

Sue Hanisch

At peace or in pieces?



Having been severely injured in an IRA bomb at Victoria Station in London in 1991, Sue Hanisch lost her right leg and also, due to severe damage to her left leg, lost the sensation in her left foot. Sue had been qualified as an Occupational therapist since 1979 and she had lived and worked extensively overseas.

Having no sense of proprioception through either foot, and as a consequence of many events, Sue lost a sense of who she was and for several years felt very unbalanced and apart from the earth. Suicide would have been an easy and quick way out from the feelings of horror, fear and overwhelm.

WORKSHOP CONTENT

From her personal experience, Sue believes that trauma is not a mental illness or psychiatric condition but a spiritual tear and disconnection from life as we knew it. It breaks the illusion from many belief systems of who we thought we were.

Chinese proverb:- The miracle is not to fly in the air or to walk on water, the miracle is to walk on the earth.

Helen Keller identified her ability to connect with her world through her “seeing hands.”

Trauma is related to betrayal, humiliation and rejection from a world and from a human race in which we believed and held to be true. Following traumatic events, individuals are often scared of themselves and their feelings and reactions.

Using her intuition, knowledge and personal experience Sue will, in her workshop, explain how to understand the dissociation experienced following trauma. She will draw on the research and teachings of Steve Porges and the polyvagal theory. She will explain and demonstrate the principles from which she works such as Sensory Integration, Mirror neurons, Mirrorwork, Bobath, Body therapies, Storytelling, guided imagery etc. She will also draw on the knowledge that we cannot heal in isolation and the teachings of Post Traumatic growth.

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