



What fun!



T H E
Living Child

"*Know what you do, first you draw the curtains and then you open the window into the garden,*" was the remark of a difficult adolescent child after receiving treatment at the Institute of Child Psychology.

"*I know you are the happiness doctor,*" said another child, turning to the Director as she bade her good-bye.

WHAT IS THE INSTITUTE OF CHILD PSYCHOLOGY?

THE Institute of Child Psychology, called familiarly the Children's Centre, is an outpatient clinic of the familiar voluntary type and accepts for treatment the following four classes of children:

- (i) Children suffering from disturbances of their emotional life.
- (ii) Children suffering from chronic physical disorders such as fits, asthma, catarrhs, debility, constipation, enuresis, etc.
- (iii) Children who are unable to adjust themselves socially at home or at school.
- (iv) Children with educational difficulties.

No mentally deficient child is accepted.

The work is based upon the idea that a large number of children's troubles arise from two sources—confusion in the child's mind as to his own nature and the nature of the world around him; and the existence in each of individual qualities which can, as an adult, make him an asset to society, but which home and school have failed to find.

The Institute co-operates with the National Association for Mental Health, hospitals, schools, courts and social agencies, and carries on the following branches of work:—

Therapeutic treatment; training of therapists; designing of apparatus in psychotherapy; designing of educational tests; lectures to educational bodies, parents' associations and the general public.

The Institute is not a school and is not residential. Children attend for periods of time during the week and are sent by doctors, schools, care committees, juvenile courts, etc.

The parents or guardians of children pay small fees according to their means, but no child is refused for lack of ability to pay.

The Centre takes children of all classes of society, and of any age between infancy and later adolescence.

STUDY OF THE INDIVIDUAL CHILD

THE kernel of the work is the study of the problems of the individual child through a form of play devised by the Institute in 1928 and still in process of development. The child projects its thoughts and feelings on to the material and by this means the therapist is able to understand the way the child's mind works without being dependent on the child's words. Play of this kind reveals many deep-seated anxieties and conflicts which could not be expressed in any other way. The tests used for this purpose are the mosaic, kaleidoblocs, the "World," treasure bricks, factory bricks and many others, besides the use of paint, plasticine and other moulding materials.

Each child is medically examined in order to assist in estimating how far the child deviates from the optimum that might be achieved for him in health and physical development.

The child's intelligence and educational attainments are carefully studied, records of school work being taken into consideration.

A particular feature of the work is the Department for Physical Re-education, where the child is encouraged to take an interest in the working of his body and its possibilities.

The child's parents are interviewed, and where it is found that the parents' own difficulties may be influencing their handling of the child and affecting the atmosphere in the home, the parents receive help and treatment from psychiatrists with experience in the handling of adults.

THE HOME OF THE CHILDREN'S CENTRE

THE Centre believes that for this work to be done with success not only is a technically trained staff essential but also that the building in which the work is done should be properly adapted and equipped. All testing of the kind designed to bring out the child's inherent qualities and the use he is putting them to is carried out in the children's floor of playrooms to which no adult comes other than those of the staff working with the children. Two of these rooms have special, though simple, plumbing arrangements which allow of unrestricted play with water and mess. All children love playing with water and one of these rooms is fitted with hoses, sinks and water toys, to make unlimited water play possible. In the other, the mess room, children can carry out all the experiments they yearn for, and plaster the walls with lurid drawings, and in a few moments all mess can be cleaned with a hosepipe.

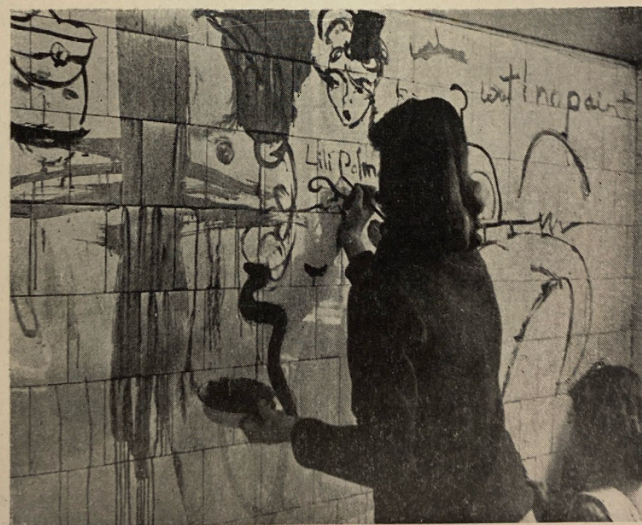
Other facilities include a small house, solid enough for climbing and rough play, a miniature shop, an acting chest and simple gymnastic apparatus with space for acting and group activity, a quiet room, and much material to enable children to express interior thoughts and feelings.

The Centre is also a training department for men and women, both medical and lay, who wish to take up the work of child psycho-therapy, and on another floor are the library, the students' common room and the records room. Everything that a child does during his twice or thrice weekly hour's visit to the Centre is clinical material and is recorded in his own case sheet. These records form the basis of clinical instruction and research.



MOSAIC TEST

The designs reveal the mental language of the child.

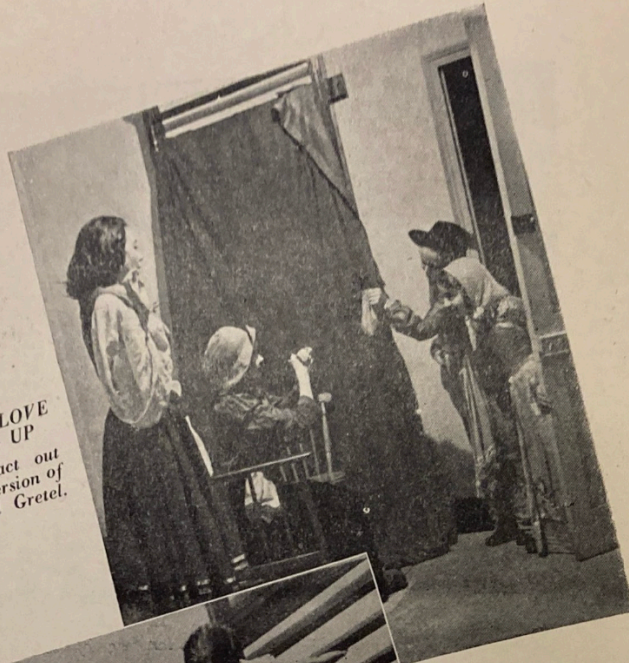


LIKE CAVE MEN

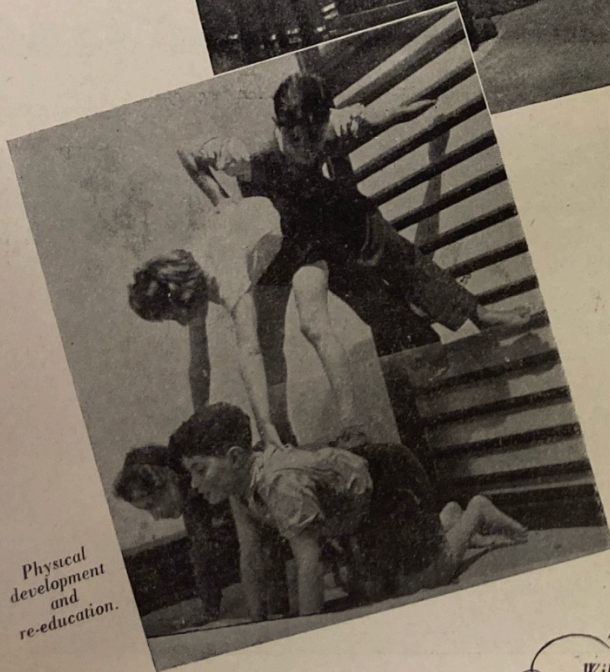
All children like drawing on walls. If the desire is given a chance of expression in the right place, it doesn't appear in the wrong!

CHILDREN FIND THE WAY OUT

CHILDREN LOVE DRESSING UP
Here they act out their own version of Hansel and Gretel.



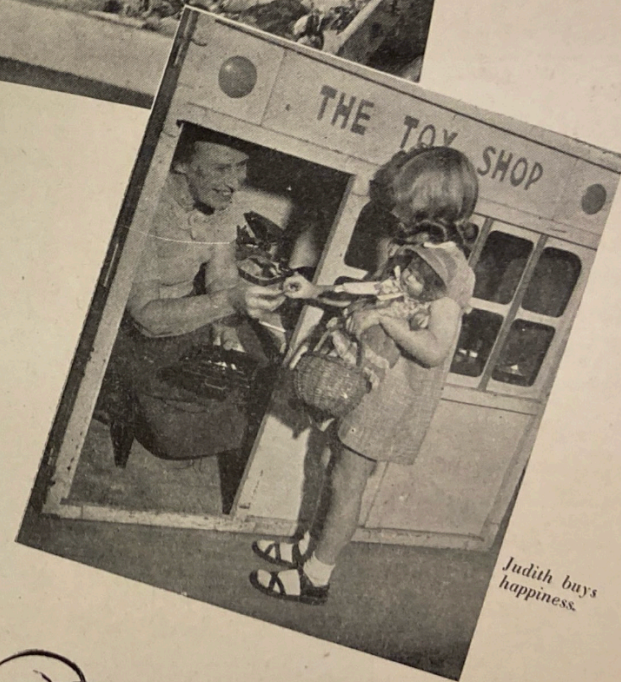
Physical development and re-education.



JOE EXPERIMENTS WITH THE "WORLD"
His joy is collecting things and banging them about.



Judith buys happiness.



Wild animals stalk among the traffic; they have not escaped from the Zoo, but stand to the children for the rush of uncontrollable fears and rages that Life provokes in them.



What is this place, Mummy?



*LIFE LOOKS
BRIGHTER
After an afternoon
at the Institute.*

ILLUSTRATIVE CASES

BOY. Aged 13. Was referred for theft of bicycle, truancy from home and unmanageableness at school. He associated with gangs. Also suffered from enuresis.

The family lived in a bad district to which they felt superior. The father had been out of work for some time and the family were in debt. The boy was one of five.

We found that the boy had not sufficient outlet for his boyish desire to be noisy, for his mechanical sense, and that he was sullen and hopeless about his enuresis. He was given five months' treatment at the Institute and was then sent away from home for a short period to get him away from the gangs and to avoid a court case in which he was involved.

After further treatment at the Institute he got a job, and has since given full satisfaction, his symptoms having quite cleared up.

GIRL. Aged 12½. Was brought to us suffering from nervousness, sleep walking and night terrors, nervous dyspepsia and debility. At school was of average ability but isolated and inclined to be mischievous; her concentration was poor.

She was second of four; the two younger were stepsisters. Her family were of the artisan class.

After 30 attendances the school report was that she was now full of self-confidence and had quite got over her nervousness. She excelled at the gym club, went swimming and had won a certificate for life saving. She was bright and cheery and acquired a close friend.

BOY. Aged 13. Referred for violent tempers and very poor school work and conduct. Being a good verbaliser, this boy could talk and discuss his difficulties, which he did from time to time. Treatment revealed that the boy had marked dramatic gifts, and his fears and aggressions were played out in dramatic form. The release of anxiety and tension through this means was very beneficial.

During treatment the boy was placed in another school, and there was no trouble either in regard to work or conduct. When the emotional disturbance was dealt with, the boy was able to work well and fit in to the home situation.

BOY. Aged 10. Referred for educational backwardness. The causes for backwardness were found to lie in the fact that the boy was living in an unhappy home, and also he had had continual changes of school.

In the playroom the boy revealed a deep hostility to any form of work; at first he could only do activities requiring a minimum of effort. This condition was found to have arisen from an acute sense of inadequacy. After a time, however, his activities became active and practical and through this means he gradually grew more confident and he discovered he had considerable practical ability.

After a year's treatment a boarding school was found, and at the end of five terms the boy (though still in a class below his age group) has come out top of his class.

GIRL. Aged 5½. She was referred for extreme debility, nervousness, enuresis both nocturnal and diurnal since birth. During her short life she had suffered from measles, chicken pox, whooping cough, gastritis,

mumps, german measles, influenza and occasional attacks of bronchitis. She was below the average in weight and height. The father had died of tuberculosis. She was the youngest of three. The mother received public assistance.

The school report stated that she was exceedingly reserved and depressed and would not speak.

She made 123 attendances, at the end of which time the school reported that she was top of her class and was one of the brightest and happiest in it. Her enuresis had completely stopped and except for occasional colds she has had no illness during the past three years. In this case there was no change in the environmental condition.

GIRL. Aged 5. She was referred for asthma. Her general health was poor. There was a long history of asthma in father's family. Mother was "nervous" and "very proper." In appearance the child was dull looking, with no life or initiative, and was constantly ill, with coughs. In school she would not join in with anything and was very anxious over her work.

Treatment was carried out over a period of two years and mother had psychological interviews with the psychiatrist. The child became lively, confident and healthy, having no more asthma, and very good at her school work, but she went to the opposite extreme and developed a most unpleasant domineering and selfish personality. Treatment was therefore continued until she settled into rather a bossy little person, full of vigour and ideas.

YOU CAN HELP THESE CHILDREN

WAR has disintegrated our work and left us with arrears to catch up and developments to undertake. War has also left us with many children in need of help. Our organisation is intact and our qualified staff are conducting their efficient treatment, BUT it is our desire to add to our staff and increase our facilities, so that we may take our part in the national efforts now on foot to right the children's wrongs, and that a larger number of children requiring treatment may have it without delay.

To this end we desire to train more students, increase our equipment, while maintaining to the full our present staff, building and services. To do this we are in urgent need of more money. FIVE THOUSAND POUNDS IS REQUIRED AT ONCE.

Money spent on making children into good co-operative citizens is a sound investment. Children must not suffer handicaps if they can be assisted to learn the way of living. This we are able to do, and have done, for so many, with great success.

Will you help our work now by sending a contribution to:—

Mr. G. Keane,

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