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Psycho-autistic trauma of Laura Deighton in Torey L. Hayden's *Overheard in a Dream*

K.P. Vennilaa,

Research Scholar, Sri Meenakshi Government Arts College for Women (Autonomous), Madurai, Tamilnadu, India

Dr. G. Beulah,

Associate Professor, PG & Research Department of English, Sri Meenakshi Government Arts College for Women (Autonomous), Madurai, Tamilnadu, India

Abstract--Laura's autistic son Conor, whose ramifications have caused so much suffering, has irreversibly upset her. This paradigm commonly uses theories of trauma's influence on the human psyche to examine an individual's experience of a collective traumatic event in a book, making a link between people's experiences and cultural groupings, or between the personal and public worlds. Trauma is an incomprehensible occurrence that shatters identity and eludes normal remembrance and narrative representation, and it has impacted the psyche of Laura, the protagonist. Conor's mood swings and oddities cause chaos in their lives, and they can't seem to get away from them. Conor's emotional instability eventually leads to her turbulent existence, which has an emotional and psychological consequence that cannot be rationalized. The narrative swiftly transitioned from a clinical case study of an autistic kid to a weird dream world in which the child's mother lived as a youngster. Torgon, her fictional character, is characterized by her awestruck visions, which cause her to get increasingly excited. Her strange behaviour was prompted by her recollections of her children and the sorrow of their existence. According to this theory, trauma's reconciliatory possibility indicates that a person's current psychological environment may be influenced by a painful experience of a fractured family. This paper addresses the evidences on the harmful affects of social isolation measures upon mental health, gathering evidence that demonstrates how social isolation can also lead to neuroendocrine-immune alterations, compromising mental health. Accordingly, it is likely that both her son's autism and social isolation from the family leads to changes in psycho-neuroendocrine-immune circuits with impact on the appearance and/or evolution of mental health impairments in characters, as well as in those individuals that, even though not being

loved and cared, are subjected to social isolation due to one or more risk factors.

Keywords---trans-neurologism, Trauma, endocrine, memory, visions.

Introduction

Victorian Lynn Hayden is a special education teacher, university professor, and author of multiple books based on her real-life teaching and counselling experiences with special needs children. All her works primarily deal with child neglect, child abuse, and kid psychological distress. She has recounted her issues in a series of best-selling novels since 1979. Her works are certainly different from the common lot. Her cross-examination of the students, their character traits, psychological depiction, strings of reverberations in their brain have a right flow of thought processes. Few of her novels depict the psychological trans-neurologism and psychic neuro-endocrine disorders. The psychic disorders happen due to abnormal stress and anxiety.

Conor, a six-year-old troubled kid diagnosed with "autism," is the lead character of the novel *Overheard in a Dream*. His autism impacted his mother's psyche, resulting in codependence, fear, frustration, anxiety and stress symptoms, cognitive problems, and strange behaviour. This is a narrative of a woman's terror of her furious son's autism, which causes her pain, and her fearful sharing with psychiatrist James Innes. *Overheard in a Dream* is a tense psychological thriller that is both beautiful and unsettling at the same time. Hayden has a knack for bringing her characters' inner lives to life, and it's evident that she did depict the characters' genuine world.

Trauma theory arose from the 1980s interweaving of psychology and the humanities, and is now a developing multidisciplinary subject in Western academia. Trauma affects some people's life while it has no effect on others. While researching traumatised women at the Salpêtrière Hospital in France, Jean Martin Charcot was the first to identify a relationship between trauma and mental illness. A gap that bears the force of the event and does so exactly at the price of basic knowledge and memory is the reality of traumatic experience, which is at the heart of its illness. Caruth emphasises the need of bearing witness to tragedy in terms of ethics. Trauma, she claims, may provide the groundwork for new kinds of community by bridging divergent historical experiences. "She proposes that the 'new sort of listening' that trauma demands of these are the key to 'passing out' of the traumatic event's 'isolation.'" (*Trauma: The New Critical Idiom* 62-66).

Literary Trauma Theory

Traumatic events, according to Freud, split the psyche, have different effects on memory than other experiences, and cannot be experienced directly but must be retold, are fundamental ideas in the trauma studies literature. A psychoanalytical technique is used to explore emotional pain in texts, as well as loss, disruption, and fragmentation in literature, in this and later criticism. This paradigm

commonly use theories of trauma's influence on the human psyche to analyse the individual experience of a collective traumatic event, establishing a link between people's experiences and cultural groupings, or between the personal and political worlds. The standard Freudian trauma model, for example, is predicated on a number of assumptions. These include latency, sickness, dissociation, and infection, to name a few. W. H. R. Rivers was one of the few doctors who sympathised with them and did not promote shame and degradation. Instead, he was encouraged to write and speak out about the atrocities of war," Sassoon wrote (*Herman* 22). Periods of "episodic amnesia" have hampered psychological trauma research, but at times of development, the link between trauma and language's healing power is clear (*Herman* 7).

Trauma cannot be adequately absorbed into the mind and memory when it occurs. Caruth says that trauma is not "discovered in the fundamental violent or original occurrence in the individual's history," but is only detected when it returns to Laura later in order to grasp trauma through Freud and Lacan's theories. Laura's recollection traces back to her prior life (*Caruth* 4). There is a contradictory need to understand the past, but an incapacity to do so due to trauma, as well as conflicting crises in traumatic narratives between Laura's dread of death and her survival. Because traumatic experience enters the mind differently than regular experience and generates an aberrant memory that defies narrative representation, the unique style of remembering results in an approximate recollection but never conclusive knowledge. Her daughter, who has witnessed her mother's anguish, provides the narration. In this storey, a grieving family is depicted in a compassionate and melancholy light. Families that have suffered because of their mother's difficult childhood. In this psychological family drama combination, Hayden, a skilled storyteller, has dedicated her skills to fiction writing.

Trauma and *Overheard in a Dream*

This paper highlights the complexity of trauma in Laura as a mother though she is a notable novelist in the society, the different approaches, she tries to come out of it and how her son Conor experiences due to autism. Her melancholic thoughts over Conor's child behavior completely different from normal children, his strange world of "things the cat knows" and then into Morgana's stories of her friend the "Lion King." The psychiatrist James is pulled most deeply into the world of Laura, who is a lonely, desperate mother who lives mostly in her imagination, an enthralling world that seems almost real and that hides a terrible secret. Laura's anxiety is in hype as she sees the problem of Conor which is more sinister than what his diagnosis suggests. The burden was overwhelming to make Laura desperate. She has another daughter who is six year, she explained conor's issues which started when he was about two. He is jumpy and if there is a loud noise, he startle badly, very sensitive otherwise, he is good and sleeps well without colic or other issues. He is timid and cry easily yet he was bright and interested in things (*OD* 10).

Laura's burden is fully on Conor whose hair "pale as moonlight, very fine, very straight," but with "no eye brows or eyelashes" and his "incompleteness only emphasized his ephemeral appearance" (*OD* 1). James set up a play therapy room

which was spacious and painted yellow” (2), so as to denote the colour of sunshine. He willingly accepted to take care of conor, the artistic child. But he felt that conor’s is a kind of Neurological, who needs a “behavior based treatment” (OD 8). It’s very difficult to James collecting this kind of “psychosocial Histories beyond what was needed to prescribe the appropriate drug” (OD 10).

Laura Deighton is a “remarkable looking woman with “the mousy coloured hair,” with “a cheap brand” jeans and white shirt with no jewellery and make up (OD 5-6). She thanked James for looking after conor in such notice on the recommendation of conor’s paediatrician Dr.Wilson. Though James accepted to take care of conor, the artistic child, he felt that conor’s is a kind of neurological who needs a “behavior-based treatment. He would like to cross examine the family members to get a proper understanding of conor. Laura painfully states that “its just... just such a nightmare like one of those nightmares where you keep doing the (continue)...assessed (OD 8).

As Laura was a foster child with a quiet happy and good childhood with four elder brothers, she expected to cherish her childhood with her own parents and their love and care. As her mother died after two days of her birth, her father felt it hard to keep a two-days baby under his care added with two boys. So he left her with Mecks family in the lake house, a huge old, turn of the century house. Her childhood was spent on dreams and long lasting love. She has craze for horses. So feeling, happy to receive her father’s gifts every third Sunday of the month.

He got really hyper, really agitated. He wouldn’t sleep. He could go days without sleeping which, with a new baby....” He’d be sitting, playing normally with his toys and then suddenly he’d get all panicky, and start screaming and screaming.... the school wouldn’t keep him... Finally Dr.Wilson arranged for him to go into the children’s unit at the University hospital in Sioux Falls to be assessed. After two years “he’d always been inclined to be clingy but suddenly it got much worse”- He never wanted to be away from Laura as he has this “terrible temper tantrums” (OD11). When Laura becomes pregnant, it was a highly challenging thing to prevent him involving from doing abnormal activities like rip the wall paper off the wall with his fingernails.

A universalist approach to trauma stresses that, like trauma, history is never completely one's own, and that history is how we got to be implicated in one other's tragedies (Caruth 24). Trauma can be seen as having a transgenerational or cross-generational dimension from this perspective. It even goes as far as murdering someone because of her mood swings. Tragedy has an infectious quality, similar to an exceptional experience that refuses to be assimilated into the collective memory.

Torgon’s effect on Laura

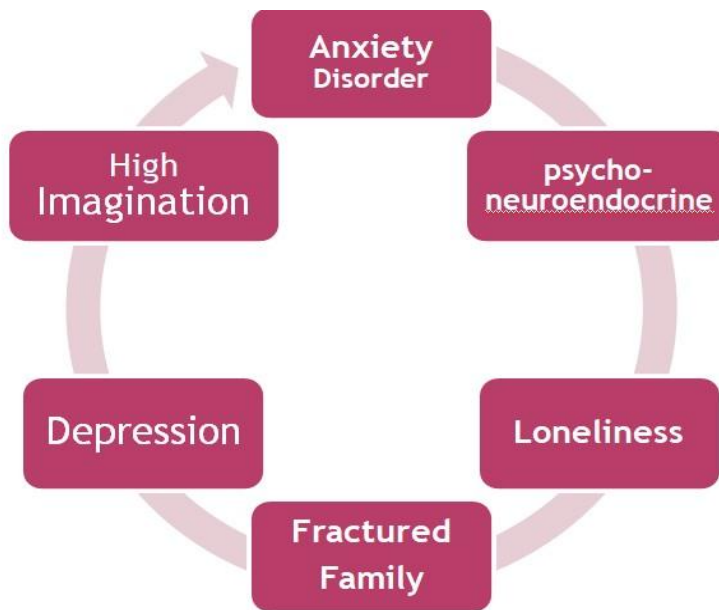
Laura, a great writer is skilled at insight and interpretation. She has her own interpretation of the world, there was an issue over the lawnmower. Laura is tend to live through a fantasy by the introduction of Torgon, Laura’s imaginary friend as there is a mystical link between Torgan and Laura. Laura’s recollection over a beautiful yet a wild woman on her excitement, she followed the woman in creamy

white. But she imagined her as she is real and she knew even that reached her hand out, she could never have touched her. She knew she had come from inside her. Naturally Laura followed her and walked into another world, a world inside her head, “another world, nonetheless, and no less real for being in there instead of out there. I experienced it with immense clarity. As vividly, as vibrantly as I can see this room around us right now” (OD 60). This incident demonstrates how social isolation can also lead to neuroendocrine-immune alterations, compromising mental health. The narrative swiftly transitioned from a clinical case study of an autistic kid to a weird dream world in which the child's mother lived as a youngster. All of the characters, not just her family members, but also those close to her, are physically, mentally, and psychologically afflicted.

Her world is made of woodland, settlements and “the high Holy Place” a sequence of towering cliffs and rock formations above the forest. All this sounds quite unheard of for a seven year old to come up with. According to Cathy Caruth's trauma model, trauma is defined as an experience that divides consciousness and inhibits direct language representation of the trauma event. It emphasises the gravity of suffering by emphasising that a traumatic event has a long-term impact on the mind. According to this view, a person's identity is irreparably transformed as a result of pain produced by an external source. Trauma's inability to be described is based on the idea that intense events shatter language and consciousness, resulting in long-term harm and needing alternate story forms.

Critical evaluation of Laura's trauma:

She is a famous novelist in the area thus he would imagine her to be quite dull and cognitively beyond others. What he discovers is a frantic mother on the one hand, on the other a wounded misunderstood woman bursting with a story she knows that others perceive as strange but that she has to tell in order for James to understand her bond with her son. James encourages Laura to relate her tale. Storytelling figures as the basis for how Laura interacts in the world.



The chart shows the orbit of psycho – neuroendocrine issue

According to the pluralistic paradigm, traumatic memories may not always result in clinical symptoms that inhibit their retrieval and integration.

Freud, unlike Breuer, believed that the trauma had a strong propensity to be of a sexual nature. Though there have been several attempts to revise the definition of hysteria in the subsequent history of psychoanalysis, it continues, at least in the Lacanian interpretation of psychoanalysis, to be the central problematic of the Freudian field. The term hysteria however is used less often in psychiatric and psychoanalytic circles in the United States, where it has been subdivided into a host of mental disorders characteristic of women. (*Cultural Theory* 276)

This perplexing worldview lies at the centre of how she relates to others and herself. Laura recalls her youth as friendless through no want of seeking out friends. Indeed starting at the age of seven she had fantastic company. A young woman named Torgon. Torgon is from a very archaic society distinguished by a rigid system of castes, religion and laws. Torgon was created as the Holy Bena, broadly speaking a form of priestess the highest person within the religion that talks with their God Dour. She and the Holy Prophet are associated with the immense spiritual powers that govern their society. Torgon was born a worker's child therefore at the lowest of the poor. The fact that she was picked for this position is fairly extraordinary.

Summation

In traumatised memory, the impaired memory of Laura's function has a similar turn that prevents her husband from knowing what happened in the past when it comes to social or cultural terrible experiences. A Universalist approach to trauma emphasises that history, like trauma, is never completely one's own, and that

Lura's involvement in her son's sickness. Trauma can be seen as having a transgenerational or cross-generational dimension from this perspective. Tragedy has an infectious quality, similar to an exceptional experience that refuses to be assimilated into the collective memory. According to this theory, trauma's transhistorical potential indicates that the protagonist's current psychological environment may be influenced by a painful experience in the past.

This paper addresses the evidences on the harmful affects of social isolation measures upon mental health, gathering evidence that demonstrates how social isolation can also lead to neuroendocrine-immune alterations, compromising mental health. Accordingly, it is likely that both her son's autism and social isolation from the family leads to changes in psychoneuroendocrine-immune circuits with impact on the appearance and/or evolution of mental health impairments in characters, as well as in those individuals that, even though not being loved and cared, are subjected to social isolation due to one or more risk factors. Finally, this issue presents some suggestions for how future research could corroborate the assumptions stated here, as well as intervention options that reduce the impact of loneliness and divided family on mental health.

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