

Shock Doctors Who Can't Wait (1)

(For Elizabeth Ellis, Connie Neil, and all other courageous women shock survivors – my sisters)

wake up everybody
it's shock day every monday-wednesday-friday
in psychoprison Anoka
where 67-year-old Elizabeth Ellis
waits in silence, refuses to talk to
doctors who can't wait
to label her "catatonic"
doctors who can't wait
to fire 200 volts
into her fragile aging brain
doctors who can't wait
to perform electrical lobotomies on her sisters
doctors who can't wait
to commit elder abuse
doctors who can't wait
to commit psychiatric rape
doctors who can't wait
to conspire with sons and husbands
to lock up and shock
daughters, mothers, grandmothers, wives
doctors who can't wait
to traumatize, re-traumatize, stigmatize
women labeled
depressed
bipolar
manic
histrionic
schizophrenic

post-partum
premenstrual dysphoric disorder
doctors who can't wait
to erase memories – “side effects”, collateral damage
doctors who can't wait
to damage brains,
doctors who can't wait
to destroy careers and lives
your daughter
your sister
your girlfriend
your mother
your grandmother could be next
doctors who can't wait
to silence voices of “noncompliant patients” , freedom fighters -
doctors who can't wait
to con health ministers to fund shock mills
like Anoka, CAMH, Hamilton, Riverview, Bellevue, McLean, Langley-Porter, Rockland
State,
doctors who can't wait
to lie to patients, prisoners, families, lawyers, reporters
about “safe, effective and lifesaving ECT ”
to a disinterested disconnected world
ignorant, betrayed, brainwashed by
nazis in white coats who torture
in the name of DSM (2) and ECT (3)
who torture/lie/cover up in the name of mental health
time to rise up, fight back
against psychiatric fascism
MAYDAY! MAYDAY!

1. Originally titled MAYDAY - Dpctprs Who Can't Wait.. "Mayday" is a common distress-emergency call sent out by airline pilots and ship captains in immediate danger of crashing or sinking. First read at the Mayworks Poetry Marathon on May 1, 2011, and at another anti-shock protest, "Stop Shocking Our Mothers and Grandmothers", on May 7, 2011 in Toronto. Unpublished.

2. *Diagnostic and Statistical Manual of Mental Disorders* – psychiatry's bible of unscientific and stigmatizing diagnoses or character assassinations.

3. Electroconvulsive therapy, a memory-destroying and brain-damaging psychiatric procedure more commonly and accurately called electroshock. Despite many protests including nonviolent civil disobedience in Canada, the United States, and Europe, this "treatment" has never been officially banned by any health agency or government.

Biographical note: Don Weitz is an insulin shock survivor, antipsychiatry activist, and author of the e-book *Rise Up/Fight Back: Selected Writings of an Antipsychiatry Activist*.

Don Weitz

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