

## Restrictions on Panel Participants for *The Thin Line*

Add Verb Productions Arts & Education strives to maintain a well informed, safe and supportive environment for post show panel discussions. **It is our policy that sponsoring venues of *The Thin Line* performance program refrain from placing individuals that are currently in recovery or have recovered from an eating disorder on the panel.**

Our policy is backed by best practice strategies and expert opinion. Dr. Margo Maine, PhD, FAED, a national expert on eating disorders, author of *The Body Myth: Adult Women and the Pressure to Be Perfect*, with Joe Kelly *Father Hunger: Fathers, Daughters, and the Pursuit of Thinness*; *Body Wars: Making Peace with Women's Bodies* and Add Verb advisory board member, provided us with the following reasoning for why it is critical to maintain this policy.

Often people early in recovery push themselves into believing they are better, when they are just at early stages. Denial is a part of the illness.

"Coming Out" to the public is a permanent step- a person can't predict how they will feel afterwards. They may feel overly exposed afterwards, may feel bad about themselves when they struggle with eating disorder impulses or behaviors, so deep shame may set in and foster more eating disorder ideation and behaviors. They may keep these to themselves, and not seek additional support because they are supposed to "be better".

All recoveries are different and no one person can be an expert on another's recovery. Many times I have seen a well-meaning person in recovery have to answer questions that are far beyond their skill set. Sometimes they can unintentionally give really detrimental, life-threatening information.

Our culture glamorizes eating disorders and often recovered people will speak about the illness in ways that support that glamorization and sensationalism. Many in the audience will look at a thin and attractive woman on stage, and want to "be that", which in turn depicts eating disorders as more attractive, not less so.

By signing the contract to bring *The Thin Line* to your community you are agreeing to abide by this policy. Our booking agents are more than happy to help you connect with local professionals, advocates and experts that will serve your audience in the most effective and supportive manner possible.

If you have any further questions please contact the main office at 207-772-1167.