

Ethics After Hours



My Beautiful Broken Brain Documentary

Summary¹

In 2011, Lotje Sodderland suffered a haemorrhagic stroke due to a congenital vascular malformation. Lotje has lost her ability to read, write and speak coherently and it has entirely changed Lotje's sensory perception. In this documentary, we follow Lotje's journey into the complexity, fragility and wonder of her own brain after the stroke that she may never fully recover from.

Duration: 1 hour 24 mins

Directors: Sophie Robinson, Lotje Sodderland

Producers: Sophie Robinson

Cast: Lotje Sodderland, Sophie Robinson and David Lynch

Released: November 21, 2014

Available on Netflix

Questions for discussion:²

- What was your initial reaction to this movie? What affected you the most while watching it?
- Lotje has a substantial support network. In your opinion, what can people do to ensure they have support if they get into medical trouble?
- What obligations do we have to provide support for those who do not have such a network?
- Lotje decided very early on that she wanted to record everything to 'make sense of it'. Would you consider creating such a record during a period of your life when you might feel especially vulnerable?
 - How might this be helpful to Lotje and to the people who know her?
 - What are the potential drawbacks?

¹ This summary is adapted from the IMDb website https://www.imdb.com/title/tt3815136/plotsummary?ref_=tt_ov_pl and from Wikipedia https://en.wikipedia.org/wiki/My_Beautiful_Broken_Brain

² Some of the questions are adapted from the Influence Film Club discussion guide <http://influencefilmclub.com/wp-content/uploads/2016/12/My-Beautiful-Broken-Brain-Discussion-Guide.pdf>

- Discuss Lotje's reaction when she comes back to see her apartment for the first time after her stroke.
- Lotje has difficulties coming to terms with being an in-patient at a neurological rehabilitation centre. Why do you think it is so difficult for her to accept?
- Lotje describes how difficult it is as a patient suddenly be somebody who is defined by their limitations. Her advice to therapists working with patients like herself is to focus on "things that a patient might find along the way". What do you think of Lotje's advice? Do you think it translates for other patient groups as well?
- What role do you see hope playing in Lotje's recovery process?