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Displacement and the Somatics of Postcolonial Culture

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GLOSSARY OF SOMATIC THEORY

- allostasis:** homeostatic adaptation to changed conditions; raises the baseline set-point at which homeostatic stability is achieved, causing **allostatic load**.
- allostatic load:** the destabilizing effects on the group or individual organism of chronic **allostatic** adaptation; caused by the incomplete activation or inactivation of stress hormones, or repeated abrupt on/off fluctuations, leaving the organism exposed to too much stress or too many stress hormones, or both by turns.
- allostatic overload:** an **allostatic load** of traumatizing intensity or duration.
- body-becoming-mind:** a Deleuzian construction for the operation of the **homeostatic** emergence of feelings as mental mappings of emotions and other body states, and of thoughts as mental mappings of feelings.
- counterideosomatic:** referring to any specifically rebellious or **deregulatory** impulse against **ideosomatic regulation**; a subset of **ideosomaticity**, which includes both *failures* and *refusals* to conform; to be distinguished from **ideosomatic counterregulation**, which is organized around an oppositional group norm.
- counterregulation:** see **ideosomatic counterregulation**.
- depersonalization:** the chronic **desomatization** of the self, others, or familiar things; usually a defense against **allostatic overload**.
- deregulation:** see **ideosomatic deregulation**.
- desomatize:** to withdraw (usually defensively or self-protectively) **somatic response** from an individual's interaction with a person or thing; similar to Freud's concept of "withdrawal of cathexis" or Lacan's of "foreclosure," except that what is being withdrawn or foreclosed is not libido but evaluative behavioral memory; chronic desomatization is usually called **depersonalization**. See also **endosomatize**, **exosomatize**, **ideosomatize**, **ideosomatize**, **iterosomatize**, **resomatize**, **somatize**.
- displacement:** in postcolonial studies, the relocation of persons from their homelands or the **counterregulation** of their culture; in psychoanalysis, the rechanneling of affect from feared to safe objects; in poststructuralist language theory, the deferral of meaning along the syntagmatic chain of signifiers.

dysregulation: see **ideosomatic dysregulation**.

endosoma: a physiological symptom(atology) (pain, illness, addiction, etc.) read as a physical manifestation of a relational (**ideosomatic**) injury or trauma.

endosomatic: referring to “inside the body” symptomatologies read etiologically as manifestations of a relational (**ideosomatic**) injury or trauma. Roughly synonymous with the clinical term “psychosomatic.”

endosomatize: to manifest an outward (relational, group-circulated) injury inwardly, in physical pain, illness, addiction, or other physiological dysregulation; a “primary” process that is imagined secondarily as an etiological interpretation of an empirically experienced physical symptomatology. Close to what clinicians refer to as “somatization,” except that the mental pain “somatized” as physical pain is traditionally thought of individualistically, as something the individual subject suffers, rather than, as in somatic theory, a form of **ideosomatic** turbulence. See also **desomatize**, **exosomatize**, **ideosomatize**, **idiosomatize**, **iterosomatize**, **resomatize**, **somatize**.

exosoma: a **somatized** image of an object, including skin and its pigmentation, circulated regulatorily through the **somatic exchange**.

exosomatic: in anthropology, referring to tools and other “outside the body” technologies, or more broadly to material culture; in somatic theory, referring to the **somatization** of objects, places, skin colors, and so on, the circulation through the **somatic exchange** of a **somatized** image or **exosoma** of the object.

exosomatize: to circulate iteratively through the **somatic exchange** a **somatized** image or **exosoma** of a place or a thing. See also **desomatize**, **endosomatize**, **ideosomatize**, **idiosomatize**, **iterosomatize**, **resomatize**, **somatize**.

homeostasis: the self-regulation of a group or individual organism, aimed at stabilization of the inner and outer environment; **somatic markers** are homeostatic or self-regulatory mappings of potentially destabilizing body states; **ideosomatic regulation** is group homeostasis. See also **allostasis**.

ideosomatic counterregulation: the attempt to circulate a new “corrective” set of regulatory/normative pressures through the **somatic exchange**; found in both colonization and decolonization; typically leads to **polynormativity**. See **ideosomatic regulation**.

ideosomatic dysregulation: a breakdown in the circulation of regulatory/normative pressures through the **somatic exchange**, generating **allostatic load**. See **ideosomatic regulation**.

ideosomatic regulation: the **homeostatic** conformation of the **somatic states** of all involved by means of normative pressures circulated through the **somatic exchange**.

ideosomatic reregulation: an attempt to repair or restore the **dysregulated** circulation of regulatory/normative pressures through the **somatic exchange**. See **ideosomatic regulation**.

ideosomatics: the regulatory group-normative circulation of **somatic response** through group members’ perceptions, attitudes, understandings.

ideosomatize: to **somatize** collectively; to circulate regulatory group-normative (dis)approval pressures through the **somatic exchange**, and thus to install regulatory **somatic markers** in the autonomic nervous system of each group member. See also **desomatize**, **exosomatize**, **ideosomatize**, **idiosomatize**, **iterosomatize**, **resomatize**, **somatize**.

idiosomatic deregulation: the attempt to decrease the regulatory power of the group over individual actions; as it becomes a new group regime, it becomes **ideosomatic reregulation** or **counterregulation**.

idiosomatics: **somatic response** perceived by the group as deviant, divergent, insufficiently regulated by **ideosomatic** norms.

- ideosomatize:** to somatize group-deviantly, un- or counterideosomatically; to circulate failed, incomplete, or dissident conformity-response through the somatic exchange, and thus (intentionally or unintentionally) to set up somatic dissonance with established ideosomatic markers. See also desomatize, exosomatize, ideosomatize, iterosomatize, resomatize, somatize.
- iterosomatics:** the iterative circulation of normative somatic response through a group over a period of time, creating a feeling of “natural” or “organic” grouping; the absence of iterosomatic circulation in a group creates “granfalloon” (Vonnegut); derived from the protosomatic “genealogy” of Nietzsche (“A thing is branded on the memory to make it stay there; only what goes on hurting will stick”) and the “archeology” of Foucault, as well as Deleuze’s and Guattari’s insistence that “the social machine fashions a memory.”
- iterosomatize:** to circulate normative somatic response through a group over a period of time; the process is phenomenologically “naturalizing,” making group constructions feel like reality. See also desomatize, exosomatize, ideosomatize, idiosomatize, resomatize, somatize.
- loconormativity:** ideosomatic norms constructed and maintained (circulated iterosomatically) by the hegemonic group in the current location. See also panicked loconormativity, metanormativity, polynormativity, xenonormativity.
- metanormativity:** the ability to perform the multiple shifting normativities of different groups.
- mimesis, somatic:** see somatic mimesis.
- paleoregulatory:** referring to paleosomatic regulation.
- paleosomatic regulation:** the continuing circulation through a group of long-outdated ideosomatic norms formed around allostatic overloads; temporal xenonormativity. Typically an etiological interpretation placed on endosomatic symptoms. May be referred to adjectivally as paleoregulatory.
- panicked loconormativity:** a desperate attempt to protect and police the ideal naturalization of loconormative ideosomatics through the analytical containment of the refugee (or anyone else whose deviance from loconormativity seems to threaten that ideal); derived from Judith Butler’s “panicked heterosexuality.”
- polynormativity:** the simultaneous regulation of a group by two or more ideosomatic regimes, typically stratified either temporally (older and newer) or spatially (loconormative and xenonormative), or both.
- proprioception of the body politic:** the collectivized body of ideosomatic regulation, which identifies the parts and sets the limits of the group body-becoming-mind. Defined in Robinson, *Estrangement* (106–12).
- regulation:** see ideosomatic regulation.
- reregulation:** see ideosomatic reregulation.
- resomatize:** to circulate counterregulatory or reregulatory (therapeutic or “corrective”) somatic responses through the somatic exchange. See also desomatize, exosomatize, ideosomatize, idiosomatize, iterosomatize, somatize.
- somatic:** referring to an affective body state that is felt as evaluatively oriented (toward approval or disapproval).
- somatic exchange:** the circulation of group norms, values, orientations, and inclinations through the somatic economy of those involved, in the form of somatic approval and disapproval responses that are viewed as outward body language and mimetically simulated as inward body states; the result is a rough conformation of somatic states in all involved, or ideosomatic regulation.

- somatic marker:** a tiny subliminal quantum of emotional pleasure or pain emitted by the ventral-tegmental area of the autonomic nervous system to signal what the organism has learned from experience; offers “gut-level” guidance for decision-making (Damasio’s hypothesis).
- somatic mimesis:** the almost instantaneous mimicking of other people’s body language and concomitant simulation of their **somatic states**; the transfer mechanism of the **somatic exchange**; also called “somatomimesis” (adjectival form “somatomimetic,” noun form for the process “somatic mimeticism”).
- somatic response:** the felt phenomenology of **somatic marking**; referred to colloquially in terms of the “gut” (“gut reaction,” “gut feeling,” “gut instinct,” “gut check,” “go with your gut,” “know something in your gut”), a synecdochic use of the enteric nervous system to represent the entire autonomic nervous system.
- somatic state:** an emotional body state that is felt as evaluatively oriented (toward approval or disapproval), displayed as body language, and **somatomimetically** simulated by others involved as part of the **somatic exchange**.
- somatic transfer:** the transmission of **somatic response** from one person/body to another, through **somatomimetic** simulation.
- somatize:** to mark a thing somatically (see **somatic marker**); similar to Freud’s “to invest/cathect” (*besetzen*), with the difference that somatization invests not libido but evaluative behavioral memory. See also **desomatize**, **exosomatize**, **ideosomatize**, **idiosomatize**, **iterosomatize**, **resomatize**.
- virality:** the self-replicativity of **somatic mimesis**, leading to the contagion of **somatic response** from body to body within a group and from group to group.
- xenonormativity:** **ideosomatic** norms constructed and maintained (circulated **iterosomatically**) by the hegemonic group(s) in refugees’ culture of origin; hegemonic xenonormativity is typically successfully imported (**loconormativized**) **counterregulatorily** by colonizers in colonies and by Western aid organizations in refugee camps (often leading to **polynormativity**); subaltern xenonormativity is typically unsuccessfully imported by refugees and other migrants (but partial success may lead to **metanormativity**).