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Title

Grounding Exercises: Embodied Data and Visceralization of Online Accounts of Dissociative Experiences.

Permalink

<https://escholarship.org/uc/item/80v7z1s8>

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Grounding Exercises

Embodied Data and Visceralization of Online Accounts of
Dissociative Experiences

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Grounding Exercises

Increase awareness & understanding of depersonalization/derealization (DPDR)

Text analysis on subreddit r/DPDR

Data art and visceralizations around symptoms, themes, linguistic features



CDC GUIDELINES NOW RECOMMEND SOCIAL DISTANCING FROM YOURSELF



200k posts
28k participants
2005 – 2023

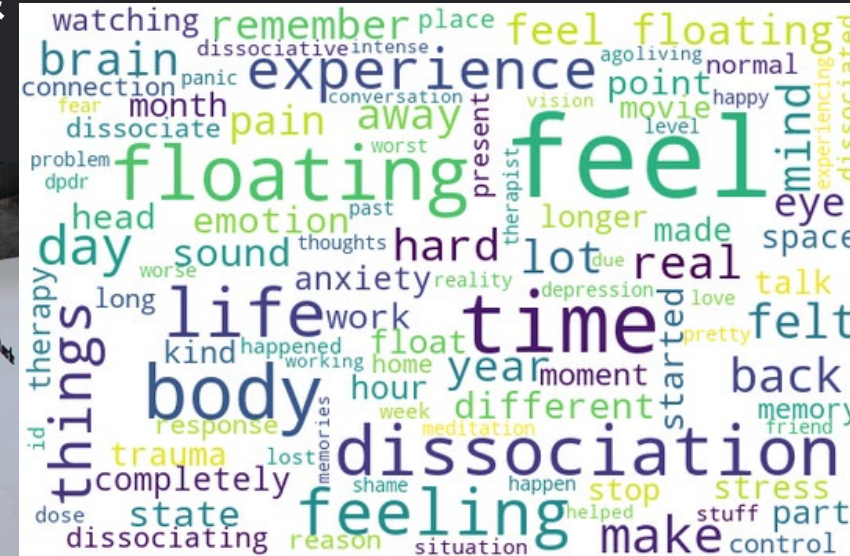


Top posts from r/ dpdr



The Living Net, Jacqueline Wernimont

Landscape (2012), Matt Donovan & Hallie Siegel



Making the Desert Island DISCS Dataset
Choi, C., Davis, J., Decker, J., Kaplan, A., & McKone, L.



Collection Space Navigator

Data Feminism & Embodied Data

D'Ignazio & Klein (2020)

Methodological challenge

Artistic process:*

- Start with visual (draft)
- Gather materials
- Iterate toward visual

Data analytics:

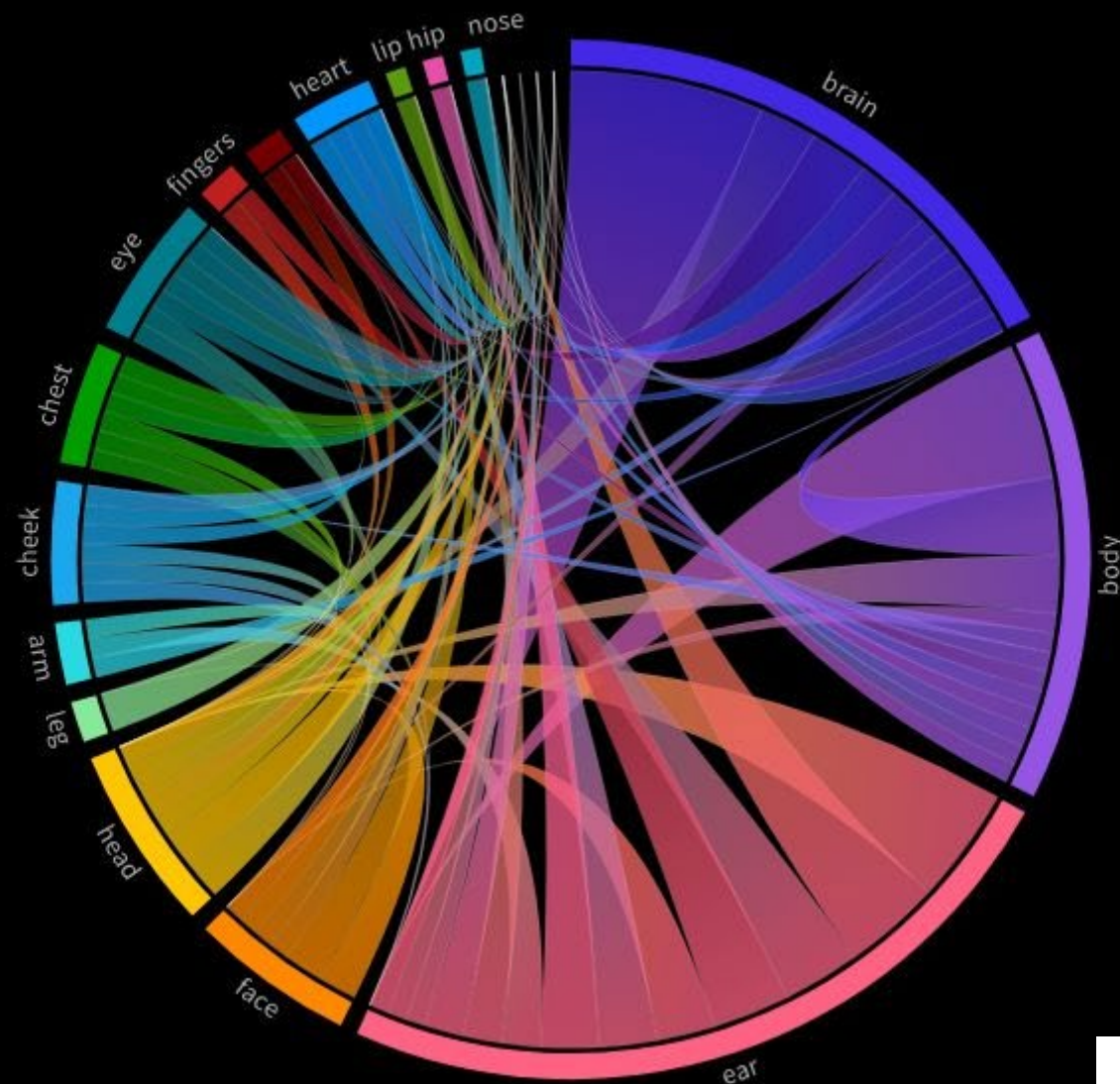
- Start with questions, data
- Explore
- Analyze
- Visualization as outcome

Data arts:

- Working in both directions

Somatic Experiences

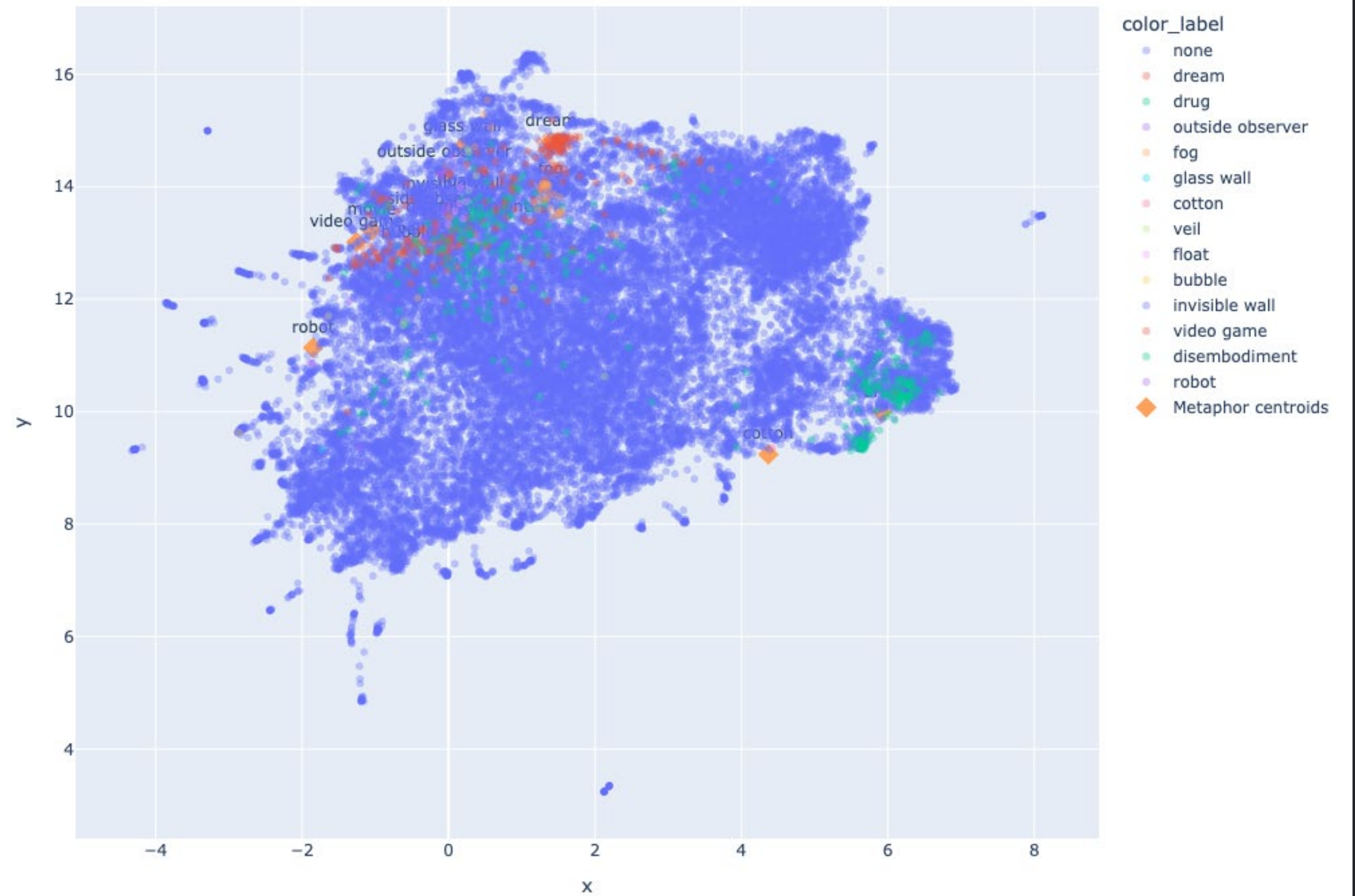
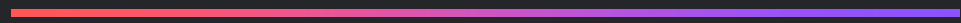
What parts of the body are activated for people with DPDR?



- Goal:
 - Compare mentions of body parts (perceptual experiences) & emotions
 - Treatment implications for somatic therapy?
- GLiNER for zero-shot classification
- Outcome
 - Noisy data (“my doctor is *hip with that*”)
 - Fringe experience & language

and suddenly my **feet BODY PART** feel like they're made of lead or something. and don't even get me started on the weird **tingling sensations SYMPTOM** in my **arms BODY PART** and **legs BODY PART** anyone else experience this?

synthetic data used for presentation





Figurative Language | LLM, Zero-Shot

Model

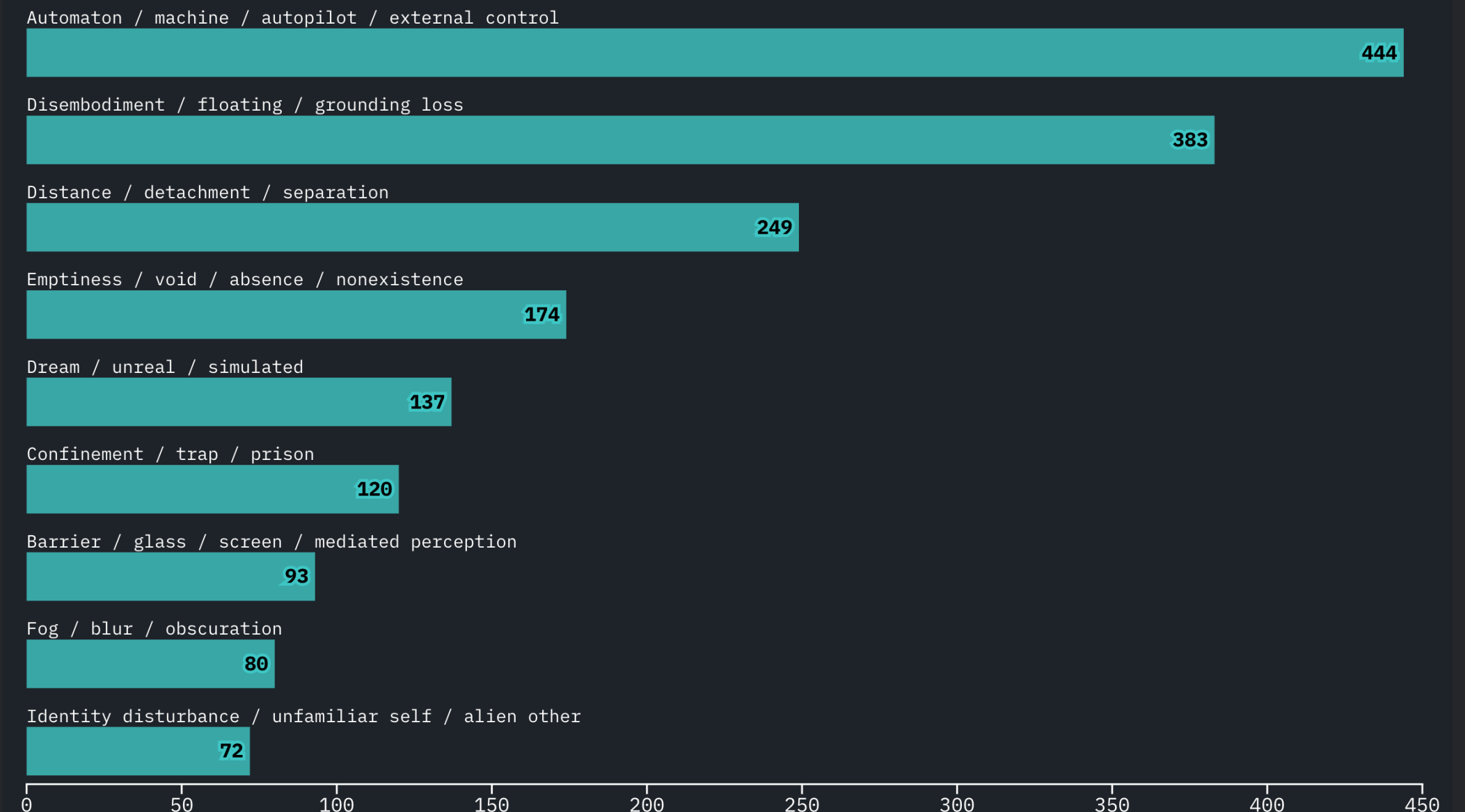
- Gemma 3:27b

System prompt

- Defines DPDR
- Condition vs. symptom level
- Quote context
- Map source to target
- JSON output

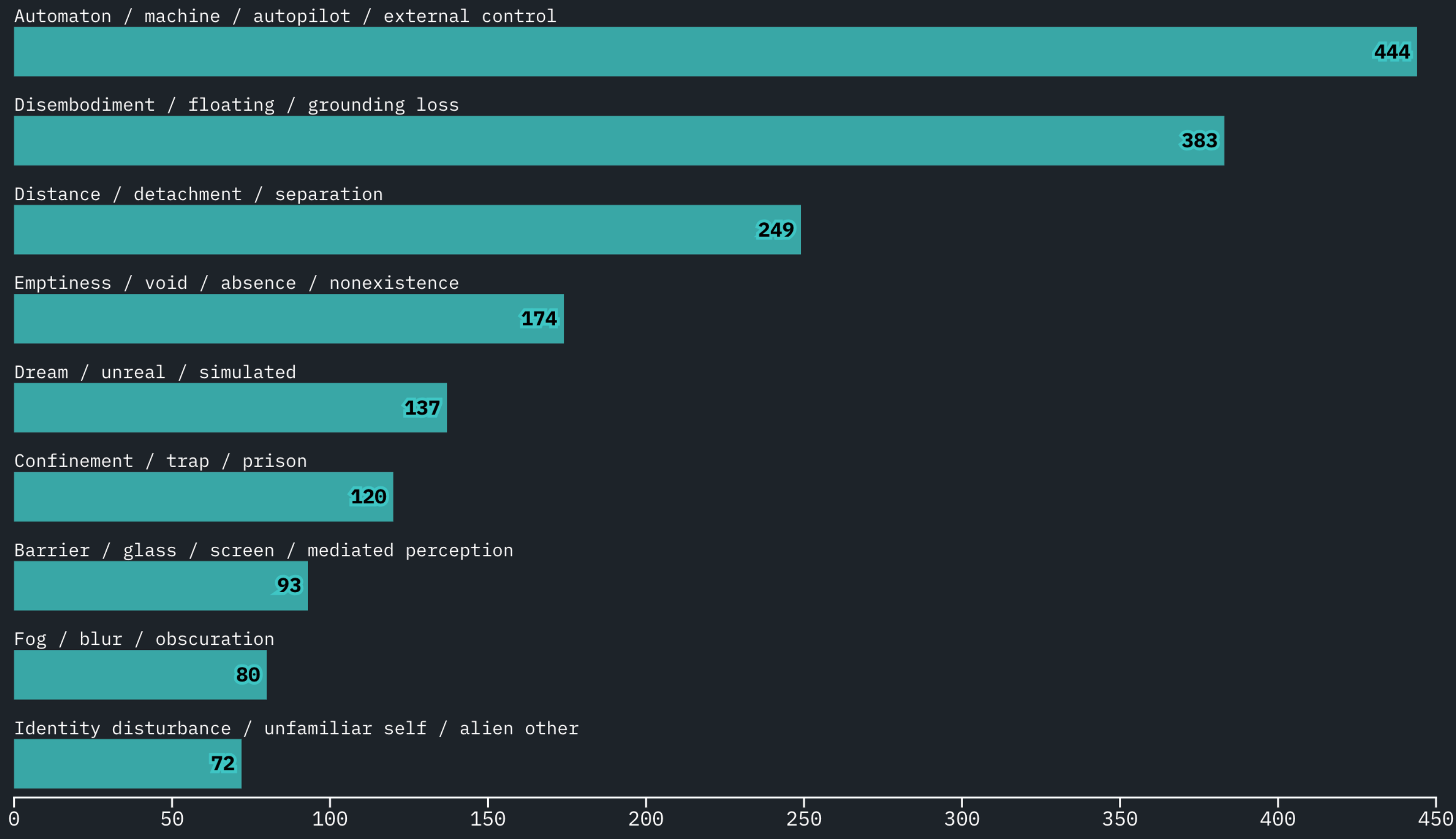
Metaphors for DPDR

Top clusters of metaphoric language identified in r/DPDR



Metaphors for DPDR

Top clusters of metaphoric language identified in r/DPDR



Next steps

Analysis

- Continue work with metaphors
- Qualitative analysis

Physicalization

- Exploratory, smaller scale
- Sonification

