

APPENDIX

APPENDIX A:

THE PIG LEXICON

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Pig: a socialized pseudo-self, formed by the accumulated negative and judgmental messages of our environment and upbringing. Each person's Pig usually has a distinctive character, shaped and distilled by her individual circumstances and personality, but having in common certain basic value judgments of her class, sex, race, and culture. In Radical Psychiatry, we have identified six principal (or "bottomline") Pigs which tend to emerge in Western European culture: stupid, crazy, lazy, ugly, bad, and deserves to die.

EXAMPLE: My Pig says that I shouldn't be goofing off like this today, that I never take seriously all the work I have to do, and that I always do things that are not good for me.

Pigs can be detected by their use of the word "should," or by the words "never" and "always." They generally paint things in black-and-white

terms, and whatever it is you're doing, they think you “should” be doing things differently.

in my pig: In a state of self-attack or self-hatred. When a person is in her pig, it means that her internalized negative messages have taken over for the time being; it is almost a form of possession by another—not the true self at all, but a false self, which sees everything in negative terms. Being in one's Pig is a painful state to experience. When in their Pigs, people often *look* different, and behave in ways they would not otherwise. Most certainly, someone in her Pig feels awful about herself, and often extends this to feeling bad about other people as well.

EXAMPLE: After several minutes at the party, I started to feel very bad, believing that everyone was looking at me and thinking I was ugly and unattractive, and I realized I was in my Pig.

under Pig attack, Pigged out: Like “in my Pig,” these are all terms describing an acute state of self-hatred or self-judgment.

EXAMPLE: After speaking with my father on the phone and his asking me again whether I had a job, I felt a Pig attack coming on.

to Pig: A verb describing the act of passing judgment in a negative way, either on ourselves or other people. It has all the forms of a verb: I Pig, you Pig, Pigging, was Pigged by, etc.

EXAMPLE: When I told Andrea that I thought she was a needy, weak, irresponsible person for not taking care of the electric bill, I realized I had Pigged her.

Piggy: Adjectival form of the verb, describing someone or something with a negative judgment attached.

EXAMPLE: When I told Leonard that he never does anything right, I knew it was a Piggy thing to say.

hooked my Pig: A situation or transaction which activates a person's negative self-images.

EXAMPLE: When Sarah started telling me about all the writing projects she finished this month, I realized she had hooked my Pig, the one about my never carrying through with what I've started.

Pig collusion: A situation in which your Pig and someone else's are in agreement with each other. For example, you may have a stupid Pig, one that tells you that you just aren't smart enough. Then you meet up with Miguel, who actually does tend to judge other people as not very smart, or not as bright as he is. Your Pig for yourself and his Pig for other people would then both collude: that is, mutually agree that you are stupid. In addition, let us say that the way your Pig for other people works is to judge them as not being attractive. If Miguel has an ugly Pig for himself, this is a set-up for double Pig collusion. Pig city! (to coin another phrase).

Pig food: Situations, thoughts, environments, actions which nourish and strengthen a person's Pig.

EXAMPLE: Lita's telling me she really didn't feel like being good friends with me, when I was already feeling bad about myself, was just more food for my Pig.

tracking the Pig: Consciously taking note of how our self-hating, self-judging voices speak to us: in what words, inducing what feelings, at what times, etc.

EXAMPLE: By tracking my Pig this last week, I could see that every time I had contact with my father, I started to feel under Pig attack.

Pig diary: A tool to help track the Pig: a written record of times when we start to feel bad about ourselves, and what the content is of the Pig's messages.

exposing the Pig: Sharing with others who are committed to help us the negative messages of our Pigs; telling them our worst fears and judgments about ourselves.

EXAMPLE: In my Radical Psychiatry group last week, I exposed my ugly Pig, telling them about all the ways in which my Pig says I am unattractive.

fighting the Pig: Learning ways to diminish the power of our Pig by learning “Pig-fighting” tools, such as: exposing the Pig messages to others; by learning what triggers it (“tracking”); and by asking for positive messages (strokes) that will help us learn to disbelieve the lies of our Pig.

APPENDIX B:

GUIDELINES FOR RADICAL PSYCHIATRY GROUP MEMBERS

These guidelines have been compiled and revised at the request of group members. Their purpose is to clarify how Radical Psychiatry groups operate. If you have any questions or suggestions please speak to the group leader.

Confidentiality

While the work of people in group is confidential, *Radical Psychiatry groups do not provide strict confidentiality as the term is traditionally understood.* Group leaders often discuss the work of group members within the B.A.R.P. collective in order to receive feedback and helpful suggestions. *Any discussions held within the collective are understood to be confidential.* Questions regarding discussions in collective are welcome. If group members are interested they may attend a collective meeting for the purpose of observing the groupwork discussions.

Contracts

A person's first work in group is to make a contract, which is a simple, positive statement of what he or she would like to achieve from the work. Some examples of contracts are: "To know what I want and ask for it"; "To develop more friendships"; "No suicide"; "No drinking/drugs". Contracts may change as old problems are solved and new ones defined. We use contracts as a tool for focusing the work, as well as measuring progress toward a goal.

Secrets/Lies

As part of their attendance in group, people make an agreement to keep no secrets, talk honestly, and share all information relevant to work in the group.

Group Support

Group members are encouraged but not required to exchange phone numbers for the purpose of getting support when they need it.

Violence

Threatening or violent behavior, whether verbal or physical, is not permitted in group.

Attendance

Group members are asked to come to group on time, or to notify the group leader if this is not possible. Absences as a result of illness, vacation, or previously scheduled commitments can be arranged. Absence from group for two weeks or more without notice will be taken as departure from group. When planning to leave group, inform the group leader as soon as possible.

Substance Use

Drugs such as marijuana, alcohol and cocaine affect a group member's ability to do problem solving. Group members are encouraged to refrain from drinking or using drugs on the day group meets. If someone comes to group high, they should notify the group.

Sex

Sex between group members is discouraged. If group members become sexually involved they are asked to bring it up as soon as possible. It has been our experience in Radical Psychiatry that when group members become sexually or romantically involved it interferes with their work in group. Group leaders and trainees do not become sexually involved with group members.

Other Therapies

Some kinds of therapy and medications are not consistent with Radical Psychiatry practice. Group members are requested to notify the group leader if they are participating in some other kind of therapy or when prescription drugs are being used.

Fees

Monthly fees are payable at the first meeting of the month and are based on a sliding scale. The leader(s) do not meet with the group the last week of the month, when group members meet to do problem solving on their own.

When people are absent fees are not refunded. If planning an extended absence from group, a place may be held with payment in advance to cover the absence.

Fees are generally not negotiable. If necessary, arrangements can usually be made with the group leader during emergencies.

APPENDIX C:

READING LIST

The list below has been compiled over a period of years, with contributions by many people. It is intended to be used as a resource, to suggest beginning readings in a number of areas of interest.

RADICAL PSYCHIATRY WRITINGS

Books

Readings in Radical Psychiatry, anthology, Claude Steiner, ed.

Love, Therapy and Politics, anthology, Hogie Wyckoff, ed.

Scripts People Live, Claude Steiner

Solving Women's Problems; Solving Problems Together (revision of former), Hogie Wyckoff

Healing Alcoholism, Claude Steiner

The Other Side of Power, Claude Steiner

Constructive Criticism, Gracie Lyons

When a Man Loves a Woman, Claude Steiner

Love and Rescue in Lesbian Relationships, Diana Rabenold

Reprints

“Manifesto”

“Mediations,” Becky Jenkins and Claude Steiner

“Relevant Marxism,” Beth Roy and Shelby Morgan

“Bodywork,” Beth Roy

“Revised Principles,” II and III, Claude Steiner

“The Pig Parent,” Claude Steiner

“Emotional Literacy,” Claude Steiner

CLASS/MARXISM

Theory

Origins of the Family, Private Property and the State, F. Engels

Socialism, Utopian and Scientific, F. Engels

Marx's Concept of Man, Erich Fromm

Introduction to Socialism, Huberman and Sweezy

The Dialectical Imagination: History of the Frankfurt School, Martin Jay

An Introduction to Marxist Economic Theory, Ernest Mandell

Combat Liberalism; On Practice; On Contradiction, Mao Tse-Tung

Eros and Civilization, M. Marcuse
German Ideology and The Economic and Philosophical Manuscripts, Karl Marx
ABC of Dialectical Materialism, Progress Publishers
"Class Consciousness," *Sex-Pol Essays*, Wilhelm Reich
Alienation, R. Schaht

Family Life

Marx, Freud and the Critique of Everyday Life, B. Brown
Blue Collar Marriage, M. Komorovsky
Worlds of Pain, Lillian Rubin
Capitalism, the Family and Personal Life, Eli Zaretsky

Class and Politics

Wretched of the Earth, Franz Fanon
Pedagogy of the Oppressed, Pablo Freire
The Managed Heart, Arlie Hochschild
Power, Politics and People, C. Wright Mills
The Hidden Injuries of Class, R. Sennet and J. Cobb
Hard Times; Working; American Dreams, Studs Terkel

RACISM/ETHNIC STUDIES

Racial Oppression in America, Robert Blauner
Black Rage, Cobb and Greer
The Invisible Man, Ralph Ellison
Black Skins, White Masks, F. Fanon
Tally's Corner, Elliot Liebow
This Bridge Called My Back, Cherrie Moraga and Gloria Anzaldua
Anti-Semite and Jew, Jean-Paul Sartre
Racism and Psychiatry, Alexander Thomas and Samuel Sillen
Home Girls: A Black Feminist Anthology, Barbara Smith, ed.
The Autobiography of Malcolm X, Malcolm X

FEMINISM

New Men, New Minds, F. Abbott, ed.
The Second Sex, Simone deBeauvoir
Gyn/Ecology, M. Daly
The Mermaid and the Minotaur, D. Dinnerstein
Woman Hating, A. Dworkin
Dialectics of Sex, S. Firestone
Politics of Reality, Marilyn Frye
Woman in Sexist Society, Vivian Gornick and Barbara Moran, eds.
Feminist Theory: From the Margin to the Center, B. Hooks

Sister Outsider, Audrey Lourde
Men's Liberation, J. Nickolson

LESBIAN/GAY ISSUES

Woman Identified Woman, T. Darty and S. Potter (editors)
Lesbian Sex, J. Loulan
Lesbian/Woman, D. Martin and B. Lyon
“Compulsive Heterosexuality and Lesbian Existence,” A. Rich in *Signs*, No. 5, pages 631-660
Our Right to Love, G. Vida (editor; especially “Striving for Equality in Loving Relationships” by K. Whitlock, pages 63-6)

SEXUALITY

For Yourself, Loni Barbach
Human Sexual Relations, M. Brake, ed.
Conspiracy of Silence: The Trauma of Incest, Sandra Butler
Caught Looking: Feminism, Pornography and Censorship, F.A.C.T. Book Committee
The Hite Report (or more recent Hite book), S. Hite
The Secret Trauma, Diana Russell
Desire: the Politics of Sexuality, A. Snitow, C. Stansell and S. Thompson (editors)

Sexuality, J. Weeks
Male Sexuality, Bernie Zelbergeld

PSYCHIATRY/ANTI-PSYCHIATRY

Women and Madness, P. Chessler
The Problem of Lay Analysis, S. Freud
A New Approach to Women and Therapy, Miriam Greenspan
Pathways to Madness, J. Henry
The Divided Self: A Study of Sanity and Madness, R.D. Laing
Politics of Experience, R.D. Laing
Politics of the Family, R.D. Laing
The Assault on Truth, Jeffrey Masson
For Your Own Good, Alice Miller
Gestalt Therapy Verbatim, F. Perls
The Mass Psychology of Facism, W. Reich
Getting Clear, A.K. Rush
Anti-Psychiatry, T. Szazs
The Shrinking of America, Bernie Zilbergeld

CULTURE AND MISCELLANEOUS

Teacher, Sylvia Ashton-Warner
Medical Nemesis, I. Illich

Social Amnesia, R. Jacoby
The Culture of Narcissism, C. Lasch
Blaming the Victim, William Ryan
Zen Mind, Beginner's Mind, Suzuki
Beginning to See the Light, Ellen Willis