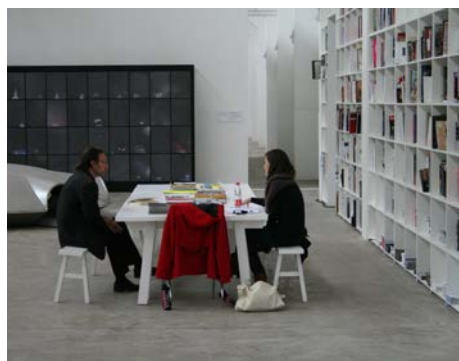


Being “superficially superhuman”? (And other stories...)

Dr. Rachel Marsden
r.marsden@arts.ac.uk
Lecturer in Practice-based Research

@rachmarsden (Twitter)
@rachel_marsden (Instagram)
#LTC19 #livingwithHSD

(Image © Sophie Standing)





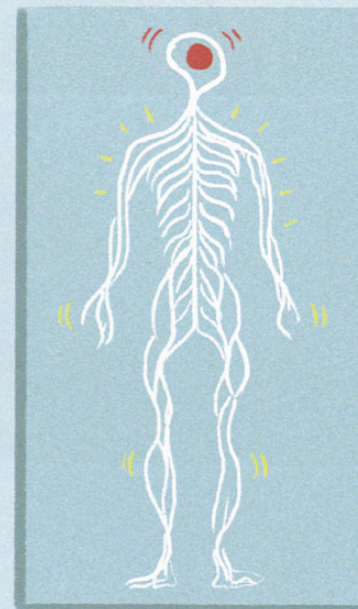
STEVE HAINES

TRAUMA IS REALLY STRANGE

ART BY SOPHIE STANDING



TRAUMA IS REALLY STRANGE.



Trauma is Really Strange
Graphic novel
(2015)
Steve Haines
Art by Sophie Standing

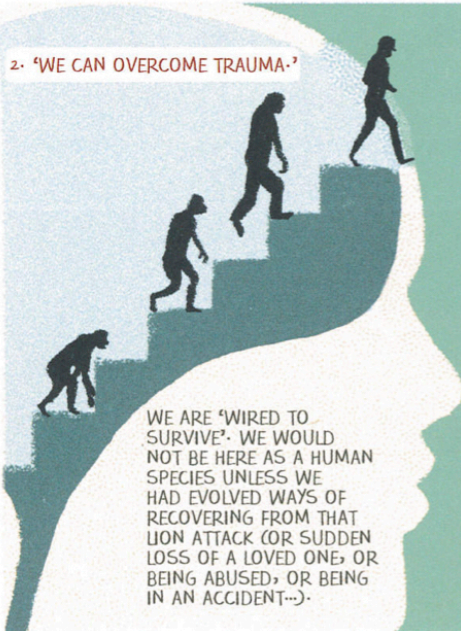
WE CAN USE THREE STATEMENTS TO HELP UNDERSTAND WORKING WITH AND OVERCOMING TRAUMA.



1. 'THERE IS TRAUMA.' TERRIBLE THINGS HAPPEN TO HUMAN BEINGS.



2. 'WE CAN OVERCOME TRAUMA.'

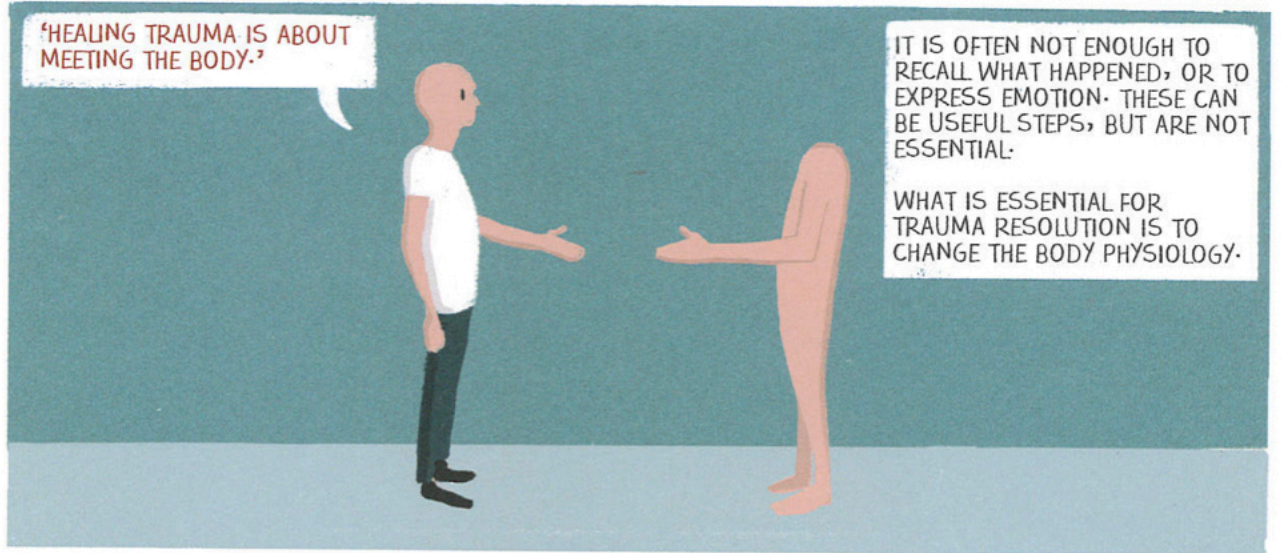


WE ARE 'WIRED TO SURVIVE'. WE WOULD NOT BE HERE AS A HUMAN SPECIES UNLESS WE HAD EVOLVED WAYS OF RECOVERING FROM THAT LION ATTACK (OR SUDDEN LOSS OF A LOVED ONE, OR BEING ABUSED, OR BEING IN AN ACCIDENT...).

3. 'HEALING TRAUMA IS ABOUT MEETING THE BODY.' IN TRAUMA, OLD PARTS OF THE BRAIN CHANGE HOW THE BODY WORKS. BY PAYING ATTENTION TO FEELINGS IN THE BODY AND LEARNING TO SELF-REGULATE WE CAN REBOOT THE BRAIN.



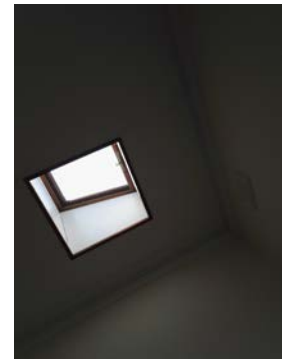
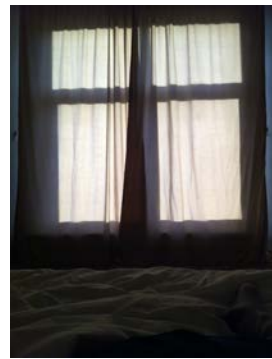
'HEALING TRAUMA IS ABOUT MEETING THE BODY.'

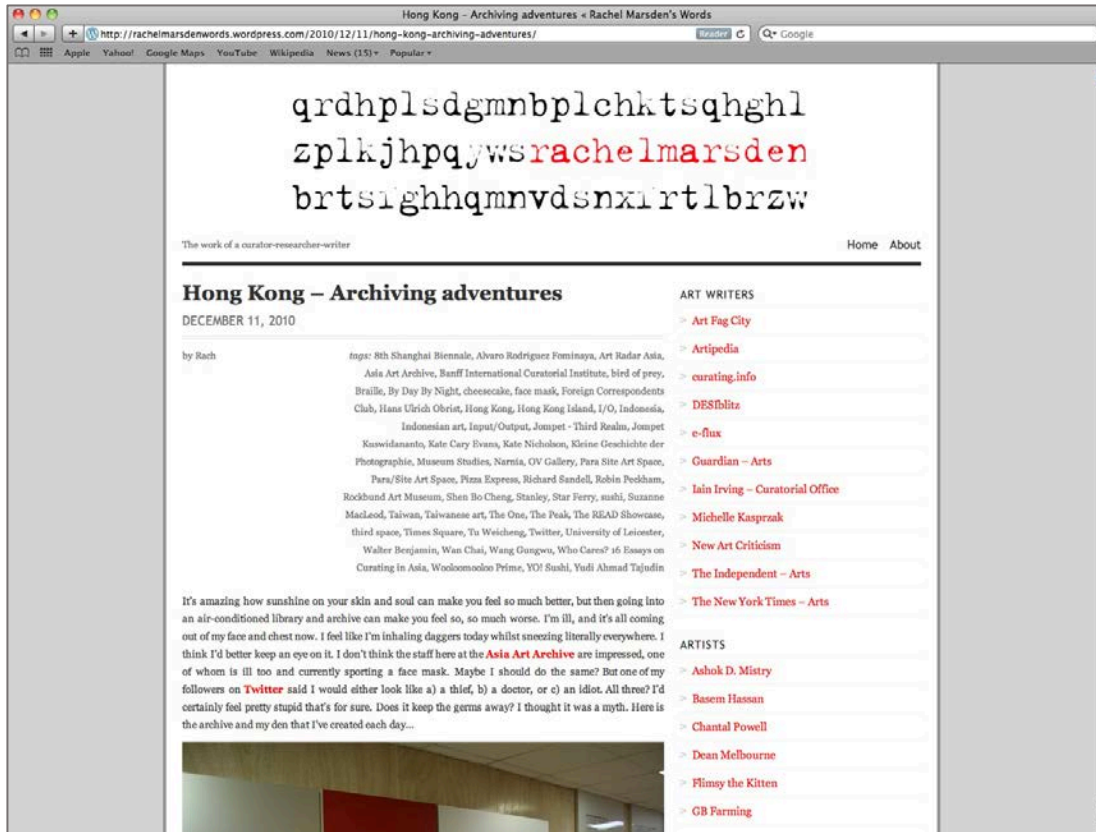


IT IS OFTEN NOT ENOUGH TO RECALL WHAT HAPPENED, OR TO EXPRESS EMOTION. THESE CAN BE USEFUL STEPS, BUT ARE NOT ESSENTIAL.

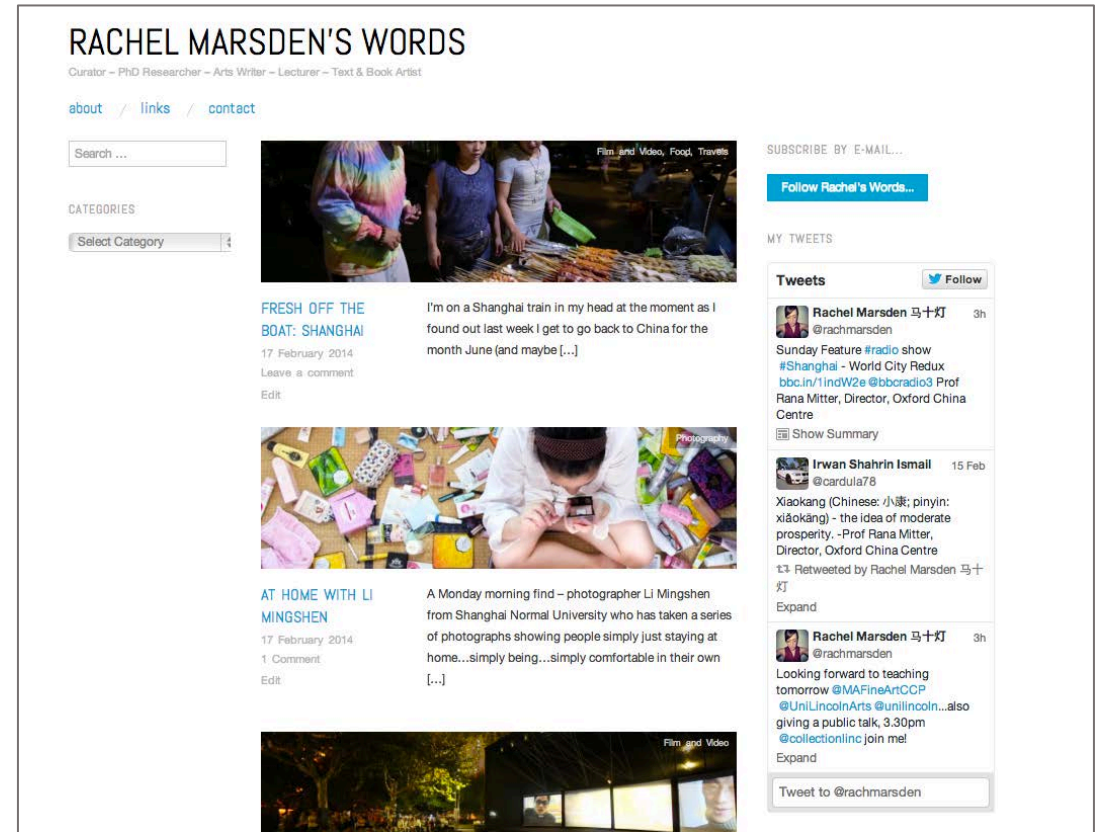
WHAT IS ESSENTIAL FOR TRAUMA RESOLUTION IS TO CHANGE THE BODY PHYSIOLOGY.

Trauma is Really Strange
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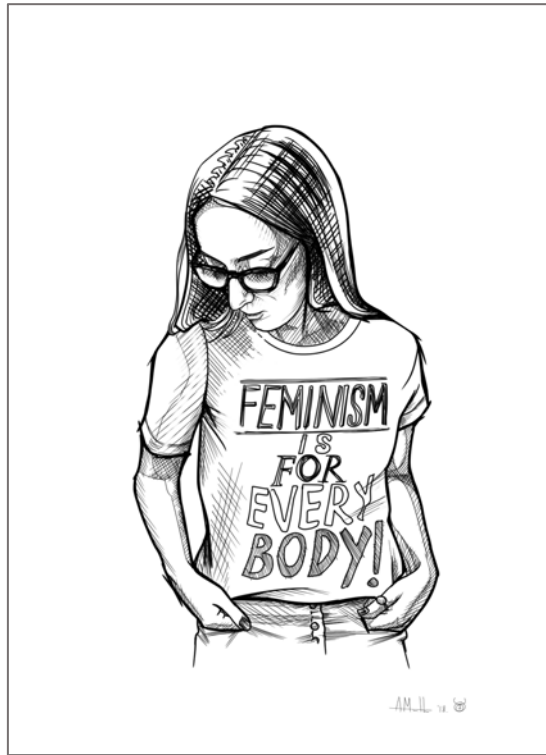


My research blog, 11 December 2010:
<http://rachelmarsdenwords.wordpress.com>



My research blog, 17 February 2014:
<http://rachelmarsdenwords.wordpress.com>





Left: #tshirtteaching
Centre: Artwork by Aleks Mothra
Right (x 2): Lisa Jacomos tattoo
24 August 2018