

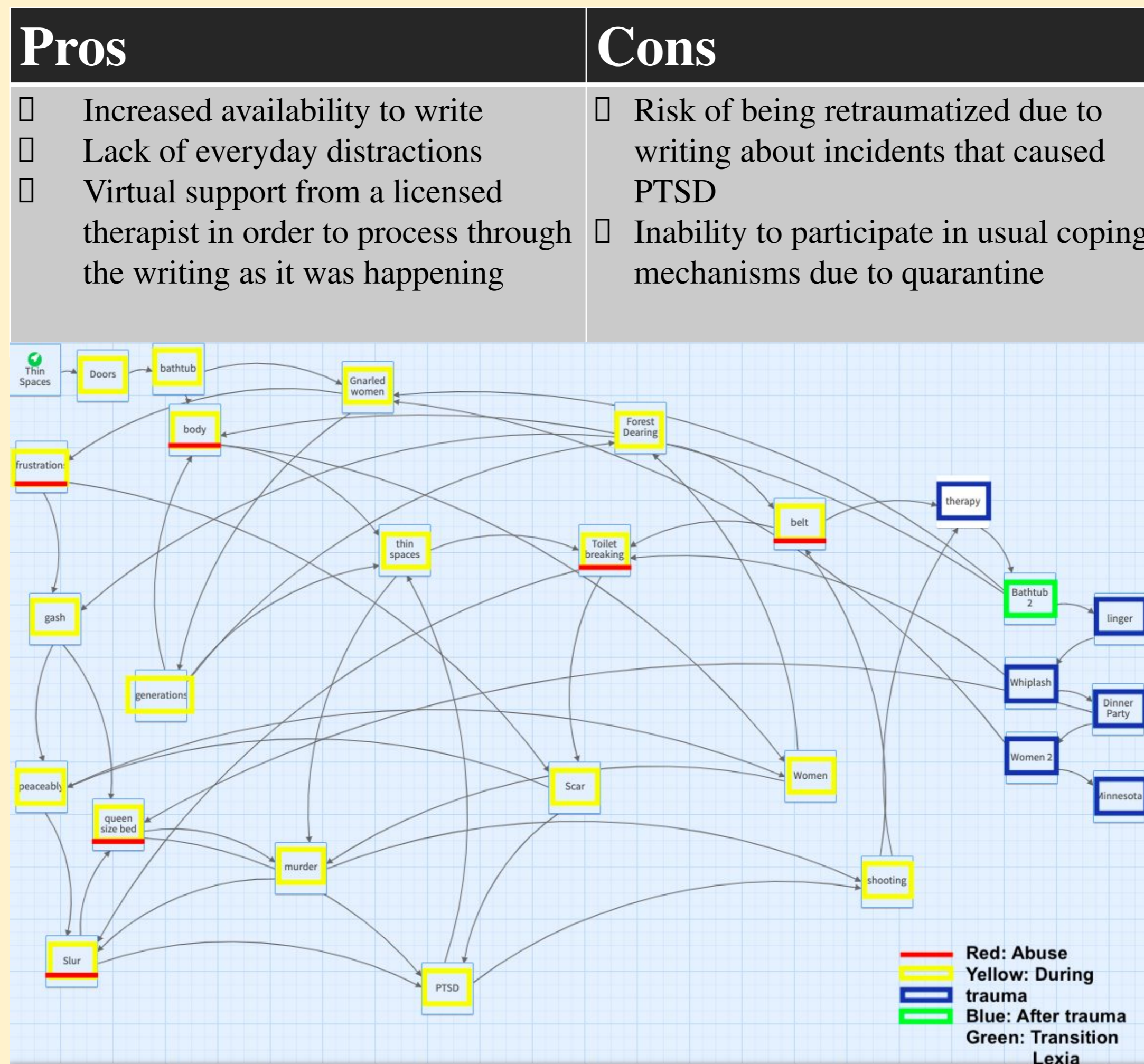
Abstract

Working with hyperlink texts can, but does not necessarily, provide an opportunity to unpack trauma for individuals with PTSD. As a disclaimer, this should only be done with the support of a counselor as this sort of writing can also result in becoming retraumatized. Through presenting this autobiographical IDN, the hope is to shed light on abuse cycles and demonstrate one way that they can be broken. With this presentation, the audience will have access to “Thin Spaces” and see how the author’s writing process during the Pandemic unfolded, including choices in structure and color as well as the personal experience of writing autobiographically about trauma while quarantining.

IDN Description

“Thin Spaces” is a hyperlink text that introduces interactors to a narrator reliving her experiences of being in an abusive marriage and her subsequent PTSD. The piece weaves through two timelines: a personal timeline of key moments surrounding the abuse and a genealogical timeline consisting of historical documents and family stories of the narrator’s ancestors.

Creating “Thin Spaces” during a Pandemic



Recommended Reading:

Koopman, Cheryl et al. “The Effects of Expressive Writing on Pain, Depression, Posttraumatic Stress Disorder Symptoms in Survivors of Intimate Partner Violence.” *Journal of Health Psychology*, vol. 10, no. 2, 1 Mar. 2005, pp. 211-221. *Sage Journals*, doi:10.1177/1359105305049769. Accessed 20 Jan. 2021.

Thompson-Hollands, Johanna et al. “Seeking to Understand the Conditions Under Which Exposure-Based Writing Therapy for Posttraumatic Stress Disorder is an Effective Approach: A Commentary on Dawson et al. (2020).” *Journal of Traumatic Stress*, vol. 34, Feb. 2021, pp. 267-268. *Wiley Online Library*, doi:10.1002/jts.22633. Accessed 8 Mar. 2021.

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Aesthetic Choices

- Blend of personal traumatic incidents and historical traumas from the author’s genealogy research
- The yellowed, fuzzy title page hints at old newspapers, which ties in the genealogical aspect of the piece
- Use of sparse black and white screens imitates newspapers
- Flip to negative colors denotes the cognitive dissonance of being in an abusive situation
- Return to white background with black font represents a shift out of traumatic events
- Links within the lexia series after the trauma sometimes put interactors into a flashback of the abuse cycle
- Only sound used is the call of a loon, intended to soothe but also elicit sadness

Conclusions

- When creating hyperlink fiction based on personal trauma, coping strategies must be continued, including self-care routines and social interactions
- Conversations with established therapy support should occur
- Being retraumatized is a possibility