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Trauma is Really Strange

By Steve Haines



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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.



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Editorial Review

Review

This wonderfully illustrated book will be a godsend to anyone wishing to understand the effects of trauma. Such clear, accessible explanations of how we hold, process and release trauma based on the latest research have been long overdue. This little book will be invaluable to both therapists and the public alike. -- John Wilks, Bowen and craniosacral instructor and author of 'Choices in Pregnancy and Childbirth' and 'Using the Bowen Technique to Address Complex and Common Conditions' It would seem impossible that the weighty subject of trauma could be explored so thoroughly in a comic book format. Yet this pairing of text and image so perfectly balances academic rigor, whimsical design, and engaging little narratives. At its heart, this book beautifully inspires the reader to see personal trauma as an opportunity for healing and growth. -- Nkem Ndefo, Certified Nurse Midwife, Founder of TRE Los Angeles, speaker, and trauma educator Using simple comics, concise explanations and a healthy dose of wit, this clever book not only explains how trauma affects our body and brain, but more importantly, outlines how to support our body's innate ability to discharge and recover from trauma. -- Richmond Heath, Physiotherapy and Certified TRE Trainer, Trauma Release Australia Steve, once again in talking head mode, thus diagrammatically takes us through the myriad different forms that trauma can take and what responses we can expect. As before, it's the incredible degree of symbolism and visual metaphor that Sophie puts into every single illustration which transform this from merely being a succinct and extremely clear explanation of the facts to a fun filled pamphlet of pictorial educational enablement. I think the beauty of this and their previous work is they manage to deal with such complex topics in a manner that would be perfectly digestible and understandable even for primary school kids without remotely compromising on the scientific facts. Brilliant! -- Jonathan Page 45 I'd recommend this comic anyone who has experienced trauma or who is working with someone who has. It provides clear and relatable ways of understanding and talking about the effects of trauma, and some sensible suggestions for taking the first steps towards recovery. -- Nikki Luke, research Fellow, Rees Centre Rees Centre Newsletter

Review

This wonderfully illustrated book will be a godsend to anyone wishing to understand the effects of trauma. Such clear, accessible explanations of how we hold, process and release trauma based on the latest research have been long overdue. This little book will be invaluable to both therapists and the public alike. (John Wilks, Bowen and craniosacral instructor and author of 'Choices in Pregnancy and Childbirth' and 'Using the Bowen Technique to Address Complex and Common Conditions')

It would seem impossible that the weighty subject of trauma could be explored so thoroughly in a comic book format. Yet this pairing of text and image so perfectly balances academic rigor, whimsical design, and engaging little narratives. At its heart, this book beautifully inspires the reader to see personal trauma as an opportunity for healing and growth. (Nkem Ndefo, Certified Nurse Midwife, Founder of TRE Los Angeles, speaker, and trauma educator)

Using simple comics, concise explanations and a healthy dose of wit, this clever book not only explains how trauma affects our body and brain, but more importantly, outlines how to support our body's innate ability to discharge and recover from trauma. (Richmond Heath, Physiotherapy and Certified TRE Trainer, Trauma Release Australia)

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I'd recommend this comic anyone who has experienced trauma or who is working with someone who has. It provides clear and relatable ways of understanding and talking about the effects of trauma, and some sensible suggestions for taking the first steps towards recovery. (Nikki Luke, research Fellow, Rees Centre *Rees Centre Newsletter*)

About the Author

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. He has studied Yoga, Shiatsu, Biodynamic Craniosacral Therapy, and Trauma Releasing Exercises (TRE). He is a UK registered Chiropractor and teaches TRE and Cranial work all over the world. His treatments now use education, embodied awareness and light touch to help people move more freely and be more present. Steve lives and works between London and Geneva. (www.stevhaines.net).

Users Review

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