



## Validation

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### Abstract

Traumatic experiences are often difficult to validate. The poem describes an episode where such validation was possible, through the use of film from childhood.

**Keywords** trauma · memory · film

#### • Artist's Statement

This poem reflects the experience of validation of past emotional trauma. The narrator realizes, watching actual video footage, of the truth of his memories.

#### • Validation

Guzzling Malbec  
like a broken-down, boozed-up child star,

I watch videos of myself as a kid.  
A birthday party 50 years ago  
has been Super 8 digitized,  
and I finally see what I always felt;  
through the camera's eye  
that look of hatred she gave me  
and the threat in her eyes  
before she noticed the camera  
and remembered to paste on a smile.

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