Transforming My Life with the Arts

OMH
New York
May 13, 2022

By Gayle Bluebird

"Hugging Form"
Meghan Caughey
SCHIEFF'S DREAM

How the Cathexis therapy was born

CATHEXIS was the brainchild of American social worker Jaccqule Schiff (above).

"Reparenting" is a key part of the Schiff's philosophy, the idea being to take patients back to their very early childhood and reeducate them with a more positive set of values.

In 1976, Mrs Schiff's book was published, outlining how she took young adults suffering from one of assault and another of undermining the welfare of a minor, were dropped after she moved to California. children to a bed and tied to furniture for up to six days. Some claimed they had been "impressed" in the clinic.

Mrs Schiff was met between Mrs Schiff and Miss Robinson broke out in 1982, and Mrs Schiff now no longer has any professional contact with the clinic. said a statement prepared by Trident director Dick Moreton after the Mail began its investigation.

Document said Mr Schiff had wanted to encourag e patients to confront relatives and friends and to use "dysfunctional thinking". Miss Robinson had disagreed with this approach.

Miss Robinson returned to England and between 1982 and 1983 set up a programme to treat mentally ill people based on different methods.

Scandal of 'back to babyhood' therapy

Sarah Lonsdale

therapy, pro-Leicestershire care workers trial on charges sexually abused 15 years, is. States, where it originated, called Cathexis. Cathexis was the brainchild of American social worker Jaccqule Schiff, who developed the technique of its propagation.

Earlier in Birmingham an application was registered under the name.
“Madness Network News”

A national newsletter published from the 1970s to the 80s

Cover by Tanya Tempkin
Berkeley, CA

1976 Cover

Photograph of a 30-day “sleep-in” protest in then-Gov. Jerry Brown’s Office to protest deaths and abuses in State hospitals in California
Well-Being Project
California, 1987
Jean Campbell

• Research by and for mental health clients
• 500 persons interviewed
• 61 percent of clients stated creativity essential to their well-being
• 24 percent stated they lacked creativity in their lives

“Talent Showcase”

“Social Change” performers who performed at various Alternatives Conferences

www.alteredstatesofthearts.com
Howie the Harp
1953-1995

“‘Crazy folk’ (as he called us) are the most talented people in the galaxy. Instead of diagnosing, locking up, and treating us, the world should recognize our true worth and support our talents, creativity, and sensitivity,” Howie carried a harmonica with him everywhere, to make music, mediate conflict and create peace.

Mark Davis
Philadelphia, PA

“Drag with a Tag”

Mark created his act to educate and raise consciousness about being gay, living with HIV, and mental health issues. Mark received a “VOICE” award in Los Angeles in 2009.
Second Step Players

The Second Step Players theatre troupe creates and performs educational sketch comedy about mental health issues for the purpose of educating the public and reducing stigma. The Players have been ambassadors in community education and advocacy since 1985. www.artreachheals.org

Bonnie Schell
Poet Extraordinaire

Directed DIC in Santa Cruz, CA with emphasis on the arts. Bonnie is an outstanding poet but often chooses to support the works of other poets and writers; she continues to edit the poetry corner of MindFreedom Newsletter.
Sybil Noble, KC, MO.
art2do1@Hotmail.com

Amy Smith, CO

Chained
Crazydiamndondusa@gmail.com

Free as a Fish
New York
Issue
1994

Newsletter that was published in rotating states
Jon Brock, AL
Created two issues of

“The Altered State”
Comfort Rooms

Definition:
The Comfort Room, formerly called the “Quiet” or “Time-Out” room, is a room that provides sanctuary from stress. It can be a place where people can experience their feelings within acceptable boundaries.
Michael Skinner
Manchester, NH

Mike writes songs related to child abuse, mental health concerns, hope, love and recovery. Mike has formed a non-profit program “The Surviving Spirit” Healing Hearts through the Arts. He is a familiar figure at Alternatives and other major conferences.

www.survivingspirit.com
www.michaelskinner.net

Meghan Caughey
Portland, Oregon

Meghan’s transformative art evokes strong emotions when viewing it, from the very deep and painful to the light and joyful. “My life has been rather raw and hard to look at but I have tried to make it into something that has beauty…and art has done that for me.”

“Hugging Form”
From Meghan’s early work

“Lotus with Sparks”
From Meghan’s Lotus Series later in Recovery

www.meghancaughey.com
Jerome Lawrence
Atlanta, Georgia

Jerome nationally recognized artist known for his works of beauty and color; one of his paintings in the “Tulips are People” series, hangs in the rotunda of the Carter Center in Atlanta, GA.

www.jeromelawrence.net

“Pillowcases of Recovery”
Fulton State Hospital Exhibit
Fulton, Missouri

- “If pillows could talk, they would tell a story of our struggles …”
- Reflects issues of recovery & effects of stigma
- A traveling exhibit of poetry & art on pillowcases
- A clothesline exhibit you can do!

www.alteredstatesofthearts.com
Pillows of Unrest

An Arts Project for Peer Specialists, Peer Providers and Others Working in Peer Settings
The Creative Vision Factory
Wilmington, DE

Michael Kalmbach

Creating Bigger More Lasting Projects:

Bluebirds
Flying Arts Fest
Come Join Us for a Day of Creativity and Fabulous Arts Presentations
August 23, 2016
9am to 4pm
801 Market Street
Philadelphia, PA

- Sharon Wise, Washington DC's Artist Extraordinaire
- Hikmah Gardner, Philadelphia's Beloved Advocate
- Collage Making, Pillowcase Painting, Mandalas, Poetry and More ...

Lunch Will Be Provided

$10 Donation
Bluebird Artists and Associates
First Adventure
Me with Mae-Mae

Bluebird/ “Henrietta”

“Crazy Folk” Arts Consultant
Writer/Poet

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