

ISSN 1068-5154   
SCARS PUBLICATIONS



SEEING A  
PSYCHIATRIST

JANET KUYPERS  
PERFORMANCE ART SHOW  
LIVE IN CHICAGO 09/09/08  
CC&D 2008 CHAPBOOK

## PART 1

# SEEING A PSYCHIATRIST: HOPELESSNESS AND FUTILITY

I talked to a licensed psychiatrist recently about the problems I've been having lately. She looked through my medical records as I explained that I was living on varying medications that didn't help with the swelling in my joints, making it hard for me to even effectively do the non-profit work I do, since I haven't been able to hold a job in my profession since the near fatal car accident a decade ago.

**And how does this make you feel?** she would ask.

Well, it has emotionally been very difficult, I'd say.

After looking at my records, she said, **It says here the doctors informed your sister that you would be more emotional after the brain injury you suffered in the car crash.**

Yes, that's what they said.

But before the accident, I felt like I was invincible, succeeding in my profession in my 20s, having control in my life. But only after the accident have I ever even *considered* the idea of suicide, or of genuinely wishing I was dead.

Continuing to look over my medical records, she said, **It seems that you have survived so much already, and what you're going through is entirely normal. The accident was severe, but you made a miraculous recovery. The worst part is over, and things will get better.**

That's how she finished our session. But she never explained how to cope with all of the feelings of hopelessness and futility.

## FROM WORDS TO WARS

words can strike like missiles  
words can be dropped like bombs

and looking back over the years  
at our relationship together  
I've learned  
stories can start wars

## GRAINS OF SAND

must i suffer the duration?  
do i have a choice?  
or must i wait  
for the grains of sand  
to one by one  
fall to an eternity?  
can't i make them  
fall any faster?  
can't i make them  
all fall at once?  
is there any way i can  
set all the sands free  
free from life  
and its sharp confinements  
free from what  
we try to capture  
revive  
supply  
and retain  
why must i suffer the duration  
why can't i just let go

## THE HAMMER FALLS

I wake to  
the early morning.  
I wear the black shirt.  
the hammer falls.  
I throw it down  
with a skilled accuracy.  
I create a repetition  
that is true to life.  
hours on end  
the hammer meets  
with it's enemy.  
and every day  
I strike with  
a renewed fever.  
and every day  
the relentless steel  
refuses to give in.  
so I retire.  
and I resign myself  
once again  
to the early morning  
and the falling  
hammer.

## BECAUSE I AM TOLD

i hate the room  
every day it kills me to go the room  
but i do because i am told

## NOTHING COLORFUL IN MY SIGHT

I wake up to a dark room  
I put on my black shirt  
And eat my burnt toast  
I see the aged blackboard  
I walk on the dirt road  
I see the clouds up in the sky  
I don't know where to go  
I go back to a pile of work  
To fill my darkened nights

There's nothing interesting in my life  
Nothing colorful on my sight

## MONOTONY

life has become a job  
day after day of dreary monotony  
and I want to quit

## LETTER, 4/14/95 ONE

is this what I'm reduced to?  
I can't go through with it, I can't, I just can't.  
I deserve better than this. More.  
Something rewarding, something fulfilling,  
something not so empty, useless, lifeless,  
like the feeling left in my stomach.  
At least I still have feeling,  
or is it just a numbness of sorts,  
a numbness and an anger.  
Numbness alone isn't enough  
to kill myself over,  
apathy and lack of feeling  
                  doesn't promote action.  
What do I want?  
What can I do?  
What range of emotions to I still have to go through,  
before I've hit them all?  
I feel like I'm near the end.  
When I get there, I'll know.

## THE ROAD NOT TAKEN

she looks for the road not taken  
and she curiously stares and wonders  
why the path looks so familiar  
the road twists and curves, the trees hang low  
and yet  
even the cracks in the ground  
where the grass creeps up from  
seem familiar  
her eyes widen  
hoping that the understanding  
might be more visible

puzzled, she takes a step  
the confusion disappears  
as the memories of the road taken  
flood her mind  
then she realizes  
that she has made the same mistake twice

## PART 2

### SEEING A PSYCHIATRIST: FEAR OF AUTHORITY AND FREUD

Went to another psychiatrist to try to get my problems out in the open.

“I get these images in my head now, since the accident, that I’m suddenly in a situation where someone is putting a gun to the side of my head. I don’t know why, and I don’t know how to get out of it.”

**A gun.**

Yes.

**What kind of gun?**

Pardon me?

**What type of gun do you see? A rifle? A shot gun? If it’s a hand-gun, is it magazine-loaded or is it a revolver? Or is it small, like a .38 special, or is it bigger, like a .44 magnum, like Dirty Harry used?**

And I thought, this man knows a lot about guns.

Well, I don’t see much of the gun, but I guess it’s some sort of hand-gun. Why?

**Well, this represents your fear of authority after the accident, because the gun in your visions symbolizes a penis.**

Hmmm.

I saw the Freud books on the back book shelf, and at the end of the session I said thank you, this has been very helpful, and I never went back again. If I have enough problems with relationships between the sexes, I don’t need some guy telling me that everything I think of relates to men’s genitals.

## WHERE DOES THE LOVE GO

where does love go  
when the love is gone?  
it's gotta go somewhere, wight? where does love go?  
I've checked under the cushions of the couch  
the backs of drawers  
the car's glove box  
that only has one glove in it  
I've checked the floor in the back of the closet  
with all the shoes I'll never wear again

but I can't find it

where does love go  
when the love is gone

## PANTHER

I've been waiting here

the hunter  
who has always caught their prey

now I am the hunted  
my gun is gone  
my blade is gone  
my defenses are gone

the blindfold  
presses my eyes  
into my skull

I hear you in the darkness  
the panther  
I just sense your presence

the fear is exciting  
waiting for the moment  
when you pounce and consume

it's all I can think of

all I can do  
is wait for you to strike

my eyes are closed  
but I can almost see you

and I'm waiting

## I WANT LOVE

i'm laying here in bed  
and i'm looking over at him

he's sound asleep  
perfectly happy

you know, i can't remember  
the last time he's held me

he has no idea what i'm thinking  
he's perfectly content this way

i decided to spend the rest  
of my life with him

he's my best friend  
but i don't know if he loves me

damnit  
i want love

## BURN THROUGH ME

now that i've seen you  
I don't even care  
if you're with her  
because now that I've seen you  
I know you don't love her

and I know it for a fact  
because you look at me  
and burn through me  
the way we did at the start

and if after so many years  
we still feel that burn  
imagine how many years we have  
together  
to feel alive

(AND YOU COULD HOLD ME)

for the first time in my life  
there is someone there for me  
with open arms  
and for once  
i could curl up  
like a little child  
in the fetal position  
and you could hold me

## WHEN YOU'RE GONE

now that we're in this situation,  
i know you'll be back  
to take more from me

i always wonder  
how much more i have to give  
how much more i possess

sometimes i wonder if i am spent  
if i can take any more

but i always do  
and you're always there

but when you're gone  
will there will be someone else?

## RUN FASTER

why me  
why do I keep doing this to myself  
why do I keep coming back

I beg for attention  
and I don't know how to stop  
and I don't know how to be alone

so I keep giving you  
one more chance to make it perfect  
1 more chance to save the damsel

but I'm not a damsel  
and I'm not being rescued  
and I'm not feeling any better

because even though I hate you  
I'll never let go  
so you'll just have to run faster

## WHO IS AT MY SIDE

all i want now  
is to have a piece of me back  
i want to do something for me

and everyone wants a piece of me  
and everyone wants my help

but when the chips are down  
who is at my side

## SEE YOU CRAWL

come on, boy  
i want to see you come crawling back  
not because i want you here  
but because i want to see you crawl

## I HAVE LEARNED

even sunshine burns  
if you get too much

i have learned  
the subtle difference  
in holding a hand  
and chaining a soul

i have learned  
that company  
doesn't mean security

and i have learned  
to accept my defects  
and downfalls  
with grace and pride in myself

i have learned  
that although  
i must always keep  
my eyes open  
i can keep my head up high  
with every goodbye  
i learn

## PART 3

### THE RANDOMNESS OF EVERYTHING

I've written all my life  
and doctors don't know what to make out of me  
and I've wondered:

I've written books  
collections over almost thirty years of writing  
Love,  
rape,  
death,  
sexism,  
violence in America  
and I've wondered,  
if, say, a hundred years from now,  
if someone saw these books,  
what would they think?  
that I was a troubled soul?  
that I was obsessed with talking about my problems?  
or would they think  
that I talked about so many  
random, different things  
that they wouldn't know  
how to put the pieces together?

well, I don't know if anybody  
could figure that out  
not even a trained professional.  
not even me.

## MONEY BECAME AN ABSTRACT

the U.S. pulled the dollar from the gold standard

and money  
became an abstract

so we don't know any better  
and we overextend ourselves

all of my life  
money has been an abstract  
and everything's now a guessing game

and now we don't even know  
what's around the corner anymore

## ALL THE LOOSE ENDS

she bought her son enough clothes  
to keep him tied over for a while,  
made sure everything was in its place;

she went over to her parent's house  
when she knew they would be out of  
town for a few days, and only long

after she died did her parents come  
home and find her in the garage. the son  
missed a few days of school, and all

his teacher could think was that  
his mother bought her son some extra  
clothes; tied up all the loose ends.

## TAKING OUT THE BRAIN

i'm a med student  
and for the past few weeks  
we've been working on a cadaver

at first, i didn't want to know anything about him  
i covered the head of the guy  
wanted to pay him some respect  
i didn't want to think  
that this person lived  
before i dissected him

i had a hard time taking out the brain  
cause you know, that's where the memories are  
that's what makes him            him

it's not so hard now  
they get the bodies from the morgue  
they're homeless people, mostly  
no family            it's not so hard now

## HE TOLD ME HIS DREAMS 8

he remembers escaping from prison  
he knew he had to escape  
he was captured by evil people

he managed to run away  
but the more he ran,  
    the slower his steps  
slower and slower,  
    he's not going anywhere

the evil men with the machine guns  
caught up  
why can't he run away

they plugged him with bullets  
forty, maybe more  
he could feel them hitting him

he kept trying to run away  
and they would catch up to him  
take him back to prison,  
    still alive

he lived through it  
he was still full of holes  
why can't he run away

Now he has so many opportunities.  
He has nothing to lose. Why not  
come out of the wilderness, attack  
everything it sees. Kill something.  
Suck the blood out, make him feel  
alive for once more. Let them try  
to restrain him. He has nothing to lose.

And for now it can fly to the highest  
redwood, look out over the world.  
Despise the world, the world that made  
him be alone, leaving him alone. Who  
will carry his name? Who will care  
for him when he is old? Who can he  
read bed time stories to?

Now it can feel death creeping upon  
him, closer and closer. He wants to  
scream. He calls upon nature; the  
tides rise, earthquakes shatter homes.

LAST

BEFORE

He does not feel vindicated. He has lost.

EXTINCTION

And for now she can swim to the deepest  
darkest cave in the Pacific, hide from  
the solitude, swim lower and lower;  
can she find where all of the other  
animals of dying species hide, can she  
find them. There must be others. They  
can understand, they can live together,  
at the bottom of the earth. Could they  
show their pain for their species, share  
what is left of their love, create a new race?

Soon they will be no more  
and we will be taking their bones,  
reassembling them, studying their  
form, rebuilding their lives, revering  
them more than we ever did  
in life. This is what it all becomes.  
This is what it all boils down to.  
Study the bones. Study the mistakes.  
Study the bones.

## SPENT

now I stand here, spent

I know my heart is a hand grenade  
but I feel so frail, about to break

my feet are in concrete  
my bones are so brittle  
my skin is paper thin  
and my lips are glued shut

(FROM THE 09/09/08 SHOW)  
IMAGE AND MUSIC CREDITS

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SEEING A PSYCHIATRIST:  
HOPELESSNESS AND FUTILITY

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **MAKANA battle scene**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Seeing a Psychiatrist: Hopelessness and Futility," the intro image is of John Y. in Chicago. Lightened images of Kuypers were used wearing glasses or in a suit to give more of an impression of a conversation with a potential psychiatrist. The first image was of Kuypers in Urbana (originally with a ukulele over her head). The second image is of Kuypers live as the final feature at Poetry Fest at the Society of Professional Journalists Convention 08/26/06. The third image is of Kuypers wearing a pants suit outdoors in Monticello, Illinois. (Additional vocals in this track are from Hope Y.)

FROM WORDS TO WARS

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **MAKANA battle scene**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "From Words to Wars," two images of tanks were photographed in Wisconsin 09/06/07. The image of Chad M. striking Janet was photographed in Urbana Illinois in 1991. The composite image of President Bush using an iMac was generated by *The Onion*.

GRAINS OF SAND

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **HAMLET the court**, off the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Grains of Sand," an hour-glass necklace pendant was repeatedly photographed 06/10/08 and edited. The clock on the wall was photographed in Tallinn, Estonia in May 2006. The Hanging clock was photographed in Stockholm, Sweden in the beginning of June 2007. The scan of the Swatch is from an original Keith Haring Swatch watch. The beachfront and the footprints in the sand images were both photographed in San Juan, Puerto Rico 12/17/03.

THE HAMMER FALLS

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **MAKANA battle scene**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "THE HAMMER Falls," a series of different "hammers" were photographed in Somerset, Pennsylvania 05/25/08, and the inverted colored image of Chad M. placing a hammer to Kuypers' face was photographed in Urbana Illinois in 1991.

BECAUSE I AM TOLD

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is the ending of **tangodraft**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Because I am Told," three doors are displayed: the first of a doorway in Tallinn, Estonia in May 2006; the second of a doorway at the Forbidden City in Beijing, China; the third of many doorways in Pompeii 05/18/03.

NOTHING COLORFUL IN MY SIGHT

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **MAKANA battle scene**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Nothing Colorful in my Sight," photo descriptions in order are: Kuypers laying in a black feather dress on a bed in Palos Park, Illinois; Dave A. in Denver, Colorado; Gigi S. holding toast at her wedding table in 1997 in Illinois; professor Uhl at a blackboard teaching Calculus 132 at the University of Illinois (Urbana); a farm road in Urbana, Illinois; two photographs of clouds in the sky 06/17/08 in Gurnee, Illinois; Jay V. studying in Champaign, Illinois; the Chicago skyline at night; a patch of dirt and grass photographed in Wisconsin.

## MONOTONY

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **LADY ANNE at sea**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Monotony" are a series of photos of Kuypers planting tree seeds in various locations (Logan Square/Chicago, Gurnee and Urbana, Illinois).

## LETTER, 4/14/95 ONE

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Jackson Pollock**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). With "Letter 4/14/95", the poem was written after repeated correspondence with C Ra McGuire, sending communications about depression and contemplating suicide.

## THE ROAD NOT TAKEN

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **LADY ANNE finale**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "The Road Not Taken," the image is of Kuypers photographed at a forest preserve in Chicago in the mid 1990s.

## SEEING A PSYCHIATRIST: FEAR OF AUTHORITY AND FREUD

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Seeing a Psychiatrist: Fear of Authority and Freud," all of the gun images were photographed in Pennsylvania 12/25/03, the two "yell" images was taken in Champaign, Illinois in 1989, and the wall of librarybooks was photographed 07/17/08 in Gurnee. (Additional vocals in this track are from Darryl C.)

## WHERE DOES THE LOVE GO

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Morning Mist**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Where Does the Love Go," all images of clothing were taken specifically for display in this show August 2008. The house was photographed at Naples Beach in Naples, Florida. The red Anniversary Edition MGB convertible was photographed when Kuypers and her husband first purchased the car, in the Spring of 2002.

## PANTHER

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **GUMBO fight**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Panther," Kuypers was photographed with her hands shaped like a gun 1998, and Katie is Kuypers' black cat.

## I WANT LOVE

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Blight Steps**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "I Want Love," images include Eugene P: with Janet at their 1997 prom party; laying on a bed in New Orleans; looking out a window in Urbana Illinois; sleeping with a blanket on a couch at a house in Denver Colorado, smiling in a portrait in South Carolina, with Kuypers in Palos Park Illinois; in a suit in Urbana Illinois; in a shirt and tie at Arrow Equipment Company in Chicago; with Janet at Scott B.'s wedding (in Illinois); at the Grand Canyon (Uninc Coconino County, Arizona); then Kuypers at the Grand Canyon, an image of the Grand Canyon, and a picture of Eugene in the distance standing with his arms spread out under a hole at Arches National Park in Utah. (Additional vocals in this track are from Monica F.)

## BURN THROUGH ME

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Blight Steps**, from the CD **HA!Man Best 2004**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Burn Through Me," there is an edited image of fire.

## (AND YOU COULD HOLD ME)

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Bars Los (break free)**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "(and you could hold me)," there is a formal picture Kuypers designed of of John Y. holding her.

## WHEN YOU'RE GONE

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Waltz For A Fractured World**, from the CD **HA!Man Best 2004**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "When You're Gone," there are images of Dawn G. (A) with Jeff W., (B) behind a dread grapevine fence, (C) laying in the grass in Palos Park, and (D) with Rich H.

## RUN FASTER

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Africanenginee**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Run FASTER," photos include Kuypers holding Da ve A. at Naples beach (in Naples, Florida); a Gurnee photograph was taken of Kuypers in a dress with tears in it; an image with a painted bruise on Kuypers (photographed in Urbana, Illinois); a photo (on Naples beach in Naples, Florida) of Kuypers running away from Da ve A. at Naples Beach (Naples, Florida).

## WHO IS AT MY SIDE

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Reconnection**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Who Is At My Side," there is an image of Kuypers with Kevin L., Eugene P., Doug W. and Brian H.

## SEE YOU CRAWL

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **ANONYMOUS DRAFT Tango**, from the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "See You Crawl," images are of Lori H. crawling in the sand at Lake Michigan in Michigan, Eugene P. laying on the Quad in Urbana Illinois, Andy sitting near a loose tombstone at a cemetery in Urbana Illinois, Rich H. laying on a tree root in a ravine in Palos Park Illinois, and Dan O. laying on the floor in Champaign, Illinois. (Additional vocals in this track are from Monica F.)

## I HAVE LEARNED

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **delirium (Gary)**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "I Have Learned," Lee and Kristen hold hands in a gazebo in Palos Park, Illinois. There is also a photo of Kuypers with Darius S., as well as an image of Kuypers standing in the middle of the Grand Canyon (Uninc Coconino County, Arizona). The photo of Kuypers with the magnifying glass over her eye was initially photographed when she wore an NSA shirt in reference to what the government can know about you. The image of Kuypers (with Tom A. in the background) was photographed on a winter day outside of Colorado Springs, Colorado.

## THE RANDOMNESS OF EVERYTHING

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "the Randomness of Everything," there are assorted images of stacks of books, as well as an image of pages of an open book flipping (with John Y.'s hand) and stacks of book spines of older Kuypers books.

## MONEY BECAME AN ABSTRACT

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Daywalk (Alex)**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Money Became an Abstract," her jewelry was scanned and use with a gold picture frame she scanned, with a gold entranceway from a building in St. Petersburg, Russia in the background. There are also images of Euros in a collage, and Chinese money (with Euros) in a collage.

## ALL THE LOOSE ENDS

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **HAMLET ominous**, off the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "All the Loose Ends," clothes were photographed August 2008 to indicate new clothing purchased. Also included in this collection of images was a house on Naples beach (Naples, Florida), the red Anniversary Edition MGB convertible (which was photographed when Kuypers and her husband first purchased the car, in the Spring of 2002), and two school buses photographed in Pennsylvania.

## TAKING OUT THE BRAIN

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **LADY ANNE spiritual**, off the CD **Soundtrax**, from the HA!Man of South Africa (<http://www.hamanworld.com/>).

## HE TOLD ME HIS DREAMS 8

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Stutterheim Engine**, from the CD **HA!Man Best 2004**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "He Told Me His Dreams Eight," an image of Brad W. holding bars of a fence was edited and cropped.

## LAST BEFORE EXTINCTION

The music played during the reading of this poem in the show "Seeing a Psychiatrist" is the first part of **tango-draft**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Last Before Extinction," the lead image is a scene from el Yunque Tropical Rainforest in Puerto Rico. The image of the bison was photographed in Wyoming in 1998. The images of the leopard, lion, polar bear, bear in water and one image of a dolphin under water were taken in Chicago 05/20/05. The flying Frigate bird was photographed over the Pacific Ocean 12/24/07. The second bird image standing at water was photographed in Copenhagen, Denmark 06/02/06. The image of the pelican in the tree tops (12/30/07) was photographed at Black Turtle Cove in the Galapagos Islands. The three images of a dolphin and dolphins (12/24/07, 12/25/27 and 12/29/07) were photographed in the Pacific Ocean. The two photographs of John Y. and Kuypers holding fish bones were photographed in Gurnee 02/29/08. (Additional vocals in this track are from Jared S.)

## SPENT

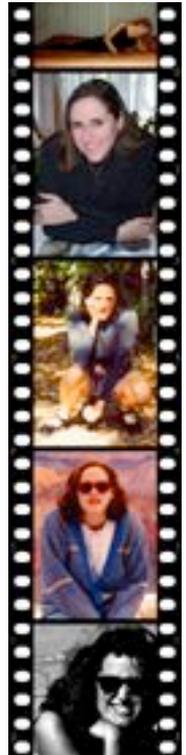
The music played during the reading of this poem in the show "Seeing a Psychiatrist" is **Beautiful Land**, from the CD **HA!Man Best 2004**, from the HA!Man of South Africa (<http://www.hamanworld.com/>). In "Spent," lightened images include Jocelyn H. laying on Brad W.'s bed, Kuypers drawing a heart with an arrow through it on a beach at Lake Michigan (in Michigan), Kuypers with a scar painted on her face, and three slide images of Kuypers, taken in Champaign Illinois.

## ABOUT THE AUTHOR

Kuypers is published in books, magazines and on the internet over 6.700 times for writing, and over 2,000 times for art work in her professional career, and has been profiled in such magazines as **Nation** and **Discover U**; she was inducted as a Poetry Ambassador during Poetry Month in 2006 & 2007 and was nominated as Poet of the Year for 2006 and 2007 by the International Society of Poets. She has also been highlighted on radio stations, including WEFT (90.1FM), WZRD (88.3FM), WSUM (91.7FM), WLS (8900AM), and Q101 (101.9FM); she ran a weekly hour-long Internet Radio show ("Chaotic Radio") at BZo.O.org in 2006 and 2007, and she appeared/appears on the internet radio stations ArtistFirst.com, chicagopoetry.com's Poetry World Radio and Scars Internet Radio (SIR). She has also appeared on television for poetry in Nashville and Chicago, and was interviewed on her art work on Urbana's WCIA channel 3 10 o'clock news. Kuypers ran a monthly iPodCast of her work, as well as an Internet radio station (JK Radio, which has now joined with Scars Internet Radio). She has performed spoken word and music across the country — in the spring of 1998 she embarked on her first national poetry tour, with featured performances, among other venues, at the Albuquerque Spoken Word Festival during the National Poetry Slam; her bands have had concerts in Chicago and in Alaska; in 2003 she hosted and performed at a weekly poetry and music open mike (called "Sing Your Life"), and from 2002 through 2005 was a featured performance artist, doing quarterly performance art shows with readings, music and images.

In addition to being published with Bernadette Miller in the short story collection book *Domestic Blisters*, as well as in a book of poetry turned to prose with Eric Bonholtzer in the book *Duality*, Kuypers has had many books of her own published: *Hope Chest in the Attic*, *The Window*, *Close Cover Before Striking*, (woman.), *Autumn Reason*, *The Average Guy's Guide (to Feminism)*, *Contents Under Pressure*, etc., *The Key To Believing*, *Changing Gears*, *The Other Side*, *The Boss Lady's Editorials*, *The Boss Lady's Editorials (2005 Expanded Edition)*, *Seeing Things Differently*, *Change/Rearrange*, *Death Comes in Threes*, *Masterful Performances*, *Six Eleven*, *Live at Cafe Aloha*, *Dreams*, *Rough Mixes*, *The Entropy Project*, *The Other Side (2006 Edition)*, *Stop*, *Sing Your Life*, *cc&d v165.25* (an art book), *The Beauty and the Destruction*, *Writing to Honour & Cherish: the Kuypers Edition*, *Blister and Burn: the Kuypers Edition*, *S&M*, *Distinguished Writings: the Kuypers Edition*, *Living in Chaos*, *Tick Tock*, *Silent Screams*, *Taking It All In*, *It All Comes down*, *Rising to the Surface*, and *Galapagos*. Three collection books were also published of her work in 2004, *Oeuvre* (poetry), *Exaro Versus* (prose) and *L'art* (art).

(about the author images are images used in the live show.)



# SEEING A PSYCHIATRIST

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**scars** *suopreayqnd*

published in conjunction with

**children  
churches  
& daddies**

*the unreligious, nonfamily-oriented literary and art magazine*  
ISSN 1068-5154 INTERNET ISSN #1555-1555

ccandd96@scars.tv

<http://scars.tv>

*Freedom & Strength* Press



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**Compact Discs:** *Mom's Favorite Vase* the demo tapes, *Kuypers* the final (*MFV Inclusive*), *Weeds and Flowers* the beauty & the desolation, *The Second Axing* Something is Sweating, *The Second Axing* Live in Alaska, *Pettus & Kuypers* Live at Cafe Aloha, *Pointless Orchestra* Rough Mixes, *Kuypers* Seeing Things Differently, *SD/SD* Tick Tock, *Kuypers* Change Rearrange, *Order From Chaos* The Entropy Project, *Kuypers* Six One One, *Kuypers* Stop., *Kuypers* Masterful Performances mp3 CD, *Kuypers* Death Comes in Threes, *Kuypers* Changing Gears, *Kuypers* Dreams, *Kuypers* How Do I Get There?, *Kuypers* Contact • Conflict • Control, *the DMJ Art Connection* the DMJ Art Connection, *Kuypers* Questions in a World Without Answers, *Kuypers* SIN, *Kuypers* WZRD Radio (2 CD set), *Mom's Favorite Vase* and *The Second Axing* These Truths, *assorted artists* String Theory, Oh (audio CD), *Life At The Cafe* (3 CD set), *DMJ Art Connection* Indian Flux, *DMJ Art Connection* Manic Depressive or Something, *Chaotic Radio* Chaotic Radio Week #1, *Chaotic Radio* Chaotic Radio Week #2, *Chaotic Radio* Chaotic Radio Week #3, *Chaotic Radio* Chaotic Radio Week #4, *Chaotic Radio* Chaotic Radio Week #5, *Chaotic Radio* the Chaotic Collection Collection #01-05 (5 CD set) etc. (audio CD, 2 CD set), *Chaotic Elements* (2 CD set), *Chaos in Motion* (6 CD set), *SD/SD* Screaching to a Halt, *PB&J* Two for the Price of One, *Kiki, Jake and Haystack* An American Portrait, *Kuypers/the Bastard Trio/Paul Baker/the JoAnne Powlers Trio* Fusion.