

The Shrink's Couch



Therapy comics with **SAW**
Mannie Murphy FRIDAY
WORKSHOPS

Thanks for coming to a SAW FNC Workshop!

THERAPY COMICS

This workshop was led by
MANNIE MURPHY

[https://www.instagram.com/
manniemurphy/](https://www.instagram.com/manniemurphy/)

On July 3, 2026

Contributors in order:

Tom Hart (2)
David Bonner
Crow
Doc Hoff
Tasi
Nicky Hart
EDUB
Suzie Q
Lillian Burgess
William Lemmond
Itsacyn
Jeannie Mecornie
Erin Fitzgerald
Carol Hamilton
Mannie Murphy
Mary Owen
Lisa Bastoni
Rick Larsen (4)
Jacqueline Wolf (3)
Alejandra (3)
Michael Woo
Edgar F Russell III
Miška
Alun Clewe

Next workshop → [https://
sequentialartistsworkshop.org/freefnc](https://sequentialartistsworkshop.org/freefnc)

You can also join hundreds of people sharing their
work at our free members site:

🗨️ [https://members.sawcomics.org/share/
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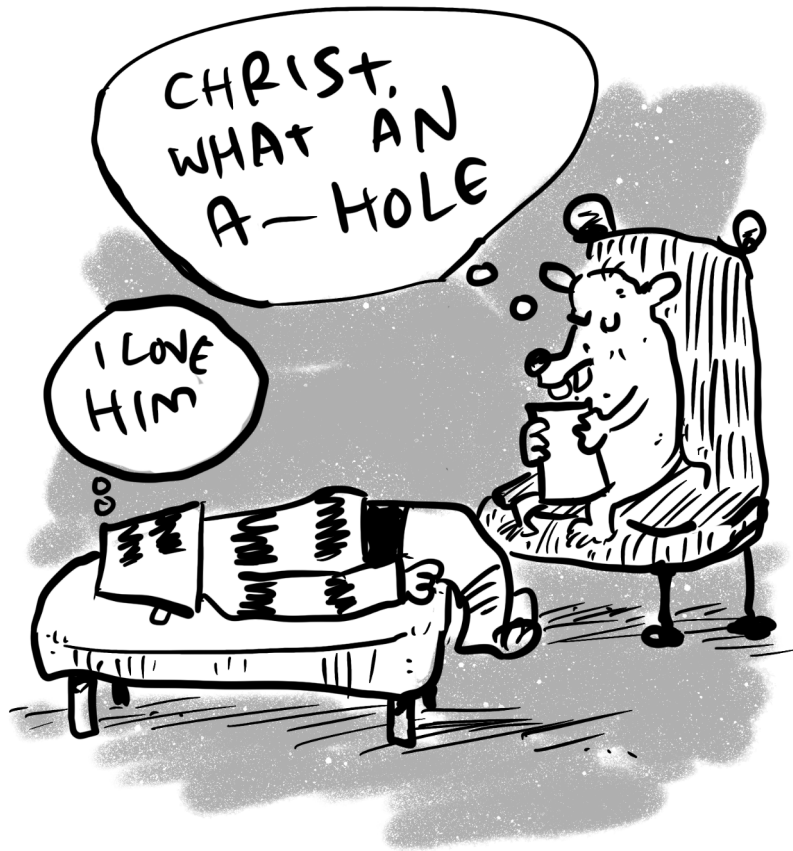
We hope you'll share your work on social media
with the hashtag #fridaynightcomics . Please tag us
@comicsworkshop

Thanks so much for being here!

You can support us on:

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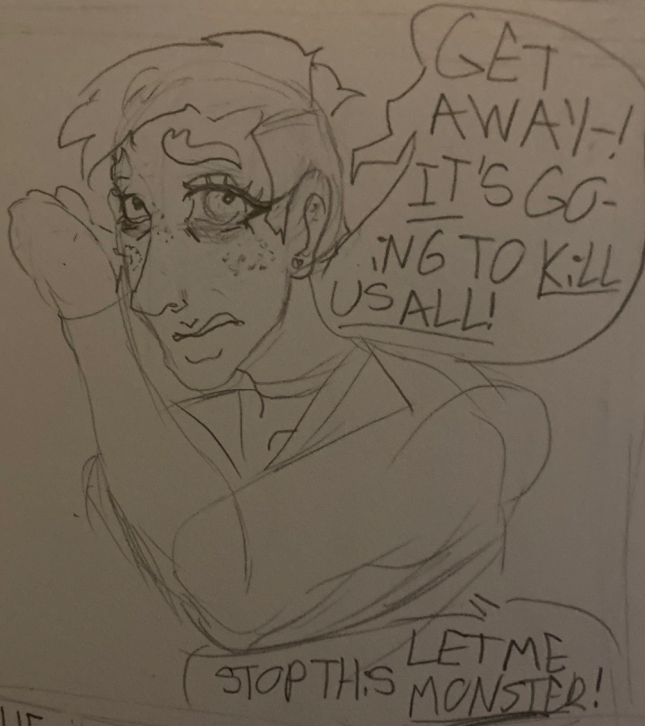
CHRIST,
WHAT AN
A-HOLE

I LOVE
HIM

I WANT
TO WATER-
COLOR AND
WATCH IT
BLOOM

ZZZZ





"THE SCREAMING PLIGHT
OF THE DOPPELGÄNGER
BIZARRE BELIEF."

WHERE'S YOUR MIND AT?

MAYBE
I'M
WRONG

MAYBE
THE
LIGHTS
ARE TOO
LOUD

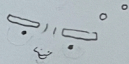
THEY
NEEDED
SUPPORT

IS THIS
STABBY
THING AN
EMOTION?

AL EXITHYRIA

PEOPLE
DONT
INTELLECTUALIZE?

AM I
ANGRY OR
HUNGRY?



CAPITALISM
RUINS
EVERYTHING

I'VE
BEEN
THROUGH
SO MUCH

THE
DSM
CAN
ROT

THAT
AC UNIT
IS TOO
LOUD

AM I
SAD?

I NEEDED
CARE,
NOT
PARTEICIPATION

BEST
IS
NOT
DEPRESSION

AUTISM
MAKES
SENSE
THOUGH

OR
MAYBE
ITS JUST
WRONG FOR
ME

IS THIS
STRESS OR
FATIGUE
OR BOTH

IS MY
DOG
EATING MY
RAMEN?

ABLEISM
KILLS



SO TELL ME WHY
DO YOU FEEL THE NEED
TO DRAW YOURSELF?



I read a book about this awesome character. I want to tell you all about it!!

I drew an awesome drawing. Do you want to see it?

I watched this awesome show, but I didn't like the ending..

I made this crochet item, but they won't be interested in that either...

I went for a walk & took pics of some cool mushrooms

I read a book about this awesome character I want to tell you all about it!!

I drew an awesome drawing. Do you want to see it?!

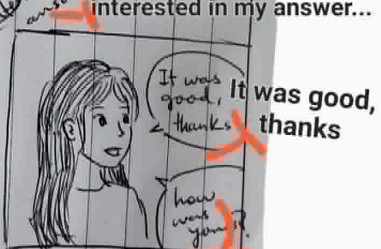
I watched this awesome show, but I didn't like its ending.

I made this crochet item, but they won't be interested in that either.

I went for a walk & took pics of some cool mushrooms

but they're not really interested in my answer...

but they're not really interested in my answer...



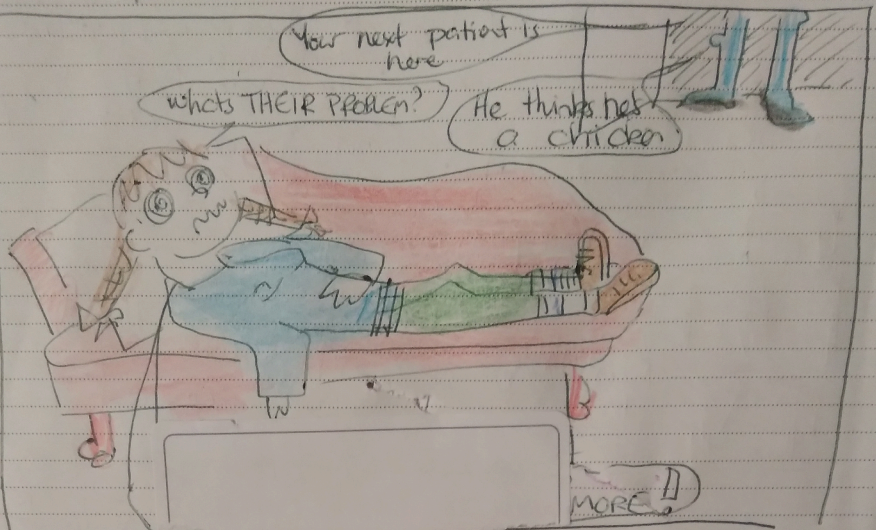
how was your weekend?

how was yours?

It was good, thanks

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BY NICKY HART IN
NEW ZEALAND (@junglebe comics)



12.15
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12.45
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3.15
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4.00
4.15
4.30
4.45
5.00
5.15
5.30

FNC COUGH THERAPY CIGG COMICS





ORBITOFRONTAL
CORTEX.

"... and where in your body
do you feel it?"





WHY DOES IT
BOTHER YOU
WHEN YOU
FORGET
YOUR
PIN?

I WORRY
PEOPLE WILL
THINK I'M
SENILE.

Sorry, Mannie. From October through February, "couch" meant "Red Bug Central." to us. One of my formerly homeless roommates accidentally brought them from the V. A. Hospital, where people with bedbugs at home keep silent, out of fear. (They got on his coat.)

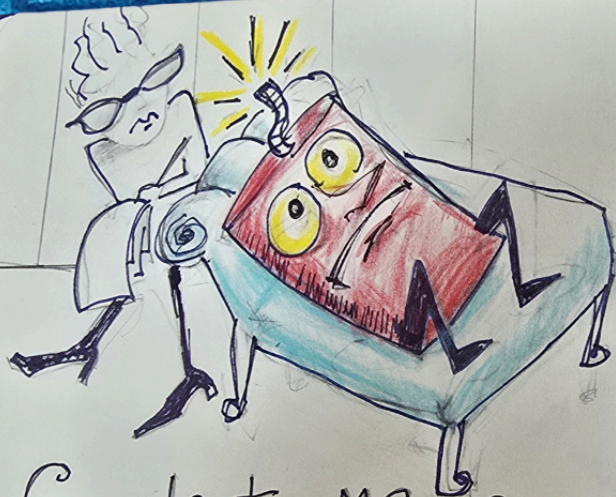


He can barely leave the couch, so the bugs mostly stayed there. We had to get rid of all my living room seating furniture.



9/12/11

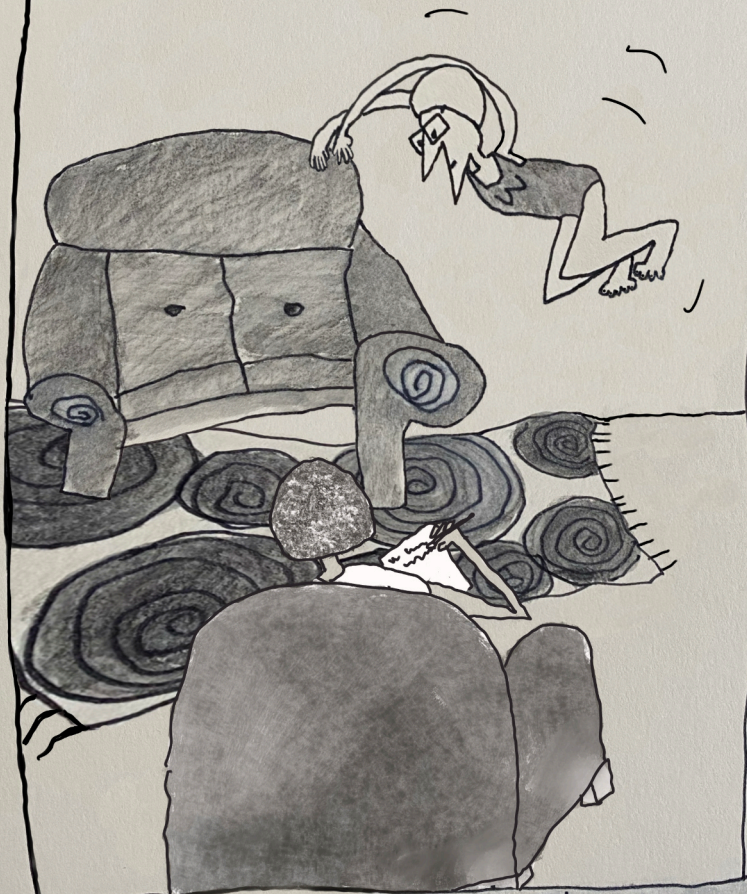
3 July 26



Sounds to me
like you're letting a SHORT FUSE
dictate your LIFE

SHRINK WRAP

MMXXVI MELORNEY



OK! Let's Dive Right In.

I have been preoccupied with how many licks it takes to get to the center of a Tootsie Roll Pop

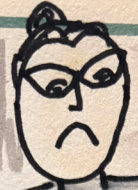
Let's dive in and settle this in the moment, shall we?

What style of therapy do you specialize in, again?

Gestalt.

7.2.2026

The School Maroon



does not approve.

Just normal looking me

too cool for school. I'm judging you.

I've got a plan

They are all in me.



The Goblin

guarding

the puppies.





I HOPE IT'S
OKAY I JUST
TALKED ABOUT
COMICS FOR
AN HOUR.

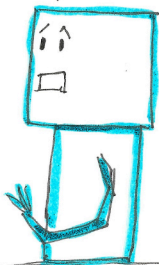
mm

THREE ROUNDS OF THERAPY

How are you feeling today?



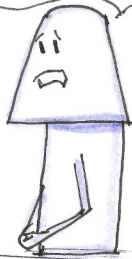
I feel like such a SQUARE!



How are you feeling today?



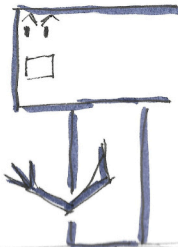
I can't seem to find the POINT of anything!



How are you feeling today?



I just don't feel COMPLETE!



How are you feeling today?



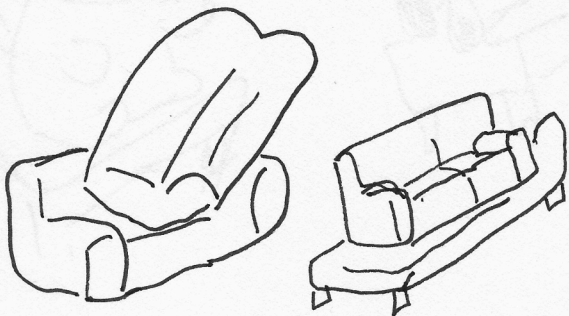
Exhausted! Every session went in CIRCLES!

I need a glass of WINE!



April 2020
phone
therapy
session...

"Maybe you
don't want to die?
Maybe you
feel dead now
and you
want to feel
alive?"



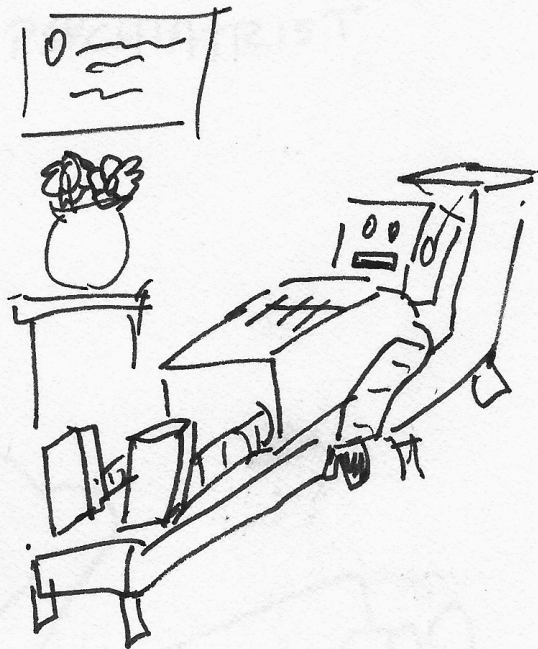
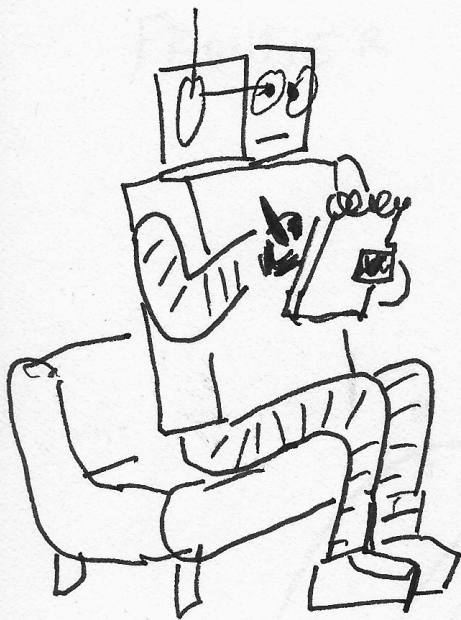
COUCH COUCH COUCH COUCH

TO DO:
LEARN TO
DRAW COUCHES.



FRONTIER PSYCHIATRIST





01101001 01100110 0110011

I'm a little short on my bill
this month. Can I just
MEAT you?
halfway?

Um...
no. that's
OK...



The compulsion is awful.
It's like... like...

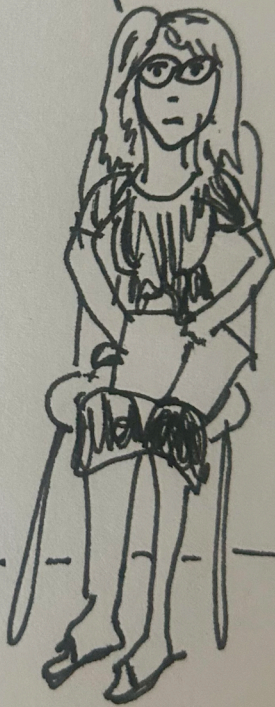
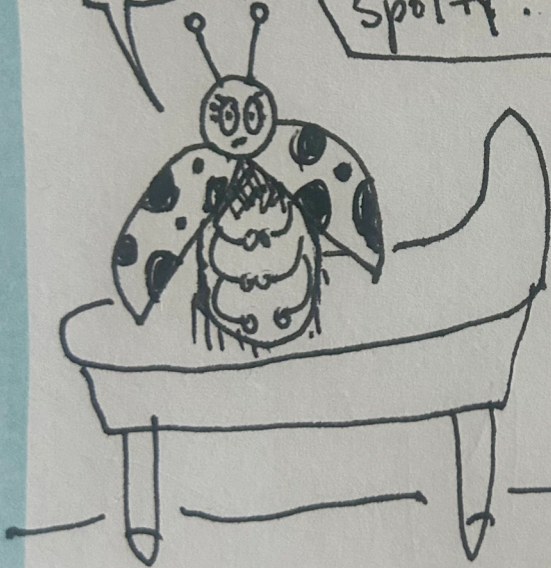
Um, actually,
no. Plus,
You know I'm
an ape,
right?

Having a
human
on your back?
Ha! Ha!



I love my partner
but I feel like our
intimacy is somewhat
spotty ...

I can see
that happening





DEEP PSYCHOLOGY
TRAUMA RELEASE

GUGU
THERAPY



QUQU THERAPY 2

WHAT ISSUE WOULD YOU LIKE TO EXPLORE?



I HAVE ARTISTIC TALENT BUT I DON'T TAKE MYSELF SERIOUSLY



DID YOUR PARENTS RECOGNIZE YOUR STAR?

NEVER EVER



SO I OBEY THEM BY FAILING



YOU DON'T NEED THERAPY



BUT I WANT TO BE SEEN THAN SEE YOUR SELF

The President (and His Shrink)



"Why can't the National Guard stop those vandals from spoiling the reflecting pool?"



"I'm bigger than Elvis. In his prime."

“MY HIGHLIGHTS ON THE DOCTOR'S COUCH”

WRITTEN, DRAWN, AND © 2026 BY EDGAR FARR RUSSELL III. SAW FRIDAY NIGHT COMICS JULY 3, 2026 “THE SHRINK'S COUCH” WITH GUEST ARTIST, MANNIE MURPHY AND ROBT, TOM HART.

MY FIRST TIME MEETING A PSYCHIATRIST HAPPENED WHEN I WENT IN FOR MY COMMISSIONING PHYSICAL TO BE AN AIR FORCE MISSILE LAUNCH OFFICER. HE WAS SUPPOSED TO DETERMINE IF I WOULD TURN KEYS IF I RECEIVED A LAWFUL ORDER FROM THE PRESIDENT, BUT INSTEAD...

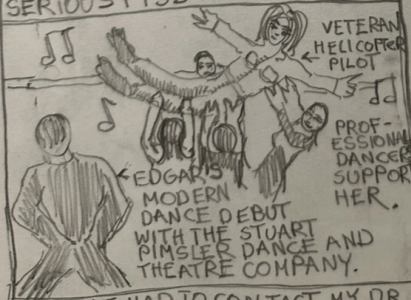


DECADES LATER, I MET A BEAUTIFUL PSYCHOLOGIST AT AN ALFRED HITCHCOCK SILENT FILM DOUBLE FEATURE AT THE NATIONAL GALLERY OF ART. SHE HAD BEEN SELECTED TO BE A GEORGE BALANCHINE BALLERINA, WHEN WE MET ON HER OFFICE COUCH, IT WAS DISCUSSION OF FILM AND TO HUG AND KISS...



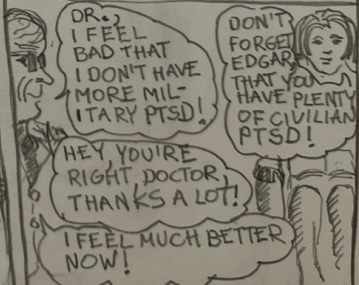
I SHOULD HAVE PAID BETTER ATTENTION TO HER MANY RED FLAGS

I PARTICIPATED IN A MULTI-MEDIA PERFORMANCE WITH OTHER ACTIVE DUTY AND VETERANS ENTITLED OUR COUNTRY'S KEEPERS. SOME OF THE PARTICIPANTS HAD SERIOUS PTSD ISSUES. I



I KNEW I HAD TO CONTACT MY DR.

AT MY SESSION, I CONFIDED TO DOCTOR H...



AND I DID! I'LL SHARE MORE HIGHLIGHTS ANOTHER TIME.

NOBODY EVER ASKS ME
IF I'M TIRED, FEELING
POORLY, OR IF
I'M YEARNING
FOR ANYTHING
AT ALL...

LIBBY,
YOU MUST NEVER
FORGET TO
BREATHE
FREE...

Breathe in...
Breathe out...
Breathe in...





YOU KNOW, NORMALLY I'M THE ONLY ONE TAKING NOTES DURING SESSIONS.

OH, OKAY; I'LL JOT THAT DOWN.

V. C.



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