

## **“Healing Trauma With Art”**



**Sharon D. Wise, MHS  
Consumer/Survivor/  
Activist and Artist**

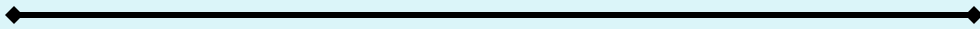
**“Don’t make anyone a priority, that  
makes you an option!”**

# PAST HURTS AND HOW THEY EFFECT OUR HEALING PROCESS

Sometimes things happen in our lives that we hold on to, never wanting to let it go. Believe it or not that old saying, "Misery loves company" can be true, and we are our own company.

It is okay to let ourselves off the hook for traumatic things that happened to us that were beyond our control as well as, things that happened that was within our control. Past trauma that we refuse to let go of rob us of the energy we need to paint a beautiful picture, sit in the park and feed the birds or to simply bakes something special just because.

Exercise: This exercise can be done as a group, individually or with a supporter.



Think of a past experience that may have hurt or traumatized you and draw a picture of what it felt like. Then, take that picture and throw it away. If you begin to get upset about the experience think of something that makes you happy, call a friend or simply stop the exercise. The goal is to allow that traumatic experience or hurt to be a process of elimination once you throw it away.



This piece is called, "I Dream of Peace" I painted it while on the Psychiatric Ward in Washington Hospital Center. A Month earlier, I was successfully processing a sexual abuse incident.

# ARTIST HEAL THYSELF

**Living your life like it's a stage can help you discover what part or role you play in life. Your life can be a romance, a drama, a horror flick or science fiction. Whatever role you choose, remember you write yourself in as the hero or the villain.**



**Exercise: Answer these questions as honest as possible.**

- 1. What type of movie does your life display?**
- 2. What character do you play?**
- 3. What is the backdrop for your life.**

**Now you are ready for a  
Broadway Production.  
Artist Heal Thyself!**

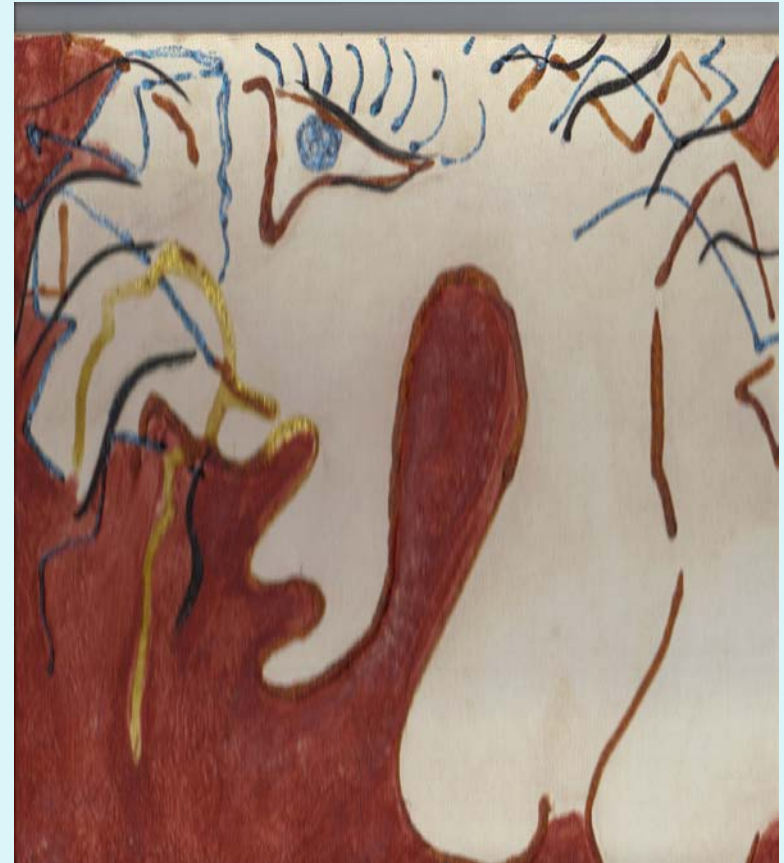
<b>WHAT DO I BELIEVE MYSELF TO BE?</b>	<b>HOW DO OTHERS SEE ME?</b>
<b>WHAT COLORS DO I THINK OF WHEN I THINK OF MYSELF?</b>	<b>WHAT SHAPES DO I THINK OF WHEN I THINK OF MYSELF?</b>

# MY LIFE SCRIPT

You don't have to do this exercise now, but in your free time, after careful prayer and meditation, follow these guide lines to write a script for your own healing.

1. Who are you in the script when you are well?
2. Who are you in the script when you are not feeling well?
  3. Who is around you to help?
  4. Where are you physically?
  5. What do you have on?
  6. What are you saying?
7. Are you in control of what is happening?
8. How can you change what is happening around you?
  9. How does the story end?
  10. What are you feeling now?

**“REMEMBER YOU ARE  
THE PRODUCER AND DIRECTOR!”**



I painted this picture while in the Psychiatric Institute of Washington. I had been asleep for three days after a Seclusion Restraint episode

# WHAT OUR ART SAYS ABOUT US

Don't be afraid to hear what it has to say"



**“The Awakening of Three Parts of Me”  
was drawn when I was in the hospital in  
1999. I had been secluded and restrained  
and woke up three days later.**

**I drew this shortly after my Awakening.**



**“The Zyprexa Walk”  
was a very important piece of work  
in my healing process.**

**This depicts how I feel when I am on Zyprexa.**

# **The 3 P's for Progress**

**ARE YOU DOWN WITH PPP?**

- **POSITIVE**
- **PEERS**
- **PERSPECTIVE**

# **POSITIVE RESULTS, ATTITUDE AND LIFESTYLE**

- This is where WE come in. Any opportunity to make contact with our peers and their supporter should be used for referrals, support in any way, positive talk and encouragement.**
- Remember you may be a part of a midwife system that assists in someone's re-birth to a positive living way of life. Use every opportunity to teach, reach and support.**

# **PEER SUPPORT**

**Peer support is invaluable! Whether the peer has a lived experience or not. Actually everyone is a peer to someone with some diagnosis, ism or accomplishment. In our Peer Center in Washington, D.C. anyone can be a peer and offer moral support, physical support or simply lend an ear.**

**Peers are also powerful when it comes to the family and other intimate partners. We talk, listen, refer to supportive services, offer alternative programs like yoga, hospice and job recommendations, as well as, assist with applying for all types of benefits, i.e., housing, Medicaid Medicare.**

**Sometimes people just need to talk, laugh, cry or play a game of cards.**

# **PERSPECTIVE**

**Trauma survivors and peers working or volunteering as support persons' input is invaluable and should be included in systems change, policy, planning and research.**

**Our perspective should be wanted and encouraged because we know better than a person without a lived experience, or just as much and more.**

## About the Artist & her Work



**Sharon D. Wise was born and raised in the Midwest. She is the fourth of five daughters born to the Wise family. Sharon was diagnosed with mental illness at a very young age and was hospitalized for the first time at age nine. After Sharon's parents divorced, her mother moved her siblings and her to Chicago where Sharon began a life of drugs, alcohol and dropped out of school. She said's she was trying to stop the voices by chasing them away with street drugs. By the time Sharon was seventeen she had two children. Mercedes and Niyyah. By the time she was nineteen she had surrendered her children to the state because her mental illness inhibited her from taking care of them. At age twenty-five Sharon moved to the Nations capital and began a new and whole life. By this time her daughter was lost in the system and she was only able to rescue her son Mercedes. In 2008 Sharon was reunited with her daughter Niyyah, she found her on a social network site. After over thirty hospitalization, twelve by force and five seclusion and restraints, Sharon is now a Ph.D. candidate, with her own business and she travels around the country healing people through the use of art.**

**CONTACT INFORMATION: Sharon D. Wise, MHS, 2859 Denver Street, SE, Suite 4, Washington, DC, 20020 (202)-575-2565, [thehouseofsharon@msn.com](mailto:thehouseofsharon@msn.com)**