

## Trauma Is Really Strange

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Trauma is a very scary word, nobody wants to hear it because it arouses all sorts of messy feelings that are best put under the carpet... or in some hidden pocket of the body. This book provides guidance for pain caused by trauma (ie, any event that has proven to be overwhelming) to surface slowly and creatively.

### Trauma is Really Strange: Amazon.co.uk: Steve Haines. Art ...

Trauma is really strange by Steve Haines, art by Sophie Standing is enlightening. It puts together the history of trauma understanding, the physiological aspect and the way to heal the reactions of the body. It has nothing to do with understand or dealing with your trauma, or reliving it. But rather the wiring of the brain and body.

### Trauma is Really Strange by Steve Haines - Goodreads

London Metropolitan University

### London Metropolitan University

When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body.

### Trauma Is Really Strange | Body College

When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body. With wonderful artwork, cat and mouse metaphors, essential scientific facts, and a healthy dose of wit, the narrator reveals how trauma resolution involves changing the body's physiology and describes techniques that can achieve this, including Trauma Releasing Exercises that allow ...

### Trauma is Really Strange | Steve Haines | 9781848192935 ...

Trauma is Really Strange by Steve Haines (PDF Download). About Steve Haines. Steve Haines has been working in healthcare for over 25 years and as a bodyworker since 1998. Understanding the science of trauma and pain has transformed his approach to healing.

### Trauma is Really Strange by Steve Haines (Free Download ...

Trauma. is. Really. Strange. Steve. Haines. Art by Sophie Standing Paperback: £ 7.99 / \$12.95 ISBN: 978184819 2935 eISBN: ... When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. Author: Karen Atkinson. Publisher: Singing Dragon. ISBN: 1787751767. Category: Body, Mind & Spirit. Page: 160. View: 374

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For 'Trauma is Really Strange' we took the style from 'Pain is Really Strange' and made it a bit clearer, stripped back and fresher. We discussed how we could play around with visual metaphors to work with Steve's concepts. Steve actually uses quite a lot of metaphors in his work already so it was just a matter of combining my ideas ...

### Themes from Trauma Is Really Strange - Body College

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### **Trauma is Really Strange: Haines, Steve, Standing, Sophie ...**

Steve Haines has been a bodyworker for over 20 years. He is the author of the award winning 'Anxiety Is Really Strange', part of a series of graphic books that include 'Pain Is Really Strange' and 'Trauma Is Really Strange'. Understanding the science of pain and trauma has transformed his approach to healing.

### **Sessions | Body College**

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### **Trauma is Really Strange by Steve Haines - Books on Google ...**

When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body.

### **Trauma is Really Strange by Steve Haines, Sophie Standing ...**

"Trauma is Really Strange" reads like a graphic novel or a comic book. It illustrates what goes on in the mind of someone who has been diagnosed with PTSD. I've been going to therapy for PTSD for a while and my therapist suggested this book.

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### **Trauma is Really Strange: (...Is Really Strange) by Steve ...**

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### **Trauma is Really Strange : Steve Haines : 9781848192935**

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### **Trauma is Really Strange: Haines, Steve, Standing, Sophie ...**

- Trauma Is Really Strange by Steve Haines (English) Paperback Book Free Shipping! AU \$27.64. Free postage. item 5 Trauma is Really Strange - Trauma is Really Strange. AU \$39.70. Free postage. See all 5. No ratings or reviews yet. Be the first to write a review. Best-selling in Non-Fiction Books.

What is trauma? How does it change the way our brains work? And how can we overcome it? When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body. With wonderful artwork, cat and mouse metaphors, essential scientific facts, and a healthy dose of wit, the narrator reveals how trauma resolution involves changing the body's physiology and describes techniques that can achieve this, including Trauma Releasing Exercises that allow the body to shake away tension, safely releasing deep muscular patterns of stress and trauma.

What is the difference between fear and excitement and how can you tell them apart? How do the mind and body make emotions? When can anxiety be good? This science-based graphic book addresses

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these questions and more, revealing just how strange anxiety is, but also how to unravel its mysteries and relieve its effects. Understanding how anxiety is created by our nervous system trying to protect us, and how our fight-or-flight mechanisms can get stuck, can significantly lessen the fear experienced during anxiety attacks. In this guide, anxiety is explained in an easy-to-understand, engaging graphic format with tips and strategies to relieve its symptoms, and change the mind's habits for a more positive outlook.

Answering questions such as 'how can I change my pain experience?', 'what is pain?', and 'how do nerves work?', this short research-based graphic book reveals just how strange pain is and explains how understanding it is often the key to relieving its effects. Studies show that understanding how pain is created and maintained by the nervous system can significantly lessen the pain you experience. The narrator in this original, gently humorous book explains pain in an easy-to-understand, engaging graphic format and reveals how to change the mind's habits to transform pain.

What is forgiveness? What enables people to forgive? Why do we even choose to forgive those who have harmed us? What can the latest psychological research tell us about the nature of forgiveness, its benefits and risks? This imaginative comic explores the key aspects of forgiveness, asking what it means to forgive and to be forgiven. Witty and intelligent, it answers questions about the health benefits and restorative potential of forgiveness and explains, in easy-to-understand terms, what happens in our brains, bodies and communities when we choose to forgive.

At the deepest level of our physiology, all living tissues and fluids expand and contract with the 'breath of life'. Through gentle touch, the skilled practitioner can interact with these subtle rhythms to address physical aches and pains, acute or chronic disease, emotional or psychological disturbances, or simply to promote enduring health and vitality. This new and important textbook demystifies the biodynamic approach to craniosacral therapy and shows how and why it can be so effective at bringing about a natural realignment towards optimal health. The authors describe how to 'listen' and respond appropriately to each client's system, how to create a safe space for working with different kinds of trauma, and how to address specific states of imbalance to support deep-felt and lasting change. Throughout the book, experiential exercises encourage the reader to practice their newly-acquired skills, and refine their knowledge of human anatomy and physiology. A final chapter on practice development covers issues pertinent to practitioners trying to set up and maintain a successful practice. This intensely practical textbook will transform the practice of craniosacral therapists, and contains much that bodyworkers of all kinds will find useful.

Why can't we tickle ourselves? How can slow touch convey more powerful emotions than fast touch? How does touch shape our perception of the world? The latest addition to the Really Strange series, this science-based graphic comic addresses these questions and more, revealing the complexity of touch and exploring its power and limits. Used positively, touch can change pain and trauma, communicate compassion and love and generate social bonding. Get it wrong and it can be abusive and terrifying. Touch helps us feel real. Knowledge comes through our body as we engage with space and with others. Before we have language, our concepts are formed as we meet a world full of edges and textures. Touch is Really Strange celebrates the power of inward touch (interoception) and looks at how we can use skilful contact to promote feelings of joy, connection and vitality.

Hailed by the San Francisco Chronicle as "an uncommon storyteller [with a] trademark ability to probe the layers of the human psyche," Patrick McGrath has written his most addictive and enthralling novel yet. Charlie Weir's family is comprehensively dysfunctional — abandoned by his father, his mother ravaged by that betrayal, and his brother, Walt, a successful artist, less Charlie's ally than his rival. So it's hardly surprising that he should find a vocation in psychiatry in New York City, counseling traumatized war veterans returning home from Vietnam. Agnes Magill, the sister of one damaged soldier, soon becomes Charlie's wife. But the suicide of her brother, Danny, ends the marriage, leaving Charlie to endure a corrosive loneliness even as Manhattan grows steadily more dirty and dangerous around him. Then, in the haunting aftermath of Charlie's mother's death, Agnes returns to offer him the solace that he has never been able to provide for her. Almost simultaneously, he is presented with a quite different anodyne — a volatile woman whose irresistible beauty, tinged though it is with an air of grievous suffering, jeopardizes everything he has hoped might restore his dwindling faith in his calling, his future and himself. As Charlie's hold on sanity weakens, and events conspire to send him reeling headlong toward the abyss, the themes of family, passion and madness - by now synonymous with Patrick McGrath's writing — rightly assume "the inevitability of myth," as Tobias Wolff has written of his work, in "fiction of a depth and power we hardly hope to encounter anymore." A genuine psychological thriller, Trauma is an experience at once unnerving, unsettling and utterly riveting.

"I had the idea to make a comic about your experience of PTSD. I'd like to understand more about it and I think it could help other people too." In this illustrated conversation between Samuel C. Williams and his friend, Matt, they talk candidly about Matt's struggles with post-traumatic stress disorder. From scoping out quick exits in coffee shops to re-experiencing traumatic events through triggers as seemingly insignificant as a sound or smell, Matt describes his unique experiences of the condition, how he has learnt to cope with it, and his new career path. This comic will offer support and understanding to anyone who has been affected by PTSD no matter what the cause.

Frank and full of gentle humor, Terian Kosciak's graphic memoir shares her experiences of living with anxiety, finding the courage to see a therapist, and learning more than she could have imagined. Even in childhood anxious thoughts would seep into Terian's day. Yet she never thought that getting professional help was for her, simply concluding that her problems weren't "real" problems (a lion hadn't devoured her whole family, for example). But when her anxiety finally became overwhelming, she knew it was time to see a therapist. To her surprise, Terian learned endless coping techniques through her therapy sessions. She shares how mindfulness strategies helped her observe anxious thoughts without criticizing them, and how "I" statements encouraged her to express feelings more openly in relationships. But perhaps the most important thing she learned was that there really is no "right" way to feel.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

