



IN/SANITY TRIP

From

PSYCHOSIS to

DIAGNOSIS

to

FREEDOM

I was a relatively normal kid



I had an okay childhood



**“Forgetting to Remember”
a poem by
Pamela Spiro Wagner**

**(in LEARNING TO SEE IN THREE
DIMENSIONS)**

Fifth grade, we lived in England



**Nothing unusual or
traumatic happened
otherwise**

EXCEPT...





PRESIDENT IS SLAIN



John F. Kennedy
President of the United States

Suspect Held

DALLAS, Nov. 22 — (AP) — President Kennedy was assassinated today.

A bullet's sharp impact pierced the 35th President of the United States as he rode in an open-top Lincoln limousine through a crowd of a quarter million in downtown Dallas.

The 45-year-old President was shot in the back of the head by a sniper's bullet from a high-rise building.

Witnesses reported that the President was struck by a bullet from a high-rise building. The bullet struck the President in the back of the head.

The assassin was seen running away from the scene. He was seen running away from the scene.

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LBJ Is Sworn In

SKIING ACCIDENT at 10

BROKEN LEG SET TWICE, BOTH TIMES ALONE. THE FIRST TIME WITHOUT ANESTHESIA, THE 2nd TIME WITHOUT ...



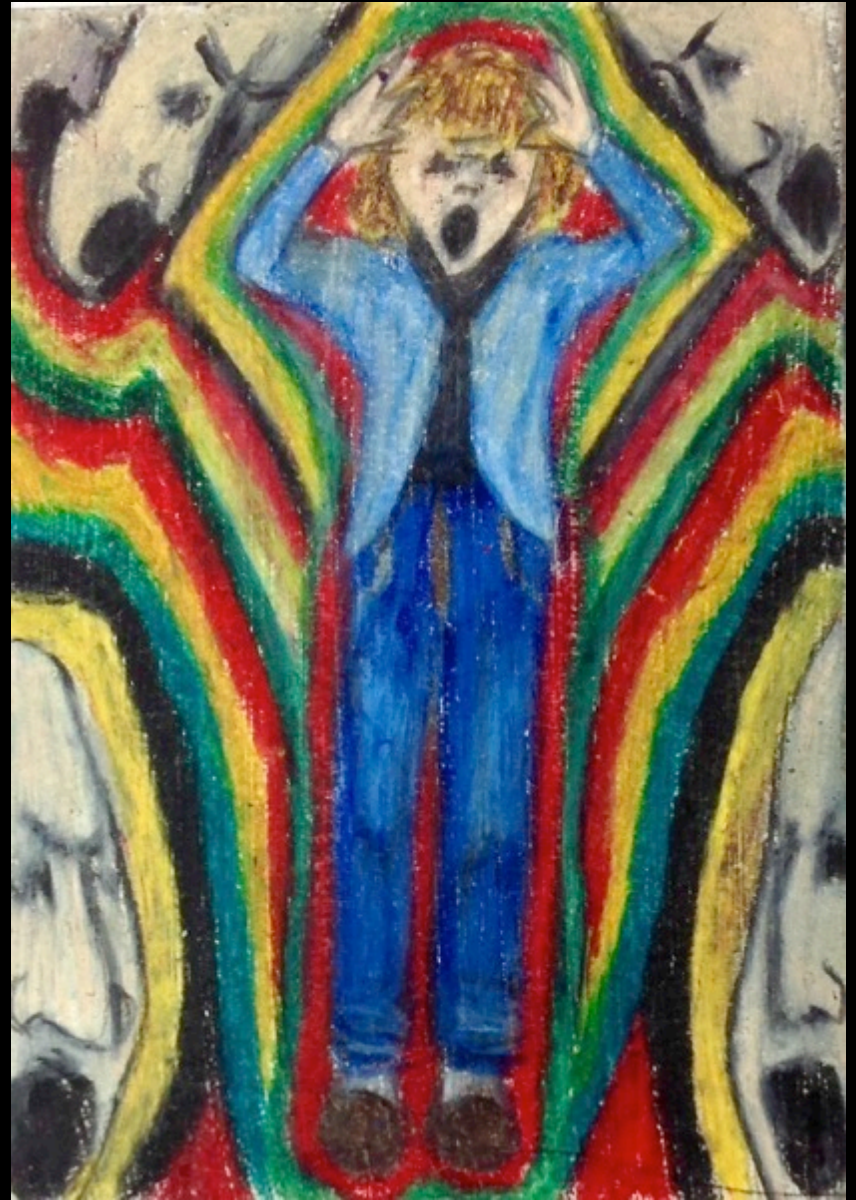
**“If Wishes Were”
poem by
Pamela Spiro Wagner**

**in
LEARNING TO SEE IN THREE
DIMENSIONS**

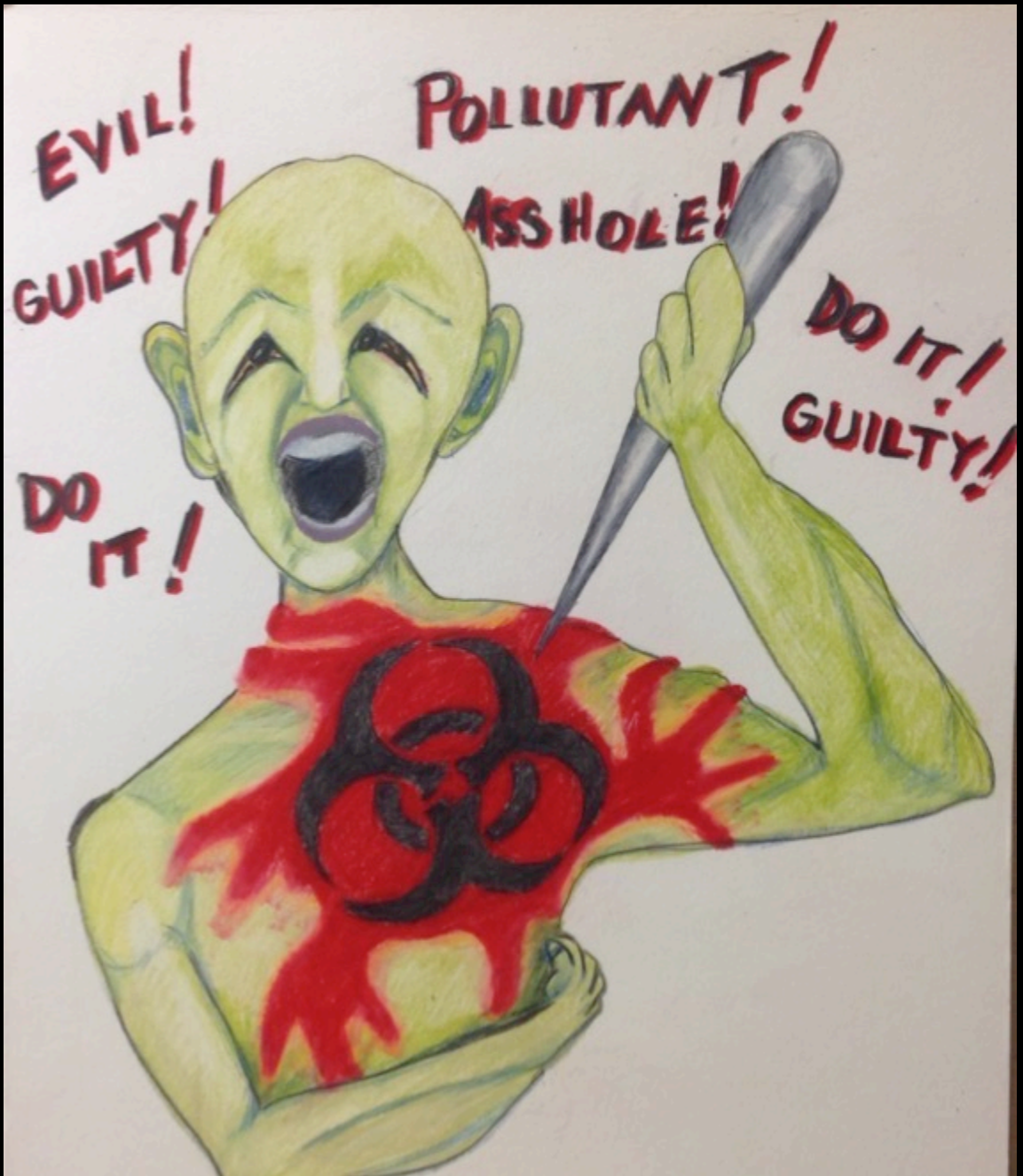
Well, okay, maybe there
was *some* trauma...

Let's
start
again

I heard voices
starting the day
Kennedy was
killed, people
telling me that I
was the
assassin...



I believed them, and for decades blamed my self for the loss of “Camelot”



But because
I did not
know how to
tell anyone, I
mostly
stopped
speaking...



What was
going on?



I was afraid.
I wanted
someone to
help me,
rescue me
from my life
experiences



I was taught



That my brain was ill...



That something was wrong with me

**For decades I was diagnosed
with schizophrenia**

This led to hospitals...



and more hospitals

WE WERE ALL FED BULLSHIT

a major advance in

Psychiatric Treatment

'Thorazine' is useful in controlling anxiety, tension, agitation, confusion, delirium, or hostility, whether occurring in schizophrenic, manic-depressive, toxic, or functional states.

"There is no evidence that large doses [of 'Thorazine'] impair higher mental functions as is the case with sedatives and central nervous depressants . . . Intelligence, memory and judgment are intact, indeed are often strikingly improved in most psychotic patients . . . As much as 2000 mg. a day [of 'Thorazine'] has been given though the average requirement is about 400 to 600 mg. per day."

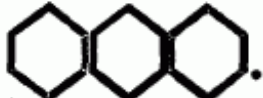
Kinross-Wright, V.: Postgrad. Med. 16:297 (Oct.) 1954.

'Thorazine' Hydrochloride is available in 10 mg., 25 mg., 50 mg. and 100 mg. tablets; 25 mg. (1 cc.) and 50 mg. (2 cc.) ampuls; and syrup (10 mg./5 cc.).

Additional information on 'Thorazine' is available on request.

Smith, Kline & French Laboratories

1530 Spring Garden Street, Philadelphia 1



Drugs and more drugs



After a
while,
psychiatry
controlled
my life and
all my
thinking



I was a revolving door regular



**But no one helped me get
better or learn how to live
with the voices and visions or
what they called
“delusions”...**



Hospital
abuse
started
early, but I
did not
recognize it
as abuse



They called this “helping me...”



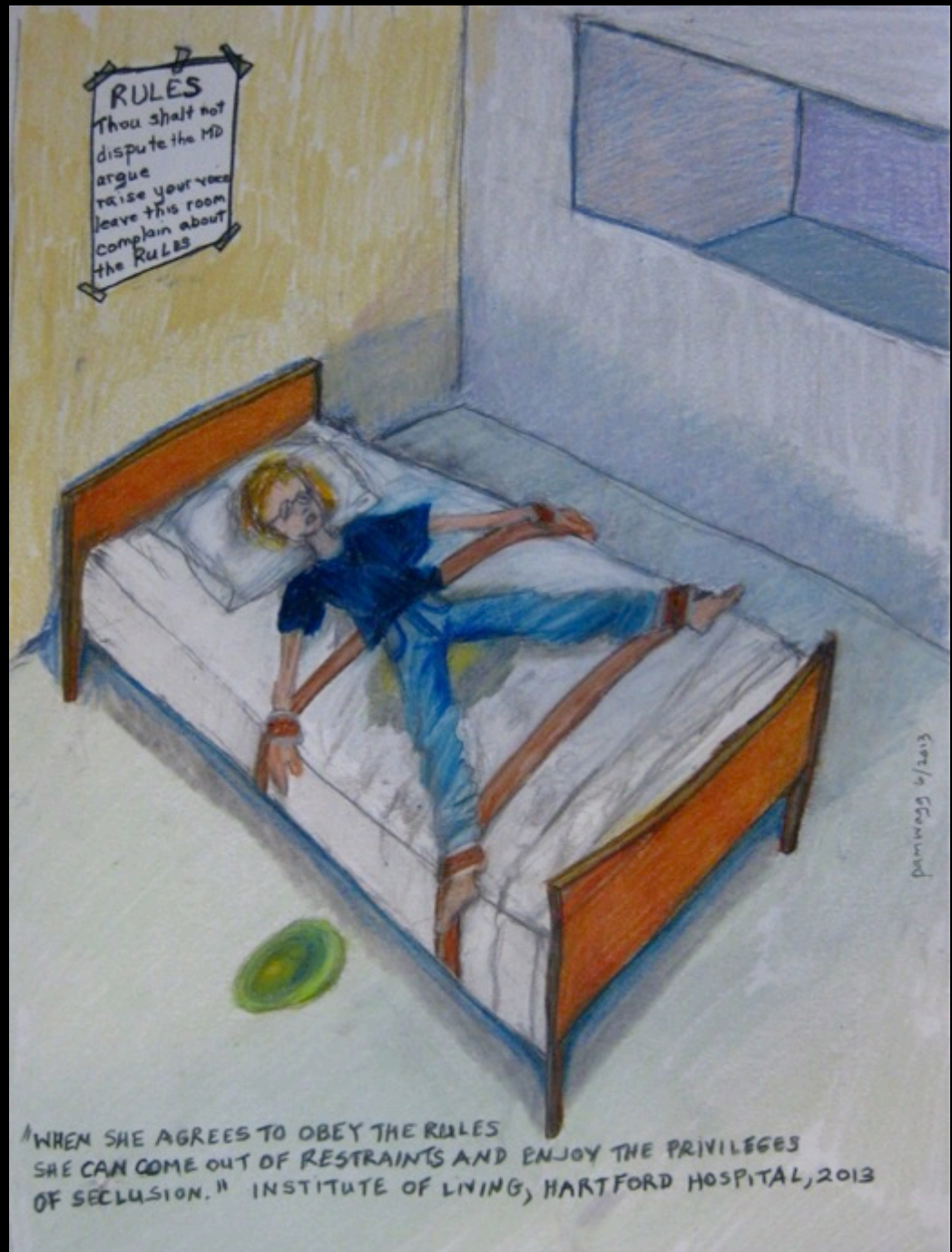
**I was so ashamed of having
been restrained like that for 3
days non-stop**

**I told no one for many years,
certain I would be blamed for
what they did to me**

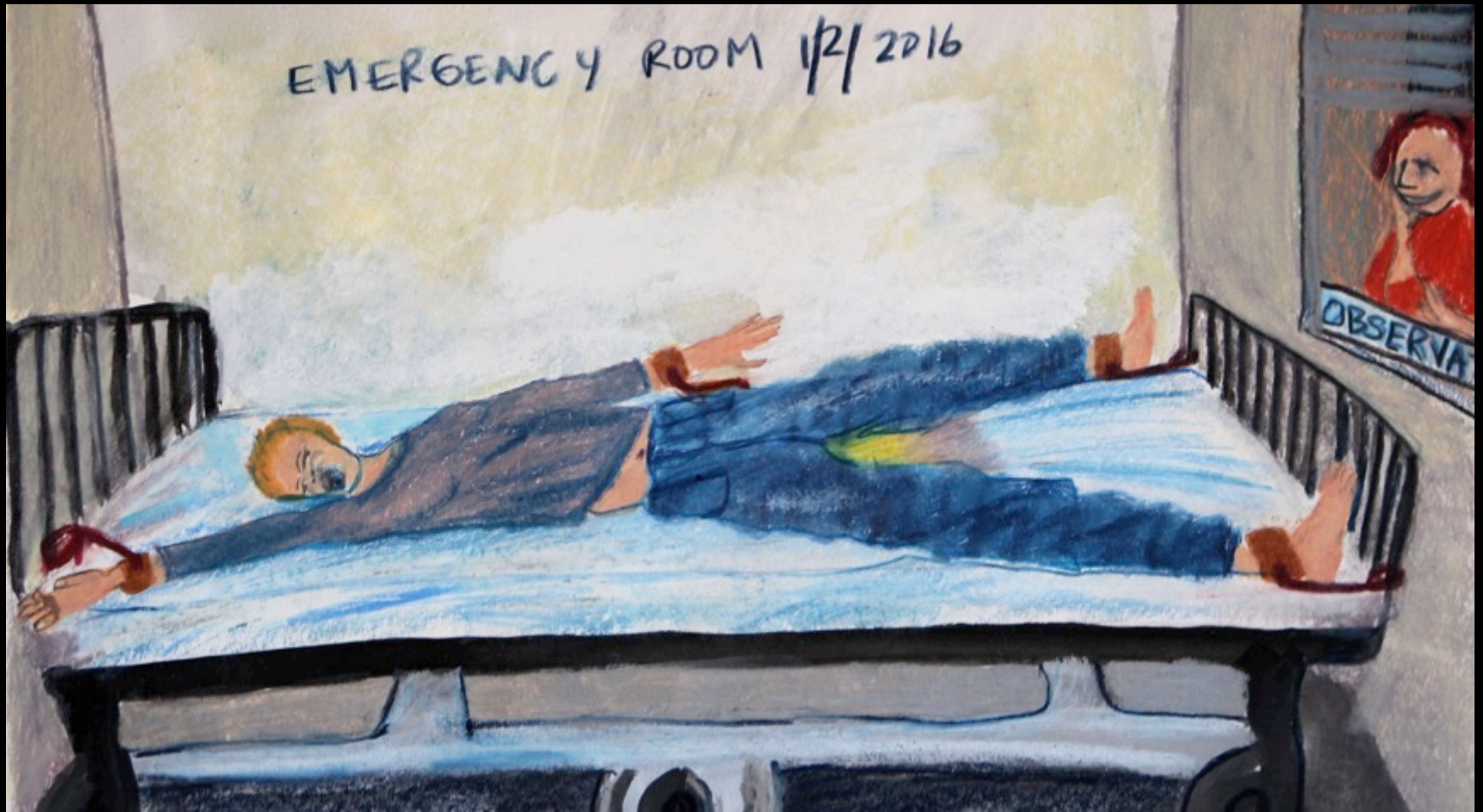
Every MD-to-be should be required to
take 10mg of this torture drug!



At this
hospital
they did
not even
pretend
to care...



I knew when staff enjoyed it



Or simply wanted to punish



**“Poem in Which I Speak
Frankly, Forgive Me”**

**Poem from
LEARNING TO SEE IN THREE
DIMENSIONS**

Meanwhile the
voices got
worse and more
persistent,
despite years of
psychiatry and
dubious meds...



They told me to set myself on fire



And I obeyed...

Complicating matters...



In 1999 I was bitten by a tick...

**Lyme disease in my
brain altered my
world forever**

Chained Burka Liberty - how I felt



How I was treated because of



hallucinations of every sense

**I have depicted the voices in
many ways**

**but always it seems a failed
attempt to portray the invisible
and what was to me utterly
terrifying.**



THE SILENT SCREAM
Amy
11/2014



Permanence 2011





These are the
“little people”
– bragging,
nagging
voices that
usually did
not bother me



Then one morning in 2007

I woke with a different message:
*Build a human, you must build a
human...* they told me...And
since I had no reason not to, I
did, in 3 months: The life-size
Decorated Betsy.



Art changed my life...

**Doing art was how I took
charge and began to
communicate to everyone. I
began saying how I felt and
what I wanted. My life
became my own**

When I was made mute by the voices, Art spoke for me





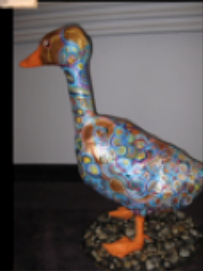
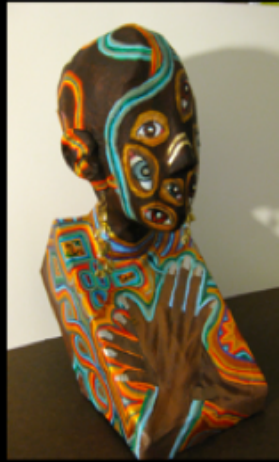
I thought I could not draw faces.
But I had the passion to learn
everything...





PAMWAGG

This is just a tiny selection of my art since 2008 when I first began, at age 55.



Other life changes

- I left my home state of 58 years and moved to Vermont where I knew literally no one.
- I met people who were not interested in keeping me “mentally ill.” Most important of all, I met the woman I call My Guide
- She taught me NVC and I practice it

I found out
love is real



I had nothing to fear any more



“Ice Hospital”

a poem in

**LEARNING TO SEE IN THREE
DIMENSIONS**

by pamela spiro wagner

When I
learned I
could
control my
feelings I
could
control the
voices as
well



**No one can make me feel
anything.**

- **I choose my response to other people.**
- **I choose how I react with regard to their words or behaviors.**
- **When I stay aware of my emotions, I live in harmony with the voices.**

Yes I am still supposed to take meds



But I've stopped taking them



I am at peace with the voices
now



“To Forgive is...”

**a poem in WE MAD CLIMB
SHAKY LADDERS
by Pamela Spiro Wagner**

My style of art has changed...



FRACTURED PORTRAIT



TREE OF LIFE BEADED BOWL



I CHANGED MY NAME TO:

PHOEBE SPARROW WAGNER

**phoebesparrowwagner@gmail.
com**

Now I'm at
peace.
What more
could I ask?



Thank you for coming

I hope this has helped you and that you can take something from it that will be of use. Please help spread the word that schizophrenia is not hopeless or even a meaningful diagnosis. People get better and move on into happy lives.



All featured art © Pamela Spiro Wagner 2008-2017

- **DIVIDED MINDS: Twin Sisters and their Journey through Schizophrenia (2005) memoir**
- **LEARNING TO SEE IN THREE DIMENSIONS poems and art (2017)**
- **WE MAD CLIMB SHAKY LADDERS poems (2009)**

ALL available at [Amazon.com](https://www.amazon.com)

For further information:

<https://arteveryday365.com>

<https://pamelaspirowagner.com>

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THANK YOU

THE END

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