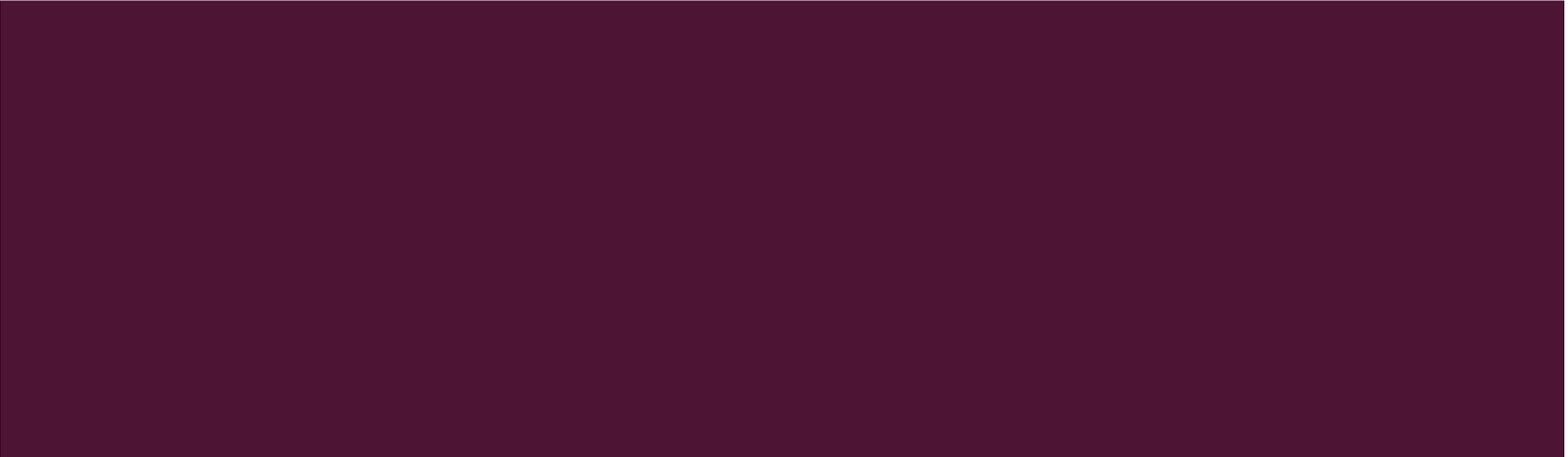


PSYCHOLOGY HAIKU PROJECT

SHANIA DVORAK | SPRING 2020



TOPICS OF HAIKU

TRIGGER WARNING:

These topics will be discussed in the project

- **Behavioral Health Hospitals (aka Mental Hospitals)**
- **Schizophrenia**
- **Substance Use**
- **Suicide/Self Harm**
- **Domestic Violence**

A NOTE FROM THE AUTHOR...

- I wrote these haiku on topics pertaining to my majors of psychology and human services. Each topic resonates with me personally and illuminates my passion for mental health awareness and advocacy.
- Each haiku is based off my experiences on behavioral health units during my practicum rotations. Next to each haiku there is a story on the person the haiku is written about. Names, ages and any other personal information have been changed to protect their identity.
- These can be heavy and uncomfortable. I urge you to be uncomfortable. It is discomfort that pushes us towards new understandings.

GALE | AGE: 31 | DOMESTIC VIOLENCE

**I'm sorry
my black eye
looks back at you**

Gale came into the emergency room with bruises. When asked what happened, she simply looked back at the nurse.

NANCY | AGE: 85 | DEMENTIA

**visiting hours are over
she still talks
to someone?**

*She sits in a group room after visiting hours. She looks blankly ahead.
Having a conversation with someone that nobody else can see. A ghost
of her past?*

DREW & EMILY | AGES: 18 & 17 | SELF HARM & EATING DISORDER

**hospital gown romance
their chairs close
on movie night**

They watch a movie on the adolescent unit. Emily is being discharged tomorrow, they savor their final moments together. Not sure of what lies ahead.

**mental hospital
crazy eights
they play cards again**

A group of patient's play cards for the tenth time today. There is nothing else to do on the unit, except watch television. They settle for cards, yet again.

AMY | AGE: 24 | DOMESTIC VIOLENCE

**you taste so sweet
my throat closes?
poison apple**

She thought she had found the love of her life. As the relationship matured she noticed more and more warning signs. Her partner was like a poison.

BEA | AGE: 78 | DEMENTIA

**she giggles
her lovers voice
in an empty room**

She sits in her room on the corner of her bed. She gazes out the window, laughing. She hears her husbands voice, even though he has been dead for 5 years.

DAVE | AGE: 76 | SCHIZOPHRENIA

hallucinating he flirts with his wife at the nurse's station

He wanders to the nurse's station all day, everyday. A young nurse is the center of his attention, he believes it is his wife. He is confused on why she does not return the flirting.

LILLY | AGE: 21 | DOMESTIC VIOLENCE

**his hands
around her neck
she cannot scream**

For years Lilly had been abused by her partner. She feared for her life every day. There were many nights where she thought he would kill her.

DANIEL | AGE: 27 | SUBSTANCE USE

Easter dinner
he wears long sleeves
hiding the needle marks

He has been off the grid for months. He shows up to his family's Easter dinner. His mother rolls his sleeves up and sees that there are needle marks from where he has been shooting up Heroin.

HENRY | AGE: 18 | SELF HARM

**bandaged arms
his little sister
calls them lion scratches**

It is family visit day. Admitted for attempted suicide and self harm, his parents try to help his little sister understand. She beams with pride explaining to everyone on the unit that her brother fought off a lion.

THANK YOU...

- Dr. Randy Brooks
 - For the education on haiku
- George Swede
 - For the inspiration of my haiku
- My classmates
 - For the confidence in my haiku