

Holden Caulfield's Psychological Analysis

Directions: Create a “file” on Holden as if you were a psychologist. Include the various types of documentation described below.

Written Report Instructions:

Background:

The report that you write must analyze why Holden (the patient) seems to be adjusting poorly and withdrawing from social interaction. He has been struggling in school and has been having difficulty making and keeping friends, communicating with family members, and establishing healthy romantic relationships. His difficulties have caused him to fall into a depression which has resulted in the patient's arrival at your (the doctor's) mental hospital.

Specific Instructions for the Written Report:

1. Use professional terminology and incorporate psychological jargon when possible to establish tone (e.g. “The patient's behavior in this case indicates that...”). Your language should sound formal and non-judgmental.
2. Divide the report into labeled sections. The **first section should be labeled “patient overview.”** It will describe who the patient is and the key issues he is having. It will also explain briefly what you think is causing his mental health problems. Do not go into detailed proof in this section. It is an overview, like an introduction with a thesis statement that must be proved. **The middle sections of the essay may be labeled in different ways, depending on what the doctor (you) thinks are his major issues.** Examples: Education; Peer Interaction; Family Interaction, etc. **The final section should be labeled “recommendations” and should act as a conclusion to the report** by suggesting types of treatment for the patient and diagnosing any psychological disorders. This section should include more than just a prescription for drugs.
3. **The report must include specific evidence.** Review and analyze parts of Holden's life as he has described them in the novel. Use quotes and other evidence as a basis for your interpretation for the causes of his disorder(s). Cite pages of quotes, events, and symbols and indicate that the patient told you about these during your several hours (26) of doctor-patient appointments. In contrast to other essays you have written, you should write about Holden's descriptions in past tense, because the context is that these are the events that happened in the patient's past.

Required Report Documents:

1. Final Analysis Report on Holden Caulfield (Typed Report)
2. Report Notes (not typed): Create a organized format for the doctor's notes on Holden Caulfield. The notes should include a minimum of **15 Behavioral Notes**, **20 Verbal Notes**, and **5 Symbolic Notes**. Page numbers should be included after each note. Analyze what each quote, symbol, or behavior shows about why Holden is struggling and/or what can be done to improve his mental health
3. Research on Psychological Disorders: Obsessive-Compulsive Disorder; Schizophrenia; Clinical Depression; Bipolar Disorder; Post Traumatic Stress; Social Anxiety Disorder; Panic Disorder; Disthymia (this information will be gained during group interaction). Complete research on one of the disorders at home. The following link may be of help: http://directory.google.com/Top/Health/Mental_Health/Disorders/
4. Rough Drafts/Brainstorms

Report Appearance:

- Letter-sized manila folder (not legal sized)
- Several documents inside that have been developed from your research
- Folder label should have Holden's name on it; the front of the folder should list the student's name and period, and the date