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ABBREVIATED GUIDE TO THERAPEUTIC AIMS

The following pages are the result of eight Seminars with the Supervisors and Therapists. An attempt was made to crystallize the specific attitudes as well as methods to be used to meet specific unconscious needs of the patient. Suggestions were contributed by the nursing group, by the occupational therapists, the recreational therapists and physiotherapists.

The attitudes differ slightly since the task of the occupational therapist, for instance, in persuading a patient to carry out an optional project is quite different from the nurse's insistence that the patient carry out some personal hygiene measure. These Attitudes and Methods have all been condensed in the ORDER SHEETS, but as a guide for the physician as well as the therapist these pages may serve as a frequent reference.

Each page covers one specific Therapeutic Aim in the following order (the letter and number in the upper left hand corner correspond to those on the outline given below.)

THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

A. By Devices intended to correct disturbances in the Aggressive Drive

1. By encouraging the direct expression of hostilities
2. a. By encouraging relief from a sense of guilt for Introjected Hostility (consciously acknowledged guilt)
- b. By encouraging relief from a sense of guilt for Projected Hostility (manifested, though unacknowledged guilt)
3. By encouraging displacements from previous or disadvantageous objects, e. g., from father to physician.

B. By Devices intended to correct disturbances in the Erotic Drive

1. By encouraging socially accepted narcissistic gratification (through creation, through the assumption of responsibility, through the realization of phantasies by acting out)
2. By affording an opportunity to be loved
 - a. By encouraging the earning of love (through production, behavior)
 - b. By giving the patient love unrequested
3. By affording an opportunity to love.

THERAPEUTIC
AIMS A 1

Attempt to meet conflict situation: A. By devices intended to correct disturbances in Aggressive Drive: (1) By encouraging direct expression of hostilities:

ATTITUDES
AND METHODS

General
Attitude

NURSING SERVICE
a. Passivity without comment
b. Reassurance of or supplying interest (love)

O. T.
a. Watchfulness
b. Firmness
c. Friendliness

R. T.
a. Passivity without manifested concern

HYDRO.
a. Kindness and meeting demands if possible

Attitude toward
Privileges
Restrictions

a. No direct attack for misuse of privileges

a. Refer to Physician

a. Frankness and firmness
b. Refer to physician
c. Divert attention

a. Explain and refer to physician

Manner of Making
Requests to
Patient

a. As if it were a privilege
b. Announcement preferable to request
c. No demands

a. Stimulated interest before request

a. Timeliness of Request
b. Matter of fact
c. Humor
d. Reassurance with Explanation

a. Matter of fact with explanation

Attitude toward
Complaints

a. Minimum Concern
"Apparent indifference"
b. Divert attention

a. Ignore
b. Divert
c. Refer "chronic" to Physician

a. Meet reasonable ones with agreement
b. Listen with minimal comment

a. Explain and refer to physician

Substitute Expressions (sublimations for hostilities). (Some of these are not sublimations and are undesirable but are tolerated because they are less aggressive).

1. In assigned responsibilities: dusting and cleaning washing windows. Tolerance to aggressive indecision, indifference to personal appearance and untidy room.
2. Outlets in games: cards, pool, teaching someone less skillful.
3. Relation to food: Tolerance of complaints. Meet reasonable demands. Tube-feeding, without comment.
4. Relation to other pts: Permit aggressions toward patients who can defend themselves; permit inoffensive domination; encourage leadership.
5. Medication: meet demands by forcing fluid, bitter medicine, large capsules or tablets, delay

The use chiefly of destructive methods in Carpentry: hammering, sawing, carving, chiseling, scraping, sanding. Gardening: hoeing, spading, pruning, raking, pulling weeds
Cutting: metal work, making quilts, paper
Tearing: paper-mache', rag rugs and mats,
Burning: electric needle
Pounding: metal, leather, brass.
Jabbing: needle work, hooked rugs. Demolishing: project work.
Effigy construction: marionettes, clay modeling, painting.
Smearing: finger painting.

Indoor: Bowling, punching bag, piano, medicine ball, pool, vigorous exercise, rhythm band, blackboard scribbling, cards.
Outdoor: Volley ball, tennis, baseball, golf, football, basket ball, croquet paddle tennis, shuffle board, fast walking
Special Recreation: movies, identification with villain; social competition; sarcasm in writing; dramatics

Bibliotherapy: Identification in detective stories, biography, novels, plays.

No procedures adaptable, but expression tolerated including: tardiness, demanding of time-consuming procedures, refusals to take packs; verbal aggressions against other patients; the use of packs when invited by the patient's behavior.

THERAPEUTIC
AIMS A 2 a

Attempt to meet conflict situation: A. By devices intended to correct disturbances in Aggressive Drive: (2) By encouraging the relief from a sense of guilt for (a) Introjected Hostility (consciously acknowledged guilt).

ATTITUDES AND METHODS	NURSING SERVICE	O. T.	R. T.	HYDRO.
General Attitude	a. Severe kindness; b. Firmness c. Unemotional to refusals	a. Firmness b. Minimal attention c. Severe kindness	a. Firmness b. Matter-of-factness c. Divert attention (requests for punishment)	a. Firmness b. Little attention to bids for sympathy
Attitude toward Privileges Restrictions	a. Matter-of-fact b. Definite (positiveness) (So hospital makes decision)	a. Neutrality b. Refer to doctor	a. Firmness (keep to privileges as punishment) b. Refer to doctor	a. Matter-of-fact b. "Indifference" c. Refer to doctor Repeated requests
Manner of Making Requests of Patient	a. Matter-of-fact inferring expected obedience b. Force if not compliant	a. Demand that patient give of himself b. Menial - difficult tasks	a. Firmness b. Matter-of-fact c. Expect no refusal d. Force if necessary	a. Firmly to demand compliance
Requests from Patient	a. Grant if possible b. Be firm about refusal	a. Take no chances	a. No indulgence b. Meet request if possible	a. Grant if possible b. Listen without comment
Substitute Expressions (sublimations for hostilities). (Some of these are not sublimations and are undesirable but are tolerated because they are less aggressive.)	1. <u>In assigned responsibilities</u> : firm regarding personal appearance; clean, dust, scrub, making beds, help with trays. Correct if poorly done. 2. Create situations for pleasure of others; force to write letters with someone else to mail them. 3. <u>Relation to food</u> : force to eat; spoon-feeding, tube-feeding. 4. <u>Relation to other patients</u> : Encourage for pleasure of others; give responsibility in care of other patients; voluntary relationships. 5. <u>Medication</u> : bitter medicine; hypodermics.	<u>Menial Tasks</u> : polishing, tidying, cooking, cleaning, dish washing. <u>Strenuous work</u> : sawing, chopping, baking, digging. <u>Uninteresting, monotonous crafts</u> : drawing threads, cutting quilt blocks or carpet strips, winding yarn, hemming dresser scarves, cord knotting, sanding, polishing, scraping. <u>Projects for hospital</u> : <u>Distasteful tasks</u> . <u>Recognition of Accidental Injuries</u> .	<u>Indoor</u> : bowling, tasks-- sweeping or cleaning <u>Outdoor</u> : work on tennis court or golf course; walks as a task. <u>Special</u> : None except as they accept	Packs; electric cabinet; jet and Scotch douche with pressure; heavy massage.

THERAPEUTIC
AIMS A 2 b.

To meet the conflictual situation by devices intended to correct the disturbances in the Aggressive Drive by encouraging relief from a sense of guilt for projected hostility (manifested, though unacknowledged guilt)

ATTITUDES AND METHODS General Attitude	NURSING SERVICE a. Matter of fact b. Consistent understanding c. Capitalize penitance period by giving suggestions	O. T. a. Consistent understanding.	R. T. a. Matter of fact	HYDRO. a. Matter of fact
Attitude toward Privileges Restrictions	a. Slightly indulgent	a. Refer to physician b. Slightly indulgent	a. Matter of fact b. Encourage patient to ask for specific privileges	a. Refer to doctor
Manner of Making Requests to Pt.	a. Matter of fact	a. Matter of fact b. Assume obedience	a. Matter of fact b. Increase invitations	a. Matter of fact
Attitude toward Complaints	a. Grant if advisable b. Slightly indulgent e. Encouragement	a. Grant with indulgence b. Refuse with explanation	a. Grant if possible	a. Refer to doctor
Substitute Ex-pressions (sublimations for hostilities). (Some of these are not sublimations and are undesirable but are tolerated because they are less aggressive).	1. <u>In assigned responsibilities:</u> Give (when asked for) opportunities for service in the care of room or care of flowers or the floor. 2. <u>Outlets in games:</u> Assigned reading or card games or checkers. 3. <u>Relation to food:</u> slightly indulgent 4. <u>Relation to other patients:</u> Provisional participation; in some instances encourage a protective interest 5. <u>Medication:</u> Slightly indulgent.	Give patient same type of work with expectation of higher performance; in circumstances where patient is continuously "good" over long period, occasionally assign task at upper limit of capacity	More opportunities for participation thru increased invitations; outlet in dramatics to "act out" a "bad boy" or "villain."	Personal contact procedures

**THERAPEUTIC
AIMS: A 3**

Attempt to meet conflict situation: A. By devices intended to correct disturbances in the Aggressive Drive (3) By encouraging displacements from previous or disadvantageous objects.

**ATTITUDES
AND METHODS**
General
Attitude

NURSING SERVICE
a. Passivity toward aggressiveness; give constant supply of love unrequested; explain, refute, or deny misconceptions; minimize, or avoid contact with disadvantageous object

O. T.
a. Firmness - as necessary to protect against mistakes
b. Kindness-- give love
c. Foster institution as maternal protection

R. T.
a. Noncommittal; ignore disadvantageous attachment.
b. Protective kindness
c. Explain
d. Firmness

HYDRO.
a. Reassure and explain fears of packs, lights, etc.

Attitude toward privileges restrictions

a. Indulgence
b. Explanation with insistence
c. Encourage earning reward

a. Indulgence

a. Indulgence
b. Encouragement- to win privileges thru behavior

a. Grant if possible
b. Divert attention

Manner of making Requests, invitations to patient

a. Persistence by different persons

a. Matter-of-fact
b. Persist

a. Invite by, or in name of strongest advantageous attachment
b. Avoid name of disadvantageous identification

a. Assume obedience

Attitude toward requests from patient

a. Grant if possible
b. Special effort to comply

a. Grant if possible

a. Encourage reference to DR.
b. Indulgence
c. Grant if possible

a. Grant if possible
b. If not, refer to Doctor

Substitute Expressions (sublimations for hostilities). (Some of these are not sublimations and are undesirable but are tolerated because they are less aggressive.)

1. In assigned responsibilities: encourage: washing clothes, fixing flowers, personal appearance, care of room.
2. Outlets in games: cards, teaching other patients
3. Relation to food: indulgence. Grant if possible
4. Relation to other pts: Encourage protective interest.
5. Medication: Indulgence.

1. Nature of work depends on amount of overt hostility
2. To encourage advantageous displacement, have pt. produce for object. Efforts to be stimulated by person involved (interest, praise)

1. Constructive activity (for person involved)
2. Aggressive games with object (punch bag, golf balls, ten pins) named
3. Arrange outlet for aggressive trends; i. e. woman against a woman
4. Dramatics: play parts to express hostility toward parent (child or mate)

1. Packs
2. Neutral baths
3. Massage
4. Aid in overcoming fears having specific symbolic significance

THERAPEUTIC AIMS: B 1	Attempt to meet the conflict situation by devices intended to correct the disturbances in the Erotic Drive (1) by encouraging socially accepted narcissistic gratification.			
ATTITUDES AND METHODS	NURSING SERVICE	O. T.	R. T.	HYDRO.
General Attitude	a. Praise for acceptable gratification b. Minimal attention on demand without comment c. Ignore if possible	a. Praise and attention b. Ignore or minimize unacceptable gratification c. Anticipate needs	a. Friendliness b. Praise for accomplishment c. Encouragement d. Protect against bad social situations	a. Disregard unacceptable b. Praise acceptable
Attitude toward privileges restrictions	a. Encouragement to request acceptable privileges b. Answer positively, "yes," or "no," with explanation	a. Encouragement to seek acceptable b. Indulgence c. Substitute others for those requested	a. Encourage asking for acceptable privileges b. Earn thru good behavior	a. Solicitousness b. Grant if reasonable c. Refer to doctor
Manner of making Requests, invitations	a. Matter-of-fact b. Urge acceptance by persuasion insistence, persistence.	a. Matter-of-fact b. Urge to do things they do best c. Given by person \bar{c} positive transference	a. Establish confidence b. Companionship c. Vary approach with mood of patient, and seriousness of request	a. Establish confidence b. Flattery
Attitude toward requests from patient	a. Grant if possible b. Discourage c. Refer to doctor	a. Special effort to grant if possible	a. Encourage socially acceptable b. Evade c. Passive d. Substitute e. Discourage	a. Listen \bar{s} comment, and refer to MD. b. Grant if possible
Substitute Expressions (sublimations for hostilities). (Some of these are not substitutions and are undesirable but are tolerated because they are less aggressive).	<p>1. <u>Responsibilities:</u> Encourage responsibilities, and praise for accomplishment, i.e. care of room, clothes</p> <p>2. <u>Outlets in games:</u> Card games; typing; writing for Chart; auto-biography</p> <p>3. <u>Food:</u> Grant if possible; discourage, or refuse deviations from menu</p> <p>4. <u>Relation to other pts:</u> Provisional participation; encourage protective or helpful interest.</p> <p>5. <u>Medication:</u> matter-of-fact; refuse with explanation; placebo.</p>	<p>1. Encourage creation in most suitable media</p> <p>2. Give responsibility which provides recognition</p> <p>3. Individual attention in special educative courses.</p> <p>4. Encourage to make things for others, or themselves.</p> <p>5. Fantasies in writing, dancing, etc.</p>	<p>1. Dramatics</p> <p>2. Games in which patient can excel</p> <p>3. Interpretative dancing</p> <p>4. Audience when pt can excel in an activity or sport</p>	<p>1. Sitz; neutral pack</p> <p>2. Fomentations; rubs</p>

THERAPEUTIC
AIMS B 2 a

Attempt to meet the conflictual situation by devices intended to correct the disturbance in the Erotic Drive (2) By affording an opportunity to be loved
a. By encouraging the earning of love.

ATTITUDES AND METHODS	NURSING SERVICE	O. T.	R. T.	HYDRO
General Attitude	a. Praise b. Active friendliness with firmness c. Reward by companionship if earned	a. Praise b. Active friendliness c. Encourage pt. to initiate opportunities to earn love	a. Matter-of-fact b. Companionship c. Reassurance	a. Encouragement of and praise for good behavior
Attitude toward Privileges Restrictions	a. Grant if possible; attempt to arrange b. Refuse \bar{c} explanation \bar{c} suggestion to modify behavior	a. Explain with commendation for acceptance of explanation b. Encourage change and praise for change	a. Matter-of-fact b. Explain c. Effort to arrange further privileges	a. Grant minor requests if possible b. Explain
Manner of making Requests, Invitations	a. Invite; do not demand b. Infer promise of love if accepted	a. Matter-of-fact b. Request in name of person \bar{c} strongest transference c. Infer reward from therapist or M.D. (Notify MD to comment)	a. Transference b. Reward c. Substitute activity d. Explain	a. Encourage on basis of personal gain to pt. b. Maternal solicitude
Attitude toward requests from patient	a. Grant if possible b. Refer to doctor c. Lead patient to make own decision	a. Grant if possible as reward	a. Grant if possible b. Discourage c. Refuse d. Substitute activity	a. Grant if possible \bar{c} explanation as to how he might earn it.
Substitute Expressions (sublimations for hostilities). (Some of these are not sublimations and are undesirable but are tolerated because they are less aggressive.)	1. <u>In assigned responsibilities:</u> care of room; personal appearance with praise or disappointment expressed; care of clothing; flowers 2. <u>Outlets:</u> Typing, with praise or thanks; card games for others; scrap book; saving stamps, coupons for others 3. <u>Relation to food:</u> substitute for dislikes. Grant requests 4. <u>Relation to other pts:</u> Encourage protective interest; do for others 5. <u>Medication:</u> Promise doctor's commendation.	1. Small projects to receive praise quickly and often 2. Projects within ability to do well so praise justified. 3. Projects for person with positive transference with immediate praise 4. Increase complexity to justify continuance of love 5. Hostess at Tea, CHART; Part in play; help with decorations or chores; group work.	1. Help other pts. in games & activities 2. Giving gifts 3. Dramatics for social approval 4. Responsibility: typing, decorating, tournaments 5. Artistic products: Chart, painting, writing	1. No special procedures

THERAPEUTIC
AIMS B 2 b
ATTITUDES
and methods
General
Attitude

Attempt to meet the conflictual situation by devices intended to correct the disturbance in the Erotic Drive (2) By affording an opportunity to be loved b. By giving the patient love unrequested

	NURSING SERVICE	O. T.	R. T.	HYDRO
General Attitude	<ol style="list-style-type: none"> 1. Praise for effort 2. Companionship 3. Much attention 4. Solicitude 5. Reassurance 	<ol style="list-style-type: none"> 1. Praise 2. Active friendliness 3. Solicitude 4. Indulgence 	<ol style="list-style-type: none"> 1. Much attention 2. Indulgence 3. Praise 	<ol style="list-style-type: none"> 1. Extra attention. 2. Solicitude 3. Active friendliness. 4. Praise
Attitude toward Privileges Restrictions	<ol style="list-style-type: none"> 1. Indulgence 2. Encourage privileges 3. Volunteer explanation of restrictions 4. Divert attention 	<ol style="list-style-type: none"> 1. Indulgence 2. Encouragement; and help pt to gain additional privileges. 3. Explain 4. Listen attentively & sympathetic comment 	<ol style="list-style-type: none"> 1. Indulgence 2. Encourage use of privileges 	<ol style="list-style-type: none"> 1. Indulgence 2. Encourage interest 3. Explain restrictions & sympathetic comment
Manner of making Requests, Invitations	<ol style="list-style-type: none"> 1. Capitalize on transference 2. Special interest (personal) in invitation 3. Vary approach with patient's mood 4. Disappointment with refusal. 5. Urge 6. Coax 	<ol style="list-style-type: none"> 1. Humor 2. Evidence of personal gratification in acceptance 	<ol style="list-style-type: none"> 1. Companionship in carrying out request 2. Persist 3. Use positive transference 	<ol style="list-style-type: none"> 1. Urge 2. Disappointment with refusal
Attitude toward Requests from Patient	<ol style="list-style-type: none"> 1. Special effort to grant 2. Divert attention 3. Substitute Activity 	<ol style="list-style-type: none"> 1. Special effort to grant 2. Refuse with explanation, providing substitute 	<ol style="list-style-type: none"> 1. Grant if possible 2. Encourage requests 	<ol style="list-style-type: none"> 1. Special effort to grant 2. Special attention to request even tho refused.
Substitute Expressions (sublimations for hostilities). (Some of these are not sublimations and are undesirable but are tolerated because they are less aggressive).	<ol style="list-style-type: none"> 1. <u>Responsibilities</u>: Praise for unassigned responsibility. Give special trust. 2. <u>Outlets</u>: Nurses visit pt; and give more time to pt. Competition in which they excel 3. <u>Food</u>: Indulge reasonable requests 4. <u>Other patients</u>: Shield from attack. Encourage protective interest. 5. <u>Medication</u>: Explain. Coax, Palatable medication. Notify doctor of requests. 	<ol style="list-style-type: none"> 1. Much praise for minimum performance 2. Short time projects with much aid to secure good results 3. Praise for originality 4. Deference to Preferences (refreshments, new magazine arrivals, favorite music) 5. Exhibit Teas 	<ol style="list-style-type: none"> 1. Give extra or special time 2. Special types of activity: a. Games at which pt can excel b. Games preferred c. Activities which offer most opportunities for praise: Dramatics, Forum, Captain of team, Tea hostess, Requested article for CHART, Management of Tournament, Lead group activities 	<ol style="list-style-type: none"> 1. Personal attention procedures: massage, auto-condensation, salt glow

THERAPEUTIC AIMS B 3	Attempt to meet the conflictual situation by devices intended to correct the disturbance in the Erotic Drive by Affording an Opportunity to Love			
ATTITUDES	NURSING SERVICE	O. T.	R. T.	HYDRO.
General Attitude	1. Recognition of love given 2. Help or create for others 3. Active friendliness	1. Recognition of love 2. Active friendliness 3. Encouragement and pro- motion of pt's idea	1. Encourage and promote 2. Stimulate interest 3. Responsibilities	1. Help therapist 2. Responsibilities or interest in other patients
Attitude toward privi- leges restrictions	1. Slightly indulgent	1. Slightly indulgent 2. Explain and give sub- stitute activity	1. Slightly indulgent 2. Explain and give sub- stitute activity	1. Give up desire for good of group 2. Explain
Manner of mak- ing requests invitations	1. "Do this for me" 2. Arrange situation to meet patient's desire 3. Show of disappointment on refusal	1. Capitalize on trans- ference established; use third person if necessary	1. Encouragement 2. Give valid reasons for invitation 3. If refused don't force final decision	1. Encouragement 2. With idea of help- ing another patient
Attitude to- ward requests	1. Indulgent 2. Recognition of love given by granting request 3. Substitute instead of refuse	1. Enlist patient's aid in carrying out request 2. Refusal with explan- ation	1. Special effort to grant 2. Indulgence	1. Grant if possible with expectation of return of interest or love
METHODS	1. <u>Responsibilities</u> : Clothes, laundry, cleaning, dusting, flowers (for self as well as others) 2. <u>Outlets</u> : Group leader, re- sponsibility for ward undertak- ings involving others 3. <u>Food</u> : Indulgence; divide gifts of food 4. <u>Relations to other patients</u> : Protective interest in other patients; encourage giving of gifts, making of loans. 5. <u>Medication</u> : Make own decis- ions ; gift of giving up medicine	1. Create (or work) for institution, staff, or relatives 2. Specially assigned responsibilities (tennis court, teas, parties, cleaning, typing, candy making, planning for another patient	1. Situations in which love is given (social affairs, group activities) 2. Dramatics, entertain- ment 3. Responsibilities: care of other patients, care of equipment, direct tournament, direct plays, serve at teas	1. Permit patient to help prepare treat- ment (sheets, towels) 2. Encourage patient's help in care of equip- ment, helping ther- apist, encouraging other pts to come