

Texts referenced and Glossary Terms in “A sort of ‘No’ feeling”, a talk by Clay AD and Leah Clements in the context of La Casa Encendida’s festival Gelatina

TEXTS REFERENCED

The Politics Of Trauma: Somatics, Healing, and Social Justice, Staci Haines, North Atlantic Books, 2019

When The Body Says No: Exploring the Stress-Disease Connection, Gabor Maté, Vermilion, 2019

How To Be a Person in the Age of Autoimmunity, Carolyn Lazard, Cluster, 2013

Metabolize, If Able, Clay AD, Monster House Press, 2018

GLOSSARY OF TERMS

Here are some of the words and phrases we use in our conversation that may or may not be familiar to anyone listening or reading:

Bodymind: This word acknowledges the body and mind as an indivisible whole.

Crip: A politicised, intersectional understanding of and position on sickness and disability.

Dissociation: A feeling of unrealness which may come about at times of distress, and has the effect of making that distress easier to deal with by making it feel less real.

Fight, Flight, Freeze, Appease and Dissociate Response: A part of our psychologies and biology are automatic and adaptive responses to traumatic experiences and social conditions. While these responses are there for our survival and to keep us safe, they often become generalized and patterned. Unable to differentiate threats, or might become harmful as external conditions of life shift. These responses are adaptive though and can be worked with and changed.

Gender Dysphoria: Distress caused in an individual when their gender identity does not match their sex assigned at birth. It manifests differently for everyone, and not all trans, gender non-conforming people or two-spirit people experience gender dysphoria.

Soma: It is all that encompasses what it means to be fully embodied beings -- your thinking, emotions, actions, sensations, physical experience, ways of relating and beliefs. This is what is included in our bodies, but rarely when the word “body” is used does it hold space for all of these

attributes, and is generally only used to only talk about physical embodiment. The word “soma” inherently includes all of the complexity.

Somatics: Somatics is an umbrella term for many methodologies and strategies of working with the body. The underlying idea with the disparate modalities is to find intentional change through embodied transformation and practice.

Stress: A feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger.

Trauma: Is an individual's response to distressing or disturbing event that overwhelms an ability to cope and creates difficulty integrating emotions from the experience.