

January 2020

Hi all:

The link I am sharing today was brought to my attention by Dr Laura Brown, who has taught diversity didactics for NPTC in the past (for the Cascades region). Even though the publication the piece is from ("Herizons") is neither scholarly nor mainstream, I think the author does a good job expressing what is and is not helpful in how we relate to survivors of "complex trauma."

Fortunately, what the writer of the piece expresses fits well into the PCBH model of care, which is about functional improvement rather than "fixing" or "curing PTSD."

What I had never seen expressed quite as clearly is that when traumatic life experiences leave lasting symptoms or vulnerabilities, conceptualizing trauma sequelae as a disability state that merits respect and holding, can be an empowering and growth-promoting stance. The author of the piece, Leah Lakshmi Piepzna-Samarasinha, explains that "Ableism believes that when there's something "wrong" with a body and or mind, the only desirable outcome to that wrongness is cure." And Ableism is a prejudice with which we discriminate against and hurt persons with disabilities, including persons living with chronic physical or mental illnesses.

It is so easy to seek cures rather than to hold, tolerate and even appreciate states of wounding and to permit them to continue existing. This topic, reflection and material is a bit "edgier" than our normal diversity topics. Let me know your thoughts.

<http://www.herizons.ca/node/725?fbclid=IwAR1LX2FZDq95bYcp23pJqDviGdHANwYFb0T8uDKAxU5FAniP9ohWzjRWNWs>