Art
as a Path
To Insight
By
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Early Synopsis: This book is more an art book than a pile of writing.

I’ve grouped several hundred artworks I did over the years in my time of doing art as a form of therapy into what I hope will be an informative and sometimes funny collection that might help people feel less scared of being ‘a mental case’. The art is grouped under five loose chapters with an even looser collection of sub-themes, none of them in excellent order, relating to each chapter’s topic. You’ll see once you get into it. Unlike my other books, you’ll find that this book has no explanatory text attached to the images. You can do that yourself. In fact, I’ve decided to let you sort out the art for each topic yourself! It can be YOUR therapy!
Later Synopsis: I wanted to make this neat as a pin, and I set up all the chapters for that reason. It overwhelmed me, so I tried tackling it with these sub-headings:

- family issues
- addictions
- alcoholism
- anger
- anorexia
- anxiety
- awareness
- bad therapy
- being a disappointment
- being adopted by a mental health professional
- being conned by one
- being labelled with DID
- art about the hotel I drank at
bitterness
borderline
cults as an avoidance tool
cynicism
denial
depression
despair
dissociation
spacing out
ersatz therapy
escaping
father issues
fear
feeling eaten alive as a kid
feelings in general
good therapy
grief, loss, and sadness
healing
housing
incest
issues around worth
joy
lessons
loss of trust after betrayal
meaninglessness and fighting against that
medications
mental health professionals
mother issues
other mental illnesses
poverty
psychiatric wards
rationalizing the abuse
role models
self-injury
self-esteem
suicide
therapy life
vulnerability
xcitement, and so on: but you know what? Fuck it! I’m tired! I’ve done all I can! I need to get this up and out, both for my benefit and hopefully for yours!

So, go through the art and glean what you can of hope, wisdom, relief, empathy—it’s all yours, folks! Take it away!
Chapter One: Family Trauma

Family issues
Father issues
Alcoholism
Anorexia
Anxiety
Depression
Denial, dissociation, spacing out
Being labelled with Dissociative Identity Disorder
Feeling eaten alive as a child
Beginning to be admitted to psychiatric wards
Getting into cults as an avoidance technique
Being labeled with other mental illnesses
So-called Borderline diagnosis
Difficulties finding safe and affordable housing
Chapter Two: Going for Help

Mental health professionals
Therapy life
Trying to meet the needs of therapists
Being adopted
Being conned
Being filler for someone
Having issues around worth
Feeling loss of trust
Putting ‘helpers’ in god-like positions
Feeling conned
Chapter 3: Fighting back against bad therapy

The pain of bad therapy
The arbitrariness of being a victim
Countertransference
Complex post-traumatic stress disorder
Fighting back
Game over
Seeing the therapists as they are
Betrayal of trust
Forty Wax
When words become meaningless
The pain of shitty therapy
Chapter 4: Healing and resolution

Dealing with loss of trust

Developing but not being overwhelmed by healthy cynicism

Learning not to follow leaders, but to be one
Chapter 5: the joys of using art as a tool for insight, healing, and integration

Amen!
The End
(yet, as always, the beginning!)
Happy trails to you on your journey of healing!