

Trauma in relation to the vehicular-cycling campaigner

Katja Leyendecker
== Trauma and Cycling workshop ==
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<https://katsdekker.wordpress.com/>

Trauma

Different traumas

**Gradual mistreatment / neglect
(Early) childhood trauma
Developmental trauma
Nervous system is 'off'**

More sudden
Adulthood / later in life
Often one particular event
PTSD, anxiety, flashbacks

vehicular
cycling

Cycling is like driving

Just take the lane!

John Forester "*Cyclists fare best when they act and are treated as drivers of vehicles.*" Effective Cycling

- Against separated cycling infrastructure
- Responsibility for safety is wholly on individual
- Presumes that all are fit (or that only the sufficiently fit ought) to cycle

!! Close relation to conservative worldview

Cycling is like driving

Getting trauma

Conservative worldview shows a sign of trauma

- Diminished compassion for others
- Having to fight for your right
- Distrust of people, other than your immediate family / tribe

Vehicular-cycling is hyper-arousal activity

- Anger-diffusing attempt through physical activity
- Arousal “management” by attack/fight
- Potentially re-traumatising as nervous system does not “re/solve” the affect / input

Re/
traumatising

Passing it on, and on

Self

- Keeping cycling
- Keeping arousal state
- Starting campaigning (around cyclist identity / rights)
- Getting into tribe/identity
- Initiating newcomers to “just take the lane”

Newcomers

- Learning high-arousal techniques
- Settling into tribe/community/identity

!! All the while – trauma persists: the stress of VC is not recognised (can not be felt by traumatised nervous system)

Getting off

Getting off the vicious vehi-cycle

Vehicular cyclist to feel compassion > cycling for all and importance of infra

- Some **internal** change, through self-reflection
- And, some form of **external** validation or recognition may be necessary too

PS: Personally, I am yet to meet much more often that chance combination of fortunate events...

Thanks
for your time