

An American Resurrection: A Journey of Trauma and Triumph



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Child Abuse

Terror

Unable to care for or protect herself, she must compensate for the failures of adult care and protection with the only means at her disposal, an immature system of psychological defense.

Trauma and Recovery, Herman 37

Trauma Informed Recovery

Original Concepts to be Discussed in Recovery Section:

- Existential Buy-In
- Existential Illiteracy
- Applied Existentialism
- Dante and Virgil Model of Recovery

Trauma Informed Recovery

Where I am when you meet me: Retort-Made Man

My entire persona has been shaped by the traumas of my youth and the stays in the psychiatric hospitals. I have no self generated interests.

Trauma Informed Recovery

Where I am when you meet me Retort-Made Man

“...the antithesis of the normal man... the man of acute consciousness, who has come...not out of the lap of nature, but out of retort...the retort made man.”

Notes from the Underground: Fyodor Dostoevsky

Trauma Informed Recovery

Where I am when you meet me: Story of Self

...to the released prisoner, there is only one story;
The Story of Atrocity. Trauma and Recovery, Herman 92

My life story is a Story of Atrocity.

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Existential Buy-In: (AIE Original Concept)

Baseline Building

Basic Paradigm Shift needed to Create
New Baseline (AIE Original Concept)

Failing Ideas => Failing Actions = Failing Life

TO

Revolutionary Ideas => Revolutionary Actions = New
Manifestations

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

**Basic paradigm Shift needed to Create
New Baseline**

Need to make client believe the New manifestations are relevant as stand alone building blocks to a new life. Not a measure taken to fix yesterday.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

I need to Integrate my fragmented Self to take full responsibility for my mania and addiction driven actions (my life): tattoos, divorce, loss of step-daughter, spending, drug use, etc.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Existential Illiteracy (AIE Original Concept)

The absence of an inner lexicon (operating vocabulary) to describe to self one's own life experience. This illiteracy keeps victim trapped in wordless terror of Intrusion and daily dread of Dysphoria.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Existential Illiteracy: This Existential Illiteracy can be overcome with a taught language to speak FOR victim not just TO victim. (AIE Original Concept)

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Existential Illiteracy (AIE Original Concept)

Like Frederick Douglass in the **Narrative of Frederick Douglass**, I used books to become literate to myself and then literate to the world.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Applied Existentialism (AIE Original Concept)

To take the books, paintings and songs and create your life from them as existential cookbooks, maps to you and the world. Universal directions to live.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Applied Existentialism (AIE Original Concept)

“No one ever reads a book. He reads himself through the books, either to discover or control himself...The greatest books ...from writer to reader spreads the fire fed by various essences...leaping forest to forest.” **The Journey Within** Romain Rolland Nobel Prize-Literature 1915

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Applied Existentialism (AIE Original Concept)

Constriction: Applied Existentialism Example

La Pantera

“His vision, from the constantly passing bars, has grown so weary that it cannot hold anything else. It seems to him there are a thousand bars; and behind the bars, no world.” **Ranier Maria Rilke, 19th Century Existentialist Poet**

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Applied Existentialism (AIE Original Concept)

If people use the Bible, Torah, Koran, Big Book of Alcoholics Anonymous etc. to change their lives, then I will use all books to find my way back to my life. All books are now Existential How-To books.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

Applied Existentialism (AIE Original Concept)

I WILL AUTHOR MY OWN BASELINE IN THE
PRESENT MOMENT

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

From the **Inferno** written by Dante Alighieri, 13th Century Italian poet. The poet Dante walks down the 9 circles of the Hell of Self, with the poet Virgil as his guide, to the bottom of Hell represented by the ICE of Disconnection/Disassociation.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

Dante is willing to continue his journey to Self because Virgil is with him. Virgil is from Hell making Dante trust him. Gives Dante the strength to jump through the Wall of Flames to re-enter the world.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

- Seen in 12 step recovery program
- Roles Interchangeable
- Stereotypes of success (**American Scientific Mind 2008**)
- Only way initially I would trust a partner in recovery
- I must believe you understand the Hell of my Existence

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

- **In Treatment Setting:** Counselor does not have to be 'from Hell' but can learn the landscape to improve their own **Vernacular of Existential Illiteracy** to expand personal experience and improve Dialogue
- Fyodor Dostoevsky wrote great characters that loathed any construct of God and was a devoutly Orthodox Christian

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

- Overcome hurdles to existential buy-in together
- Have a guide out of the Hell of Me
- Watch others jump through the Wall of Fire to burn off their Failing Lives to Revolutionary Lives

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

- Speak in the Vocabulary of the Soul
- A vernacular of universal suffering and redemption forged from experience
- **Intimate Conversation from shared experience and salvation**

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

To communicate with each other, even if we know each other very well is extremely difficult. Understanding comes when we, you and I, meet on the same level at the same time. This happens only when there is a real affection between people...between intimate friends. That is real communion. **Total Freedom Jiddu Krishnamurti**

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery

AIE Original Concept

Can aid in overcoming my Safety issues involving Treatment Providers that I see as extension of my Father. I am terrified of you and will say anything to get my meds and not be put back in hospital.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE Original Concept)

AMENDS- Did not matter if my actions were while acutely mentally ill, drunk, high or sober, I met with everyone to reclaim my life, my past and to create a future.

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery (AIE
Original Concept)

AMENDS-Structure

1. Tell person what I have done to them
2. Ask what else I have done that I did not mention
3. Ask THEM how to rectify the situation

Trauma Informed Recovery

Existential Buy-In: (AIE Original Concept)

Baseline Building

Dialogue

DANTE and VIRGIL Model of Recovery(AIE Original Concept

AMENDS to Deceased Biological Father

- 2000 under the window I was strapped down in VA Hospital in 1996
- Forgive him, See him as sick
- Forgive myself for not saving him
- Redefine the disease of Bipolar Disorder, Redefine my Father, Redefine Myself-I am NOT a MONSTER!

Trauma Informed Recovery

**It is a Journey from Thinking to
Feeling**

**A Journey from Surviving to
Living**

**I Deserve a Life, a Future, Love,
Dreams and Hope!!!**

Trauma Informed Recovery

...I have lived on the lip of insanity,
wanting to know reasons, knocking
on a door it opens. I have been
knocking from the inside. **Rumi, 13th century**

Sufi mystic

Trauma Informed Recovery

Eric Christopher Arauz

1970 - ?

Veteran

Advocate

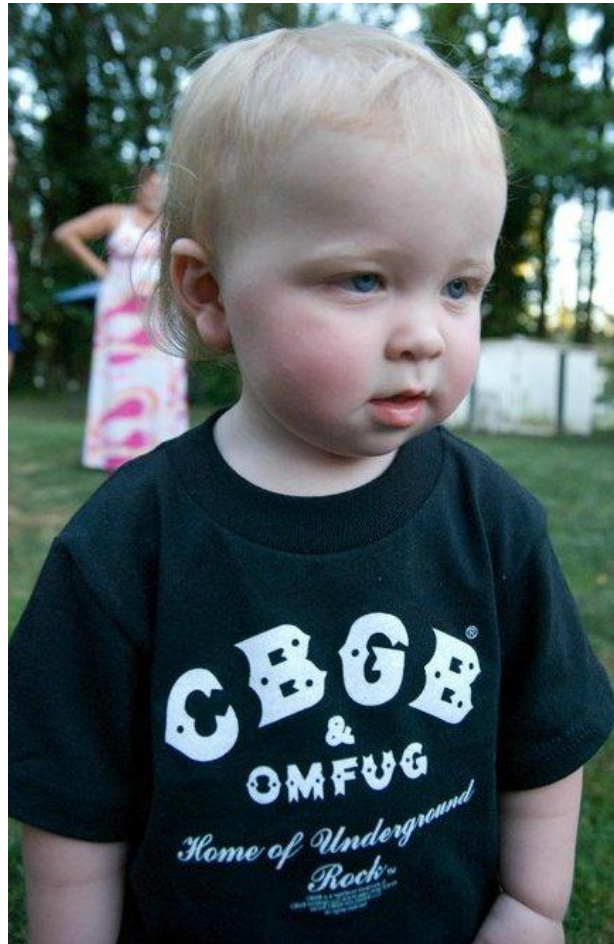
Virgil

Survivor

FATHER

God's Recompense

My Daughter: Baby 'Liv'



QUOTE SOURCES

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- Rumi Quote from **The Enlightened Heart (An Anthology of Sacred Poetry)**, edited by Stephen Mitchell, 1989, Harper Collins Publisher.
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- **La Pantera** by Ranier Maria Rilke, from **The Selected Poetry of Ranier Maria Rilke**, Edited and Translated by Stephen Mitchell, 1982, Random House.
- Jiddu Krishnamurti quote from **Total Freedom: The Essential Krishnamurti**, Jiddu Krishnamurti, 1996, Harper Collins.
- Divinity by Association from **I and Thou: Martin Buber**, Martin Buber, Translation by Walter Kaufman, 1970, Simon/Schuster.
- Institutional Circuit from the essay Down and Out in Chicago by T. M. Luhrman printed in the **Raritan Quarterly Review**, Winter 2010 edition, Jackson Lears: Editor in Chief.
- Abraham Lincoln quote from **Lincoln's Melancholy**, Joshua Wolf Shenk, 2005, Houghton and Mifflin.
- **The Souls of Black Folk**, W.E.B. Du Bois, 1903, republished 1995, Penguin.
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- Romain Rolland quote on Books from **The Journey Within**, Romain Rolland and Elsie Pell, 1947, Philosophical Library.

SONG, PAINTING, PHOTO INFORMATION

SONG

- “Freak on a Leash”; Korn, 1998, **Follow The Leader**
- “Alive”; Pearl Jam, 1991, **Ten**
- “Nothing Man”; Pearl Jam, 1994, **Vitalogy**
- “Welcome Home (Sanitarium)”; Metallica, 1986, **Master of Puppets**
- “My City of Ruin”; Bruce Springsteen, 2002, **The Rising**
- “Man in the Box”; Alice in Chains, 1990, **Facelift**
- “Nearly Lost You”; Screaming Trees, 1992, **Sweet Oblivion**

PAINTING

- **Guernica**; Pablo Picasso, 1937
- **The Madhouse**; Francisco de Goya, 1812
- **Man of Fire**; Jorge Orozco, 1924
- **Kindred Spirits**, Asher Durand, 1849

PHOTOS

- **Restraints photo**; from **RAMPARTS 360**, www.ramparts360.com
- **Utica Crib Restraint photo**; **Minnesota Governor's Council on Developmental Disabilities**, www.mnddc.org
- **Lynching photo**; by Lawrence Beitler of Thomas Shipp and Abram Smith
- **Waiting For a Meal Photo**; by Kevin Carter, won Pulitzer Prize in 1994