

"the UPGRADE"

27/1/2019

I'd like to refer you to an article I read in a [Sydney newspaper](#) - [INDEMNITY](#). To 'cure' back pain these Medical Doctors was injecting cement into their clients! Some 'remedy'! Its known as grouting when its used to stabilise soil and why I've making this point is that some Medical Procedures lack the Scientific Evidence that they are effective. I allege that "mainstream Psychiatry", where patients are classified into various categories (termed 'Disorders') by a collection of observable/reported Symptoms, is just like this. There is no Scientific Evidence that supports this view AND THERE IS CONSIDERABLE EVIDENCE THAT SOMETHING ENTIRELY DIFFERENT IS OCCURRING!

Its bad for business if Mental Health Problem sufferers are told or find out that their Serious and Chronic MENTAL HEALTH PROBLEM (**S&CMHP**) is actually a very progressive phase that everyone must eventually pass through - quite a lot of Mental Health Professionals would be driven out of business!



Whilst the cartoon to the left uses the image of a rainbow to display this amazing Transformation taking place within the patient/client, and believe me a **S&CMHP** is NOT that enjoyable, the end-product of a "Pot of Gold at the end of this rainbow" is appropriate as "**the UPGRADE**" is that profound and life-changing.

- see [SUCCESSFUL schizophrenia](#)

I worked out that something was going on within myself and this guided me in my decision-making through the latter part of my Recovery. If I had my time again I would have distanced myself earlier from the Jungian psychologist I was being treated by because I eventually understood I could not alter the behaviour of her or this group of mainly Jungian psychologists at The Psychotherapy Centre of the largest public hospital in the Illawarra Region of NSW, Australia. I'd give these psychologists some leeway though in that I could have discontinued their 'treatment' at any time and their Treatment and Behaviour towards me at the start of Therapy was fantastic!

About the series of incidents which occurred when the "mainstream Psychiatrists" associated with The Wollongong Hospital took me captive and held me prisoner my comment is, "***I didn't think that people with Degrees behaved this way!***" I regard "mainstream Psychiatrists" as TERRORISTS and they should be treated accordingly I believe!

When any Medical Procedure is made compulsory then the physician should GUARANTEE success and if they are not prepared to do so, with an acceptable Automatic Financial Penalty, then the 'Treatment' should not be able to be legally enforced! After all the compulsory Treatment is supposed to be about improving the Mental Stability of patient and if this is not being achieved then the purpose for the confinement isn't being fulfilled.

My very different view of a person suffering a **S&CMHP** is that these people should congratulate themselves because to reach this TEST they are already quite amazing!

I encourage anyone to use this period of a **S&CMHP** to explore, as I did, and develop into a more powerful individual. The main technique I used to "work on myself" as the Jungian psychologists said I was mixing with at the time was used Dreams – no Pills, ECT or any other form of invasive Therapy like [Transcranial Magnetic Stimulation](https://www.sillyPsychiatry.info).

www.sillyPsychiatry.info

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