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Boomerangs in the Psych Unit

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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...demand.
argue...debate.
hit me...swing in response.
hurt themselves...scold them into more pain.

(Always)

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

(Never)

give up...give up.

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