

I am a Jungian and Rogerian trained psychotherapist, i.e. my great teachers were Jung and Rogers.

Rogers has been called a quiet revolutionary and I formed the Quiet Revolution Movement in Italy which organized the XVI International Forum of the Rogerian Person-Centered Approach "Building Bridges" [PCA2021], Forums born in 1982 and for the first time in Italy, held from 8 to 13 November at Borgo di Tragliata near Rome with 102 participants from 29 different countries from all over the world.

Reconnecting to my interview on Radio Roma Capitale aired on June 8, 2019 where I talk about psychosis and my book Vincere Barbablù in relation to the story of psychosis of Saturnia, I would like to say today that, finally feeling welcomed by people from all over the world in Forum of which I mentioned, I read in a meeting group with all participants the following.

[...]

*I am Saturnia.*

*I did not have children for fear of making the same mistakes with a son as my mother, the bearer of a secret that we only discovered when she died, with my brother.*

*I had an IVG (Voluntary Termination of Pregnancy).*

*I have a suicide attempt at the age of 26, with three days in a coma.*

*I have had 5 heavy hospitalizations for delusions, hallucinations and much more.*

*They tried to cure me with acupuncture and homeopathy.*

*They filled me with incredible psychotropic drugs.*

*I had an electric shock cycle.*

*I have experienced long and hard depression after psychotic crises.*

*I came out of it thanks to a psychiatrist with a human face and above all to the Rogerian psychotherapy of Anna Nazzarena Nardini.*

*I published anonymously because I tried to come out with my book Defeating Bluebeard which is the story of Saturnia, which is my autobiography up to 2000, but for this I sought the preface of an important psychiatrist. Several of them are still running away.*

*Only later did the great Professor Callieri, who had also written "When the Shadow wins", accepted me. But he too was sidelined by the organicists and psychiatry bosses because he was too humanist.*

*I was accepted into the Rogerian course (from another vein) to become a psychotherapist with the recommendation, however, not to say that I was psychotic.*

*This made me an exception, a psychotic psychotherapist (the last crisis I had in 1992) and now in maintenance, because people with psychosis are expelled from all other schools.*

*But I don't feel like an exception.*

*How many could help, as I help, thanks to what I experienced, if welcomed!*

*I posted anonymously for professionals, then.*

*"Normal" people, on the other hand, appreciate a lot: my brothers and relatives, my husband, friends, colleagues, collaborators and the people I follow in therapy when they need to reveal it: when they say "I will never get out" I give my book and I say "this is my autobiography". Only the subtitle "If you can get out of 'schizophrenia' maybe you can get out of any disorder" speaks for itself.*

*Hunted, judged, labeled because I isolated myself in crises, as I write, precisely because people with psychosis love too much, for this experience I feel so close to blacks hunted down, judged, labeled.*

*Asylums in Italy were closed in 1978, the year of my first crisis. And still no psychiatrist in Italy is offering psychotherapy contemporary to pharmacology. If anything, a "social recovery" ...*

*And, precisely because of this story of mine I have helped and am helping many people with psychosis and, obviously, not only.*

*Thanks for listening to me.*

*Borgo di Tragliata – Fiumicion (Roma), 11 November 2022*

I refer to my entire site

Radio Roma Capitale – On Air Show 20-01-2023