

SURVIVOR

BUKVVIVOCR

A B O O K A B O U T T H E  
M A N Y T R E A T M E N T S T H A T  
I N D I V I D U A L S H A V E F A C E D D U E  
T O I L L N E S S O R O T H E R A I L S

W R I T T E N & I L L U S T R A T E D

B Y C L E O P E T E R S O N

FOR A HISTORY OF MADNESS

We are the sum of torture, neglect, mistakes and suffering.

We are many.

We will no longer be locked away and forgotten.

We have a voice, these are our stories.

We are survivors.

# T A B L E O F C O N T E N T S

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Timmothy tumbled through the  
thoughts that transpired.

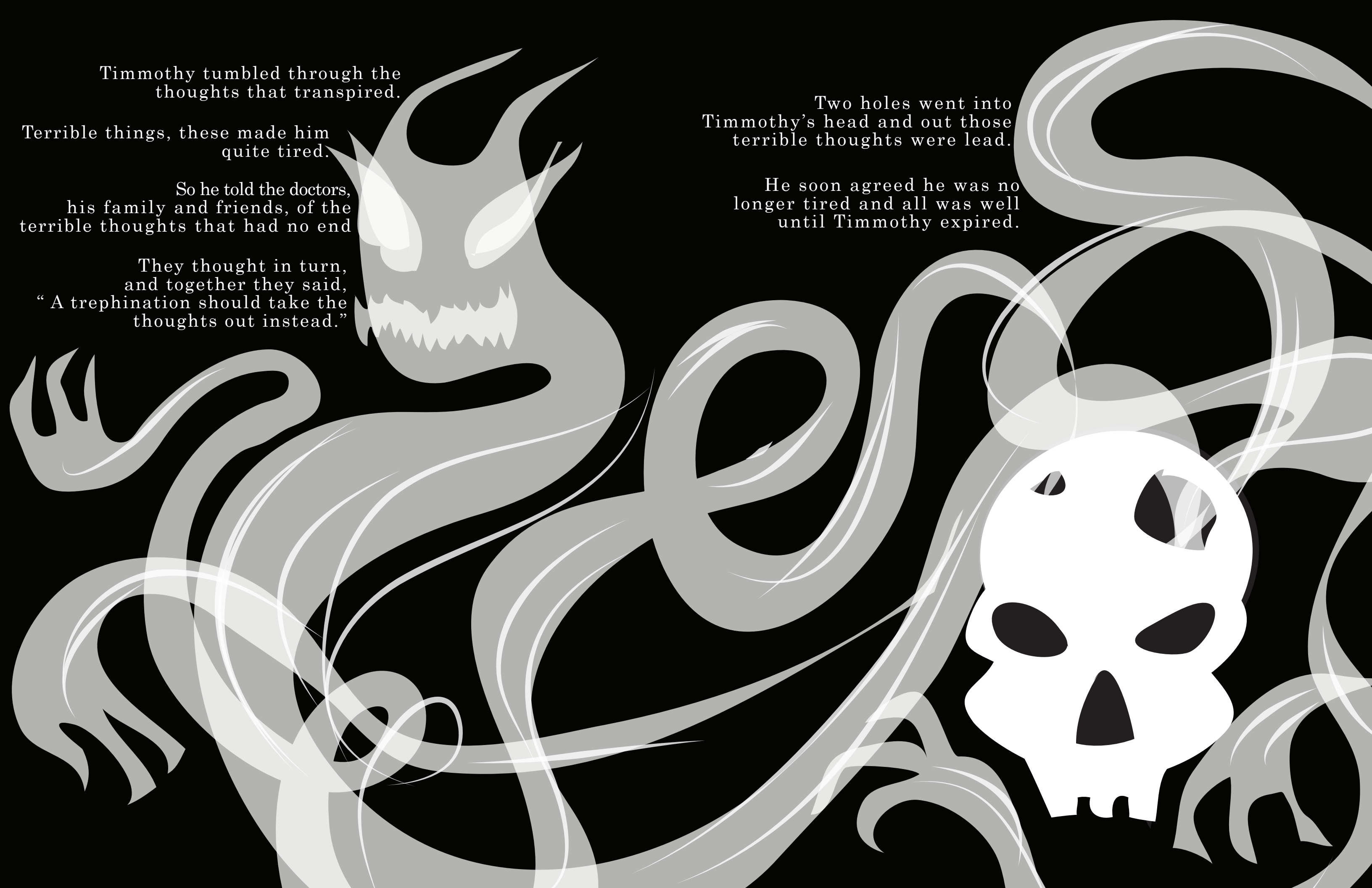
Terrible things, these made him  
quite tired.

So he told the doctors,  
his family and friends, of the  
terrible thoughts that had no end

They thought in turn,  
and together they said,  
“A trephination should take the  
thoughts out instead.”

Two holes went into  
Timmothy's head and out those  
terrible thoughts were lead.

He soon agreed he was no  
longer tired and all was well  
until Timmothy expired.






Bethany's four humours were not in check, in fact she was an absolute wreck. Her bile was anything but black or yellow, this left her feeling sad and mellow. Her phlegm was condemned and her blood was spoiled. So when the leeches went on she shrieked and recoiled.

Marcus's mind needed mending and the pharmacy required some heavy spending. From Xanax to Zoloft and Ativan to Benadryl, the whole alphabet could be in his world of pills. So Marcus medicated until he was sedated but if he could have waited his future wouldn't have been ill-fated.





Eli was never empathetic.

Everyone thought this was quite pathetic.

So every evening Eli was tied and  
a new form of medicine the doctor's  
tried.

Second after second Eli felt pain as  
the electroshocks pierced through  
her brain.




Fiona's urges had become quite frightful.

What others found shameful she  
found delightful.


They found her a fiancée but he was  
of no help, twas an awful bride that  
he had been dealt.

So they lit a match and a fire  
started, with fumes so strong that  
her wandering womb was no  
longer departed.

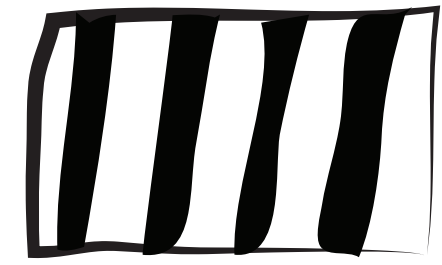




Winona wept as she was wrapped.  
With cold wet blankets, they had her trapped.  
She shook she shuddered,  
she shivered she cried.  
And in those blankets Winona died.



Wilfred drowned everyday, he was never  
allowed to have a say.  
They submerged him in a tank meant for  
the sharks and there they left him till his  
vision went dark.



Luis was called a lunatic.  
So they took him away from the public.  
They locked him up, threw away the key.  
So he wouldn't be a nuisance for you or  
for me.  
Poor little Luis who was left all alone, left  
only one thing which was his headstone.

# GLOSSARY

**TREPHINATION** | A trephination is a form of treatment dating back to the neolithic era. People believed illness was caused due to demonic possession and believed that the evil would be let out by creating two holes in one's skull.

**BLOOD LETTING** | Blood letting was used to cure the imbalance of the four humours. These are Phlegm, Black & Yellow Bile, and Blood.

**MEDICATION** | Medication is the most prevalent form of treating mental illness. Pharmaceutical companies prevail in determining how many meds it takes to cure a variety of illness no matter the consequences or side effects.

**ELECTROSHOCKS** | ECU sends a series of electric shocks to the brain which in turn causes loss of short term memory. It is still common and still advocated by medicated professionals.

**FUMIGATION** | Noxious fumes were burned to cure a woman

of her nymphomania. It was believed that the scent of the fumes would cause the "wandering womb" to go back to its proper place.

**WET PACKS** | Used to cure restlessness, patients would be wrapped in wet sheets until they were unable to move and left there.

**DROWNING** | Dr. Willard van helmont believed that if patients were dunked in tanks of water and left until the point of drowning they would awaken a much more sound individual.

**COMMITMENT** | Patients are put into mental health facilities, sometimes against their will in which many of the aforementioned treatments take place.

**SURVIVOR** | Created in 1970 it is a term that has been adapted to represent those who have survived the mental health system. This does not just reflect those who have lived but those who have died due to the malpractice of the mental health system.

WE ARE

SURVIVOR is a series of poems and illustrations that reflect current and past treatments of mental illness. It attaches a patient to a treatment to reinforce that real people had to endure these methods. Some died, while some lived, but they all survived. It is important we don't allow this to be forgotten and strive to be better and do better when it comes to recognizing and treating mental illness.

SURVIVORS

