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# ABSTRACTS

## From the diary of a conflict researcher: The salutogenic paradigm

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This article describes a series of research studies, conducted over 30 years, on the violent conflict with which the Israeli society has had to cope. The studies employ the salutogenic approach (Antonovsky, 1987) and relate to resources for coping and the degree of resiliency of individuals and of diversified populations in Israeli society.

Furthermore, the paper includes a discussion on the question of a collective sense of coherence with reference to its possible implications on the continuation of the violent conflict in which Israeli society exists.

**Keywords:** salutogenesis, coping, personal and collective sense of coherence, violent conflict

## Privacy as a social mechanism for maintaining inconsistency between identities

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Whereas in the past the issue of privacy was examined from legal and philosophical perspectives, the present study attempts to examine the social mechanisms that define the boundaries of privacy by means of the Social Representations Theory. Social representations simultaneously refer to the actions of both the individual and the group; thus, consequently belonging to several social groups means the coexistence of discrete and at times conflicting social representations. As long as the representations are not confronted with their dissonance and inconsistency – frequently due to

privacy – they can coexist. The issue emerges in conflict situations wherein the individual has to choose a mode of action from several incompatible possibilities.

The argument on which the present article is based is that privacy serves as a social mechanism whose purpose is to enable individuals to shift between inconsistent identities.

We present three test cases to illustrate how society, by means of its agents, constantly sets and destroys boundaries of privacy. These cases illuminate a complex system that functions in a dialectic of interrelations that apply pressure in two directions: the individual on society, and society on the individual.

The innovation proposed in the present article is in viewing privacy as a mechanism for maintaining inconsistency between identities. Central to this is the shared interest of both the group and the individual to enable the coexistence of the individual's different identities, whose social representations are incompatible.

**Keywords:** privacy, social representations, social identity, identity conflicts, inconsistent social identities

## The essence of Pro-Anorexia communities:

### Content analysis of blogs

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Pro-Ana communities are present on websites that are designed to promote and support Anorexia Nervosa. Participants, young women, who are not satisfied with their weight, suffer from a negative body image and experience isolation from their close society that does not understand them. Common features of these websites include forums and chat rooms, tips and tricks, 'thinspirations', as well as links to other Pro-Anorexia websites. One of the most common and disconcerting aspects of these websites is the detailed instructions for initiating and maintaining the illness. These communities serve as reference groups for girls seeking information on dieting and weight-loss methods, as well as a place for emotional and social sharing and partnership where they feel safe from judgment and criticism for

their thoughts and desires. The community's members accept the girls and embrace them, offering a source of solace and encouragement.

Pro-Ana communities are clandestine; they are difficult to locate on the internet. The weblogs, however, are open to the public. For the girls who blog it is a platform for personal expression. Pro-Anas' blogs offer a window into the inner world of its members, and the personal and social challenges they face. The aim of this study was to better our acquaintance and familiarity with the Pro-Ana phenomenon as it appears on the blogosphere. The sample contained 30 blogs that identified themselves as related to the Pro-Ana community. Five posts were sampled from each blog (n=150). Results revealed 11 main topics: family, diet, sport, attitude toward Ana, fasting, friends from the Pro-Ana community, relations with friends in the physical reality, body characteristics, tips & tricks, mood, thinspiration. The most common topics were diet, body images, mood, friends from the Pro-Ana community and relations with friends in the physical reality.

The increasing occurrence of eating disorders among adolescents suggests a pressing need for continued research on Pro-Anorexia communities. It is important for therapists and counselors to be aware of these virtual communities, in order to prevent and treat teenager girls at risk.

**Keywords:** Pro-Ana, virtual community, blog, eating disorders, teenagers, cyberspace

## The resonating body: Music therapists' body awareness during the therapeutic session in general, and specifically while playing

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Body awareness is of great significance in mental health as well as in music performance. The purpose of this study was to examine the music therapist's body awareness during the therapeutic session in general and

specifically while playing music. Six music therapists, graduates of different training programs in Israel, were interviewed. In semi-structured interviews, the interviewees were asked about their body awareness during the therapeutic session and its meaning, and about the relationship they find between their musical-physical history and their own physical presence while playing in therapy. The interviews were transcribed and analyzed using the interpretative phenomenological method (Smith & Osborn, 2003). The analysis raised three main categories: The first focused on music therapists' awareness to physical-sensory messages in their work, the second concerned the music therapist as a performer as well as physical-sensory aspects of his music making, and the third dealt with his awareness to physical experiences and their resulting insights. The findings indicate difficulty on the participants' part to be aware of their body while playing in the therapeutic session. However, such body awareness was present while playing in supervised sessions. The study contains several ideas for further research as well as practical recommendations.

**Keywords:** music therapy, body listening, body awareness, body in supervision, musical-physical history

## Psychological resources and victim blaming in sexual assaults

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Victim blaming in cases of sexual assault entails serious personal and social costs. Research suggests that people blame innocent victims in an attempt to protect their own psychological resources. The aim of this research was to examine whether or not depletion of psychological resources would increase the tendency to blame while bolstering resources would reduce it. Two studies examined this hypothesis. In the first study, social support resources were manipulated through a guided imagery task in which participants recalled memories of a negative, neutral, or positive social interaction. Next, the participants watched the sexual assault scene from the film "The Accused" and then were asked to rate the extent to which the victim was to blame. The study revealed that participants whose resources were depleted blamed the victim more than the others. The second study replicated the first study method, while manipulating the resource of self-worth. In this study, victim blaming was lowest among participants whose self-worth was bolstered, and

highest among those whose self-worth was depleted. These studies support the hypothesis that the accessibility of psychological resources affects victim blaming, a tendency known otherwise to be change resistant. The article discusses the clinical implications of these findings.

**Keywords:** sexual assault, victim blaming, psychological resources, social support, self-worth