

Overcoming  
STIGMA  
&  
Re-Claiming  
DIGNITY

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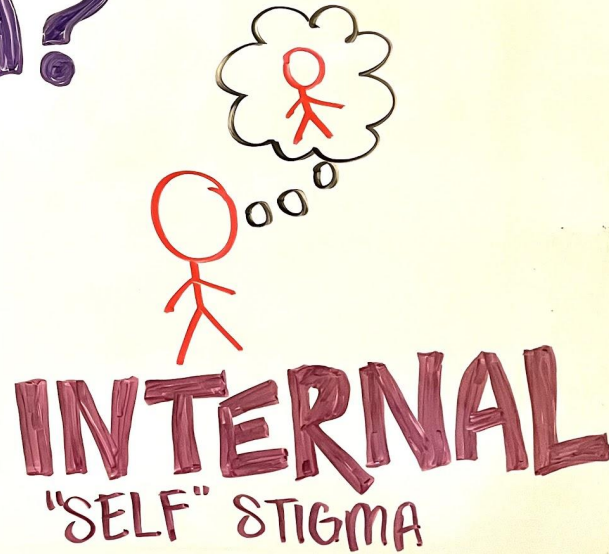
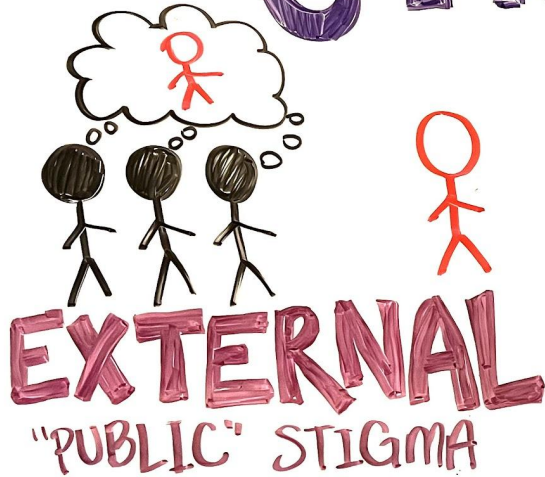
What is  
STIGMA?

# What is STIGMA?

"The **NEGATIVE** social attitude attached to a characteristic... that may be regarded as a... **DEFICIENCY**.  
A stigma implies **SOCIAL DISAPPROVAL** and can lead  
**UNFAIRLY** to **DISCRIMINATION** and **EXCLUSION**" -APA



# What is STIGMA?



Living with Stigma

# Living with Stigma

Symptoms

Relationships/  
Communication

Perceptions

Caregivers

# Living with Stigma

Negative  
Social  
Attitude



# Living with Stigma

**Negative** → Shame

**Social** → Avoid social settings,  
limit activities,  
isolation, discrimination

**Attitude** → Self-Stigma



# OVERCOMING Stigma



~~Negative~~  
Social  
Attitude

# OVERCOMING Stigma

~~Negative~~

→ self-compassion,  
dignity

Social

→ social support,  
active role in society

Attitude

→ "own" your story

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