

izpišimo bolečino

»Knjiga bi lahko služila kot učno gradivo za študente medicine, socialnih ved, psihologije, zdravstvene nege, delovne terapije ter za študente psihosocialne pomoči, pa tudi vse druge, ki se ukvarjajo s pomočjo ljudem z duševnimi motnjami. Pripomogla bi k zmanjšanju stigme in diskriminacije v strokovnih službah in končno prispevala k bolj kakovostni in bolj spoštljivi obravnavi prizadetih.«

Vesna Švab, dr. med., spec. psih.

»Danes jemljem vsak dan posebej. Ne obremenjujem se več s preteklostjo in ne straši me več prihodnost. Učim se zaupati sebi, učim se zaupati drugim in učim se zaupati življenju.«

Julija Jang

15 €



CELJSKA MOHORJEVA DRUŽBA
Prva slovenska založba

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Janet Quershi
Jeannie Jefferies
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WRITE OUT YOUR PAIN (2014)

Twelve stories introduced by psychiatrist Vesna Svab, with a preface by Renata Azman, who led therapeutic writing workshops, with six Slovenian and six English writers. All have at some time in their lives needed psychiatric help. Their stories were expressed in prose and poetry and shared in the workshops, which took place in Slovenia under the auspices of Ozare - National Association for quality of life, and in England at the Centre of Excellence for interdisciplinary mental health at the University of Birmingham.

In this book there are many stories. Authors of stories and poems in this book are brave people. Many are people with mental health diagnoses, people on medication - wonderful people! I am proud that we have participated in this project.

Renata Azman

The book could serve as teaching material for the student of medicine, social sciences, psychology, nursing, occupational therapy and psychosocial assistance for the student, as well as all others involved in helping people with mental illness. It could help to reduce stigma and discrimination in professional services and ultimately contribute to better quality and more respectful treatment of the affected.

Vesna Svab, MD. med., spec.pshi.

WHY I STILL HAVE HOPE

ILLNESS AND SPIRITUAL GROWTH

TONY DEVANEY

For those of us who take a wider view of life, beyond the immediate emphasis on economics and social function alone, illness may present an opportunity for personal and spiritual growth.

While we continue as a society to pathologise individual 'life crises' and the illnesses that often accompany them, and see 'recovery' only as returning people to a social norm, we miss the point.

I do not subscribe to a mechanistic and behaviorist model of mental illness that takes an ailing society and rampant consumerism as the norm, and regards those who may be most sensitive to its detrimental and damaging effects as being purely pathologically 'unbalanced', or simply 'work shy.'

So long as the norm in our society is to repress and shut off aspects of self that confound and threaten our narrow western concept of reason, and to shut out all 'voices and visions' that may call us to a wider understanding and experience of real 'being' – we will remain a schizoid society.

It is the denial and repression of inner suffering caused by loss of our original childhood connection with spirit and imagination, through family and social conditioning (or abuse), that creates so much real distress and dysfunction for many people, and so many problems within our society as a whole. We need to develop a better balance in our lives and society now, to allow us to reach beyond immediate social function, efficiency and productivity alone.

There is a need for more of us to take time out for real reflection, and to connect with our inner creativity, imagination, and vision.

As James Redfield and Carol Adrienne stated in their book, *The Tenth Insight, Holding The Vision (1997)*, 'Asking “what can I do to serve the world in a positive way?” is important because immediate action is necessary to pull us back from the brink of disaster, but the viewpoint inherent in the question is rooted at the same level that caused our problems in the first place. It is still addressing the problem in terms of an *external* action. The real action must be accomplished within each of us - not saving them out there, but shifting the way *we* view the world.'

The religious imperative to love your neighbor and also to love your enemy, does not necessarily call for us all to spend our whole life totally immersed in family and social relationships. Some of us need, as we grow older, to move on in life on a psychic and spiritual level, to confront and reconcile our own inner divisions and to enter into the 'ocean of real love.' Recovery in this sense becomes 'rediscovery' and recovery of our original cosmic unity

Here all divisions in life are transcended and we know ourselves, even if only briefly, to be truly 'parts of one body' in a total unity of being and becoming. The hallmark and immediate expression of this state is boundless compassion, based on real human interdependence and a universal connection that influences and informs our everyday actions.

All too often now, many of us spend our leisure hours watching television soaps and 'reality shows'. Bombarded with offers of freedom through consumption and banal technological gimmickry, as a substitute for real living, we have lost contact with and become mere spectators of own lives.

There is much talk by government about giving people more power and choice. Yet increasingly it is not ordinary people who are in control now, but their desires, harnessed and manipulated in the interests of large corporations and a minority of greedy and powerful men all over the world.

As someone who has experienced a prolonged period of very disabling physical illness and ongoing emotional upheaval in my life, I am personally quite comfortable and happy these days to acknowledge and express the opposites and apparent contradictions in my personality. When our diverse inner elements exist unconnected and unrecognized side by side, we experience constant problems in life. When we bring them together more consciously we can experience a release and flow of creative energy and a connection with other levels of life and consciousness.

This paradigm shift in human consciousness and vision is already taking place all around and within us. We need simply to open our minds and hearts to a 'new' way of being.

In their book *The Heart of the Soul - Emotional Awareness*, (2002), Gary Zukav and Linda Francis summarized our current situation in the following way:

“Faster aircraft, space colonies, the Internet, and increased agricultural efficiency have no power to make us compassionate and wise.

Neither do larger homes or more cars. Compassion and wisdom are the products of spiritual growth. They cannot be centrally planned, mass-produced, or globally distributed. They are not matters of policy but of personal intention. They are the fruits of intense labour, but that labour is inward. Spiritual growth is now replacing survival as the central objective of the human experience.

Even while so many humans suffer from brutality, poverty, and starvation the goal of spiritual growth is calling us to greater accomplishments than providing protection, food, and money. It is creating a new and deeper understanding of who we are and what our purposes are.

Spiritual growth - looking inward - is replacing the pursuit of external power - reaching outward to manipulate and control - as the cure for the insecurity at the core of human experience.”

I worked for many years as a senior Careers Advisor with 'special needs' and long term unemployed clients. I also did consultancy work in schools and colleges developing Technical and Vocational Education and individual

profiling and records of achievement. I understand the importance of identifying a person's interests, abilities and aptitudes and discussing action plans and longer term goals with them, according to their particular developmental needs and experiences in life.

I also recognize that for some mature adults, as Carl Jung wrote:

“The afternoon of life is just as full of meaning as the morning; only, its meaning and purpose are different.”

The personalisation of support for reablement when viewed only in terms of the work ethic and 'slotting people in to the right hole' (as suggested by David Freud in a recent Channel 4 television discussion programme), may become just another mechanistic version of the current 'one size fits all' government provision.

Some creative individuals who are experiencing a life crisis while suffering a disabling illness or a 'spiritual emergency', may be pioneers leading the way forward to a more creative and connective consciousness for humanity.

Rather than simply patronising them, or placing added pressures upon them through inappropriate work capability tests and reductions in welfare benefits, we need to recognize and value their social role, respect their immediate needs, and learn from them.

The three poems that follow have been written at different stages on my own journey in life. They relate very directly to the views expressed here.

(Content edited and revised, 2014)

EARTH (1976)

I have learned to live with
The rock-bottom in myself,
I have found the strength within me
To climb slowly from the shelf.

I have learned that real living
Is more painful than I knew,
I have sought the deeper meaning
In ' To thine own self be true '.

I have uncovered a great deal
To find the little that I know,
But best of all, in striving,
I have discovered how to grow.

RELATING (1996)

From heart to heart,
No barriers of class or creed,
From part to whole,
The human spirit fully freed.
No need for ownership
Or copyright.
No fear of dark,
Or blindness to the light.
The seed of hope grows
Deep beneath the ground,
The living bud is nourished
By the sun. Cycles of time
And tide, turn and return,
The spirit calls us home
Towards the One

CELL MEMORIES (2007)

Scarred by the 'friendly fire'
Of a father's alcoholic fury,
I was collateral damage.
Caught in the crossfire of
Parental warfare and physical abuse,
Fear became my sentinel.
Feeling safe was not an option,
There was no firm footing
In the no-man's land, shifting sand,
Of my childhood.
Eventually, much later on,
Beyond a failing marriage,
I found my inner child again,
Still fearful, waiting for an armistice.
Concealed like a boy soldier
In dense impenetrable jungle,
Not knowing that the war was over,
He was at first uncertain -
Then triumphant and joyful to be free.
My muse had led me to the light
Of a deeper understanding,
To find real love at last, *in my own heart*,
To free myself from childhood's prison
By means of poetry and art.

Tony Devaney