Giving Voice: An Exploration of Different Narrative Voices to Communicate Experiences of Depression

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How can I design a graphic novel that allows me to share my traumatised experiences of depression through conversations between different personae, so that other people who resonate with me may receive comfort? This practice-based graphic novel project, Visiting Marianne Knorr, has been created...

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A Giving Voice to Depression podcast listener, who had never spoken publicly about his history or struggles, shares several powerful and memorable metaphors for the experience of living with depression. Wait for the spreadsheet comment- it alone is worth the 16 minutes it takes to listen to this episode! You don't have to have depression to be familiar with the cycles of negative thoughts; self-shame, blame, doubt and self-criticism. Guest and author Dr. Steven C. Hayes explains how Acceptance and Commitment Therapy (ACT) can help “get out of your mind and into your life.” In his workbook by that name, Dr. Hayes defines the ACT process as one that hinges on the distinction between pain and suffering.” A Giving Voice to Depression podcast listener, who had never spoken publicly about his history or struggles, shares several powerful and memorable metaphors for the experience of living with depression. Wait for the spreadsheet comment- it alone is worth the 16 minutes it takes to listen to this episode! 151-Putting the Breaks On a Racing Mind. You don't have to have depression to be familiar with the cycles of negative thoughts; self-shame, blame, doubt and self-criticism. Guest and author Dr. Steven C. Hayes explains how Acceptance and Commitment Therapy (ACT) can help “get out of your mind and into your life.” In his workbook by that name, Dr. Hayes defines the ACT process as one that hinges on the distinction between pain and suffering.” Nonverbal communication is a rapidly flowing back-and-forth process that requires your full focus on the moment-to-moment experience. If you're planning what you're going to say next, checking your phone, or thinking about something else, you're almost certain to miss nonverbal cues and not fully understand the subtleties of what's being communicated. As well as being fully present, you can improve how you communicate nonverbally by learning to manage stress and developing your emotional awareness. Since everyone responds differently, you may need to experiment to find the sensory experience that works best for you. Develop your emotional awareness. View Narrative Voice Research Papers on Academia.edu for free. Maria Judite de Carvalho's 1966 novella Os Armários Vazios ['The Empty Closets'] explores the experiences of several women who are united by the man who divides them: Ernesto Laje. This study will analyse how the first-person narrator of more. Maria Judite de Carvalho’s 1966 novella Os Armários Vazios ['The Empty Closets'] explores the experiences of several women who are united by the man who divides them: Ernesto Laje. Giving Voice to Depression, Milwaukee, Wisconsin. 8,873 likes · 1,468 talking about this · 4 were here. Daily posts: This community page is made by... The Giving Voice to Depression podcast features engaging, short, personal stories about what depress See More. CommunitySee All.