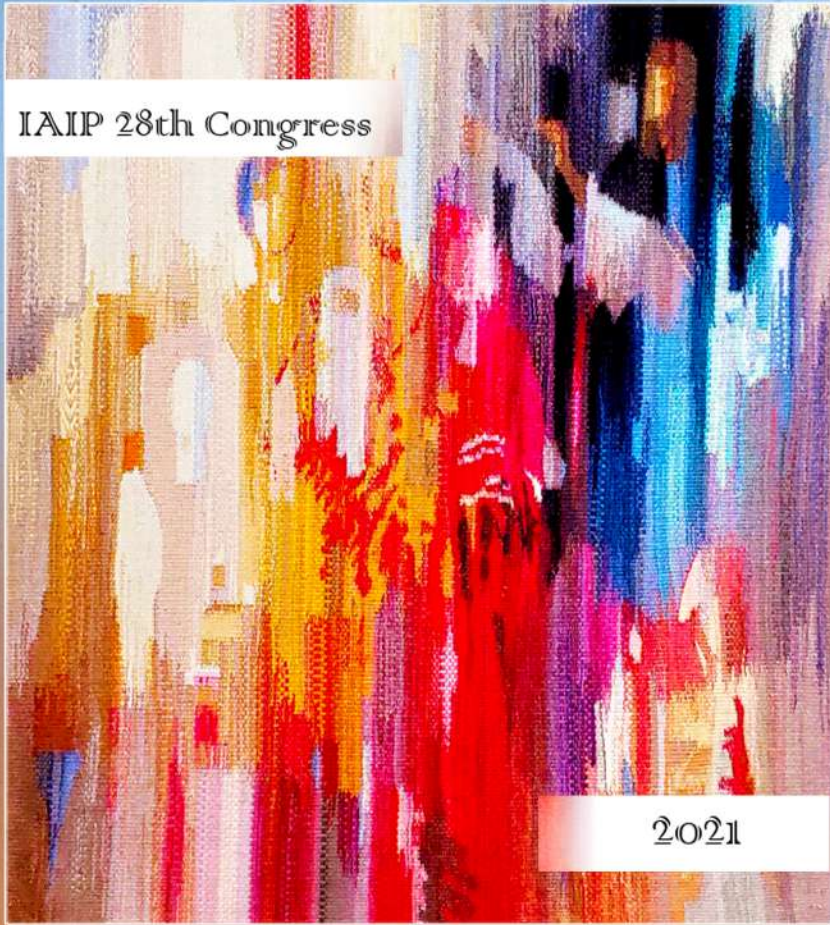


**28th International Congress
of Individual Psychology (Online)**

July 10-14, 2021



IAIP 28th Congress

2021

**Challenges in the Global World:
Healing and Growth**

**Виклики у глобальному світі:
зцілення та ріст**

28th International Congress
of Individual Psychology
(Online)

Challenges in the Global World: Healing and Growth

Delegates Assembly:
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N. Grinko
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Abstract book of the 28th International Congress of Individual Psychology “Challenges in the global world: healing and growth” (July 10-14, 2021, Lviv, Ukraine), which reflect the current state of research, theories, practices in the health care system, education for the challenges of the global world and the search for internal reserves for growth and healing.

For psychotherapists, psychiatrists, clinical psychologists, psychologists and all mental health specialists.

The authors are fully responsible for the facts mentioned in the abstracts. The opinions of the authors may not always coincide with the editorial boards point of view and impose no obligations on it.

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Adlerian understanding of orthorexia nervosa

It is good to eat healthy food. We are encouraged to do so by major medical associations, personal physicians, the media and even the government. Some people in their quest to be as healthy as possible begin to choose increasingly restricted diets and develop an obsessive, perfectionistic relationship with eating the right foods. This may go so far as to become psychologically and even physically unhealthy. In other words, it can become an eating disorder.

This unhealthy relationship with healthy foods is referred to as orthorexia nervosa from the Greek *orthos*, meaning “correct or right” and *rexia*, meaning “appetite.” While orthorexia nervosa (ON) is not listed in the DSM-V, it is the subject of growing academic research and has become an accepted diagnosis in the mental health community.

The purpose of this research was to investigate relationships more broadly between orthorexia tendencies and other factors such as social interest, perfectionism, self-esteem and self-control, and to find Adlerian connections.

Social interest, identified by Alfred Adler by the term, *Gemeinschaftsgefühl* and also referred to as community feeling, is related to an individual’s connection and belonging to the community and humanity. Alfred Adler stated that striving for perfection is a way to find a place to belong and engage in social interest. Adler believed that belonging was an essential need for all individuals. Social interest refers to one’s responsibility to the community in which one lives and by how that community is impacted by the individual and the individual’s contributions.

An individual with an ON lacks social interest. The individual is preoccupied with a need for perfection to feel value, worth, and connection. The individual is motivated toward a model of perfection that is skewed by an inaccurate ideal of body image as the goal to be achieved in order to be loved.

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