Trauma in relation to the vehicular-cycling campaigner

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== 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