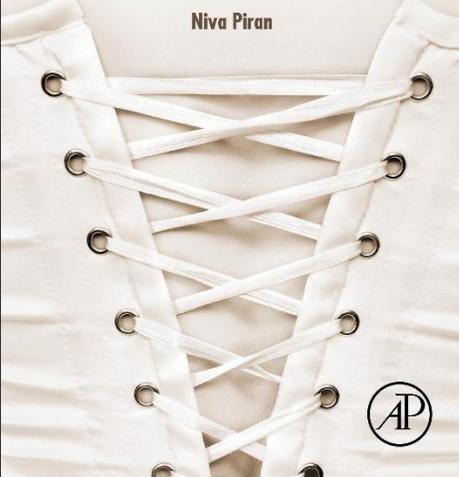


# Journeys of Embodiment at the Intersection of Body and Culture

The Developmental Theory of Embodiment

Niva Piran



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Dr. Niva Piran is a clinical psychologist, school consultant, and professor at the Ontario Institute for Studies in Education of the University of Toronto. A Fellow of the American Psychological Association and the Academy of Eating Disorders, she is internationally recognized for her innovative work on body image development, and the treatment and prevention of eating disorders. Dr. Piran is the recipient of multiple awards, including the 2009 Florence Denmark Distinguished Mentorship Award by the Association of Women in Psychology. Her research is supported by the Social Sciences and Humanities Research Council. A frequent international presenter, Dr. Piran is the co-editor of three books and author of over 100 scientific publications.



# Journeys of Embodiment at the Intersection of Body and Culture The Developmental Theory of Embodiment

By Niva Piran

Describing an innovative developmental and feminist theory, *Journey of Embodiment at the Intersection of Body and Culture*, provides a new perspective on the interactions between the social environment of girls and women of different social locations and their embodied experience of engagement with the world around them. The theory, derived from 20 years of research, builds on the emergent constructs of 'embodiment' and 'body journey', and the key social experiences which shape embodiment throughout girls' and women's lifespan - from agency, functionality, and passion during early childhood through restriction, shame, and self-harm in puberty, to the challenges of recapturing agency during adulthood. The book suggests that a critical theory of embodiment, at the intersection of psychology and sociology, can deepen the understanding of social processes that create docile, corseted, 'feminine' bodies – barred from agency and equitable participation in the public sphere. Holding a mirror to culture, the book challenges stakeholders to re-imagine transformative possibilities in the life of diverse girls and women.

## KEY FEATURES

- Examines the construct of Embodiment and its theoretical development
- Explains the importance of body connection, desire, attunement, and agency to well being
- Includes narratives by girls, younger, and older women of diverse social locations on how they inhabit their bodies
- Provides a rich description of social factors that shape girls' and women's embodiment at different phases, from early childhood to older adulthood
- Offers a unique view into 'social corsets' that disrupt embodied agency and self care
- Invites scholars and health professionals to critically reflect on the body journeys of diverse girls and women
- Addresses the advancement of feminist social critical and psychological theory towards social change as well as implications to practice, both therapy and health promotion

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