



## Curriculum Vitae

### Personal information

First name / Surname

**Dalila Sposato**

Address

via De Amicis, 10, 20091, Bresso, Milano

Mobile

+52 556 788 09 20

Skype: dalila4853

E-mails  
addresses

[dalilasposato@gmail.com](mailto:dalilasposato@gmail.com)  
[dalila.sposato@studenti.unimi.it](mailto:dalila.sposato@studenti.unimi.it)

Nationality

Italian

Date of birth

14/09/1990

Gender

Female

## Background informations

2004 - 2009 High school diploma of Liceo scientifico

2009 - 2012 Bachelor' s degree of Philosophy - Università degli Studi di Milano. Thesis: **Importance of awareness and appreciation in Gestalt therapy** . Supervisor: Franchella Miriam Angela Giovanna.

2013 - 2014 Master' s degree of Philosophy - Università degli Studi di Milano. Thesis: **Body and body image in anorexia nervosa**. Supervisor: Franchella Miriam Angela Giovanna. Vote: 110/110. (full marks).

In the past two years I have researched issues related to the perception of body image and how it interacts with eating disorders such as anorexia nervosa. My starting point is that the body has been the subject of discussion since the beginning of philosophy. In ancient philosophy, and especially in the work of Plato, the body assumes a negative value, deemed "prison of soul" and an element that characterizes the animal side in contrast to the rational one. According to Cartesian' s philosophy mind and the brain do not have any particular structural correlation, meaning that for Descartes is not possible nor sensible groped to relate mental and physical activities. Therefore, according to this view, the study of mental states is completely independent of the physical organization of body. Later it was known that a soul cannot exist apart from the body since it would not have a means through which to express itself. The body has its own physicality and materiality, so it must be rediscovered in its relationship with itself and the surrounding reality which takes place at first through perception. Merleau Ponty's phenomenological approach goes in this direction by describing the essence of perception and consciousness in its interwoven with the body starting from the principles of the phenomenological method. With Merleau Ponty the complete overcoming of the division between subject and object was reached and perception was established as the link between subject and object. Assuming that the fulcrum of the causes of eating disorders is the body in relation to the mind is extremely important to study the differences between image and body schema. The rediscovery of the body is essential in the construction of identity of the subjects, in this regard such concepts emerge. Body image includes everything that we believe that others see of us and changes based on the psychological experiences. Therefore it may be questionable and not coincide with reality as it is seen in numerous cases of patients with anorexia nervosa. The outline of the body represents the processing of internalized experiences that form the consciousness that everyone has of him/herself and it varies according to the customs body, arising therefore as a necessary foundation for the correct formation of body image. Both are in favour of the development of individual contributing to the attainment of self-consciousness. The body schema as a structure that requires a content is represented by a concept whose structure is the result of interactions with the environment, so the body image is the result of the processing of precise patterns. With the evolution of body image there is the importance of the influence of environment and people in the definition of the self or the relevance of others in its construction.

The distortions of the body image and the causes that can lead to this condition as highlighting disorders of bodily self are dependent on the relationship established with the mother son from birth. It is very important that the child can experiment with his/her own body, recognizing its limitations and meeting its needs, thus requiring an autonomy that is denied as a possible cause of the lack of recognition of the bodily self, the primary cause of diseases such as anorexia nervosa. In an effort to meet their repressed needs, anorexics focus their attention on their own body. Anorexia, like other eating disorders, is characterized by an inner emptiness that patients suffering from eating disorders are trying in vain to fill with food swallowed by that substance and that becomes a metaphor of the same emptiness.

From Schilder' s studies it is evident the rather narrow relationship between disorders of the body schema and possible brain lesions, including the phantom limb phenomenon, due to which many patients perceive pain at amputated limbs. This can be highlighted particularly in anorexia nervosa since patients perceive as fat a body to the limits of emaciation. According to the correspondence of the mind – body relationship the brain is stressed as the body scheme is dependent on the activities of brain areas while the image includes the whole of the activities of the various areas, although both belonging to the sphere of consciousness. Anorexia involves a very high state of anxiety that involves social fears and inadequacies, therefore for therapeutic purposes and for the achievement of a proper representation and perception of body, hunger and satiety. It is necessary to study and analyse these two concepts in relation with society and with the activities of brain areas.

2014 - Qualified for the public concourse in Neuroscience in Turin.

2016 - PhD Student, University of Canterbury, HITLabNZ

## Research interests

My goal is to improve my knowledge by studying topics such as dysmorphophobia and its connections to food, the relationship between dieting, overeating and weight control, and the prevention of weight gain and regain. I would like to focus my research on biological and psychological influences on eating and weight regulation. I' m also interested in the differences of concept of " dieting " in disturbed patient and healthy ones. I believe that eating disorders can be studied considering both medical and scientific evidence as well as philosophical perspectives, synthesizing these views and building bridges between these two different camps in order to gain a full understanding of these diseases.

I believe in the importance of sincere listening and openness to the issues of the patient without bias and preconceived views. Often anorexia and bulimia are manifested in a difficult age of change, in which the subject does not know who she/he is and how to manage his/her illness

**Work experience** 2013 - 2014 - Journalist for Glamour Italy

Mother tongue **Italian**

Other language **English**

European level (\*)

**Language**

<b>Understanding</b>		<b>Speaking</b>		<b>Writing</b>
Listening		Reading		
B2 (Independent User)				

(\*) [Common European Framework of Reference for Languages](#)

Computer skills and competences Good knowledge of MS Office (Word, Excel, Access, PowerPoint), Internet and e-mail.

Driving licence European driving license