

# AN ABC OF PSYCHIATRY

NO SOVEREIGN AUTHOR

An original vision of psychiatry, through the artistic  
through the artistic expression of those who live it.

**PRESS RELEASE**

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# A COLLABORATIVE PROJECT

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*Un Abécédaire de la Psychiatrie (An ABC of psychiatry)* is the result of a collaboration between artists from the duo NO SOVEREIGN AUTHOR and patients at the psychiatric day center "La Fabrique du Pré", located in Nivelles, Belgium.

As part of their workshops at the center, artists Maroussia Prignot and Valerio Alvarez, psychotherapist and occupational therapist respectively, invited patients to revisit the contents of a psychiatric dictionary.

Starting with photocopies of double pages from the dictionary, they reinterpret a word of their choice. Writing, collage, painting, drawing.... The patients combine different techniques to offer their own vision of psychiatry, rooted in a sensitive experience. The resulting "plates" are new interpretations of the psychiatric lexicon, usually reserved for mental health professionals only.

**Presented in dictionary form, this book offers an original vision of psychiatry, through the artistic expression of those who live it.**

*Un Abécédaire de la Psychiatrie (An ABC of psychiatry)* invites us to rethink the world of psychiatry through the eyes of patients. 80 original, visually powerful works of art, created by patients in collaboration with artists, illustrate each entry in the dictionary, offering a radically new, uninhibited approach to psychiatry.

Each word, freed from historical interpretations, opens up to a new, more sensitive reality, closer to us and to those who live it. In their hands and before our eyes, **the scientific lexicon of psychiatry becomes the language of the heart and soul.**

Through the artistic expression of patients, accompanied by the sensitivity and expertise of Maroussia Prignot and Valerio Alvarez, this book aims to make the world of psychiatry accessible to as many people as possible, and to society as a whole.



Benzodiazépine, Bipolaire, Borderline, Bouffée délirante,  
Boulimie, Burnout

This new dictionary is a benchmark in its field, providing readers with an intimate yet objective understanding of psychiatry.



# UN ABECEDAIRE DE LA PSYCHIATRIE

## NO SOVEREIGN AUTHOR

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This long-term project, led by two artists who are also caregivers, offers a new, unprejudiced look at the world of psychiatry. Combining rigor and delicacy, their approach, with its diversity of points of view and subjectivities, enables a global understanding of this demanding and fascinating universe.

(FR)	(EN)
<b>Addiction</b> Esmail « Addiction - être accro »	<b>Addiction</b> Esmail "Addiction - being addicted"
<b>Agoraphobie</b> Murielle « Lieux dégagés & déserts - Places vides - Trop d'humains - Pas assez d'humains - Lieux à éviter pour les agoraphobes - Les ponts (très mauvais, les ponts !) - Mon conseil : restez chez vous ! »	<b>Agoraphobia</b> Murielle "Open & deserted places - Empty spaces - Too many people - Not enough people - Places to avoid for agoraphobics - Bridges (bridges very bad!) - My advice: stay at home!"
<b>Alcoolisme</b> Anonyme sans texte.	<b>Alcoholism</b> Anonymous no text.
<b>Angoisse</b> Olivia Page 1: « L'angoisse est un monstre noir tapi dans le fond des tripes. Il s'éveille quand on est dans une situation qui nous met en insécurité. Ce qui est en insécurité, c'est notre rapport à nous même. Un creux à l'estomac. Sensation de vide dans lequel résonne l'écho de nos peurs ». Page 2: « L'angoisse devient véritable quand les monstres sous le lit sont avalés dans nos cauchemars et que ceux-ci, tranquilles, pénards, font du vacarme dans nos entrailles, mènent une bataille les bras chargés d'armes, provoquent nos larmes et déchargent leur colère dans notre bulle d'air ».	<b>Anxiety</b> Olivia Page 1: "Anxiety is a black monster that lurks deep in our guts. It awakens when we are in a situation that makes us feel insecure. What is insecure is our relationship with ourselves. A pit in the stomach. A feeling of emptiness in which resonates the sound of our fears." Page 2: "The anxiety becomes real when the monsters under the bed are swallowed up in our nightmares and, quietly, skillfully, make a racket in our guts, fight a battle with armed with weapons, cause us to cry and unload their anger into our air bubble."
<b>Anorexie Mentale</b> Françoise « Anorexie- trouble psychologique qui mène à un refus de s'alimenter ». Terres oubliées - Terres nourricières ? »	<b>Anorexia Nervosa</b> Françoise "Anorexia - psychological disorder that leads to a refusal to eat." Forgotten lands - Nourishing lands?"
<b>Anorexie Mentale</b> Murielle « Quand le Squelette est externe - Se forcer à manger ? - Des millions de Bouches à nourrir - Le Grand Refus - La Vie menacée - Energie vitale - Anatomie de l'Âme - Pour l'Opulence alimentaire - Une représentation de son image altérée - Toujours garder le contrôle ».	<b>Anorexia Nervosa</b> Murielle "When the Skeleton is External - Forcing Yourself to Eat? - Millions of Mouths to Feed - The Great Refusal - Endangered Life - Vital Energy - Anatomy of the Soul - For Food Opulence - An Altered Representation of Our Image - Always Keeping Control."
<b>Antidépresseur</b> Anonyme « Antidépresseur : Je suis à plat. Je prends des médicaments pour me rétablir ».	<b>Antidepressant</b> Anonymous "Antidepressant: I'm flat. I'm taking medication to recover."
<b>Automutilation</b> Anonyme « Besoin de se blesser (gratter, couper, brûler), causé par un événement dans le passé, souvent dure des années, souvent des blessures sont cachées par des vêtements. On ne les voit pas, même la famille proche n'est pas au courant ».	<b>Self-harm</b> Anonymous "Need to hurt oneself (scratching, cutting, burning), caused by a past event, often lasts for years, often wounds are hidden by clothing. You can't see them; even close family members are unaware of them."
<b>Benzodiazépine</b> Anonyme « Les benzodiazépines, solution temporaire mais aussi un lobby commercial ».	<b>Benzodiazepine</b> Anonymous "Benzodiazepines, a temporary solution but also commercial."
<b>Bipolaire</b> Lolli pop « Tout dépend du pôle par rapport auquel on se situe. Pôle A, pôle B, ou encore le pôle X, Y, Z. D'un côté à l'autre, l'état d'être s'oppose - HAUT - BAS.	<b>Bipolar</b> Lolli pop "It all depends on which pole you're in. Pole A, pole B, or pole X, Y, Z. From one side to the other, the state of being is opposed - UP - DOWN."
<b>Borderline</b> Anonyme sans texte.	<b>Borderline</b> Anonymous no text.
<b>Bouffée délirante</b> Lolli pop « Respire ! Respire ! Bouffe-toi ça dans la gueule ! Digère l'idée qu'il n'y a plus d'idées. L'irréel côtoie le réel. Y croire ou pas ».	<b>Delirium</b> Lolli pop "Breathe! Breathe! Just swallow it! Accept the fact that there are no more ideas. The surreal borders upon reality. To believe or not to believe."



# NO SOVEREIGN AUTHOR

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Maroussia Prignot & Valerio Alvarez



NO SOVEREIGN AUTHOR is a duo of artists living and working in Belgium. After studying at the Académie des Beaux-Arts and collaborating with the "Blank Paper" collective, Maroussia Prignot (b. 1981) and Valerio Alvarez (b. 1976), have been working on a collective photographic project since 2015. Their collaboration began around the issue of welcoming migrants into the Belgian state. Considering that every image is a construction, not a faithful reproduction of "reality", their approach is plural and integrative. They set up workshops in a spirit of collaboration and co-creation with those they photograph. Prignot and Alvarez strive to explore different levels of meaning and different types of image, in order to convey the full complexity of a situation and thus challenge the photographic medium's ability to tell the truth.

Through their plural and open practice, NO SOVEREIGN AUTHOR attempts to adopt a position that does justice to the complexity of the subjects they tackle, opening the field to questioning, and thus inviting the viewer to take a stand. Prignot and Alvarez are currently pursuing a joint project in psychiatry, a field in which they have worked as caregivers for over fifteen years. This dual role of artist and caregiver heightens their sensitivity to difference, and to the strengths and frailties of each individual.

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## PREVIEW AT PARIS PHOTO

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### Publishing director

Vincent Marcilhacy & Véronique Prugnaud

### Conception and project design

NO SOVEREIGN AUTHOR

### Textes

An interview with Simon Delobel, director of the KIOSK contemporary art center in Ghent (Belgium) and the members of the No Sovereign Author art collective, Maroussia Prignot and Valerio Alvarez.

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Bureau Kayser

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### News

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**Museum Dr.Guislain Gent, Kiosk,**  
**Belgium**

### "Thematic Apperception Test

**April 1 - June 4 2023**

**KIOSK, Belgium**

**Leica Award Nomination**

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