

Trauma Is Really Strange

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Interview with Steve Haines, author of
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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.

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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.

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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.

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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 ...

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"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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