Survive & Thrive: A Journal for Medical Humanities and Narrative as Medicine

Volume 7
Issue 1 General Issue

2022

Boomerangs in the Psych Unit

Trae Stewart
University of Colorado, Anschutz Medical Campus

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Recommended Citation
Stewart, Trae (2022) "Boomerangs in the Psych Unit," Survive & Thrive: A Journal for Medical Humanities and Narrative as Medicine: Vol. 7: Iss. 1, Article 17.
Available at: https://repository.stcloudstate.edu/survive_thrive/vol7/iss1/17

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Boomerangs in the Psych Unit

Cover Page Footnote
Trae Stewart is a psychiatric-mental health nurse practitioner. He writes poetry to center and ground himself so that he may best help others. Trae is an academic researcher and educator.
Boomerangs in the Psych Unit

When they…I want to...

(Sometimes)

yell…scream back.
rush me…run away.
confabulate…lie in return.
refuse…and demand.
argue…and debate.
hit me…and swing in response.
hurt themselves…and scold them into more pain.

(Always)

want a hug…embrace them and never let go.
feel lost…help them draw a map.
cry…and bawl in empathy.
shake…and steady their hands.
are discharged…and ensure they don’t return.

(Never)

give up…and give up.

Trae Stewart is a psychiatric-mental health nurse practitioner. He writes poetry to center and ground himself so that he may best help others. Trae is an academic researcher and educator.