimination can impact body satisfaction and quality of life for women and girls of color. It will also provide recommendations for navigating conversations around body image.

Learning Objectives:

1. Define body image and related concepts.
2. Describe the impact of discrimination on body image and overall well-being for women and girls of color.
3. Identify skills that can help us navigate healthy conversations around body image with women and girls of color.

Presenter:

Ariana Mitchell, M.S. earned her Bachelor of Science in Psychology at Xavier University of Louisiana in New Orleans. She earned her Master’s degree in Clinical and Counseling Psychology through her current doctoral program at The University of South Alabama, where she is expected to earn her Ph.D. in July 2020. Ariana has provided therapy, supervision, consultation, and psychological assessment services across multiple residential and outpatient settings. Additionally, she relishes the opportunity to engage in community outreach. Her thesis and dissertation research focus on the relationships between body image, internalization of beauty ideals, racial identity, and mental health among Black/African-American women. Her research has been presented at national conferences and has been included in a co-authored publication in a professional journal. Her thesis was nominated for the University-wide Outstanding Thesis of the Year Award. Additionally, she has conducted a body image therapy group with undergraduate students at the University of South Alabama. She is currently completing her doctoral internship at the Youth Services Department. Her long-term goal is to be a clinical psychologist with the skills needed to serve as a change agent in marginalized communities across the Gulf Coast region.
Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact Cristal Montepeque at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

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Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday’s 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.

2. Use the "Send to" drop-down menu to select the recipients of the message.
   - **Everyone** – All participants will see the message in their Chat pane.
   - **Organizer(s) only** – All organizers will see the message in their Chat pane.
   - **Individual attendee** – Only the selected organizer or attendee will receive the private message.

3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting