

**Marin S.**

Oakland, California

*Do It All Again*

Acrylic paint, found objects, pastel, wire, washi paper

The physiological effects of trauma on one's brain informed how I would display dysregulation of emotional processing in my work. The biggest influence on my work was my personal experience with trauma and how I have noticed PTSD affect my everyday life.

Everything that interests and inspires me are the things that make me feel the most deeply, and I cannot speak for everyone but I know happiness is not my deepest emotion. I wanted to include every medium I could in my project, and use them all in different ways. The sculptural elements were important to me as I needed a way to express the dimensionality and complexity of PTSD. Overall, my imagery connects physical pain to emotional pain.

I posed a few questions in my initial research: how does trauma affect self-image, how does PTSD affect everyday life and relationships, and a broader question of how trauma affects our lives as a whole. My personal answer to all of these questions is: it's complicated. PTSD is such a complex disorder to understand and live with; the only concrete answer to any of these questions is that trauma changes most everything in one's world and distorts reality sometimes completely.