

Contents

Foreword	xiii
Acknowledgements	xiv
Introduction to Second Edition	xv
Introduction	xix
1. Human Needs	1
Methods of Study	1
Varieties of Approach—Patterns of Health and Disease	3
Levels of Description : Diagnosis	5
Incompleteness of Provision for Essential Needs	5
Organised and Unorganised Help	6
Professional Help at Different Levels: Points of Growth	8
2. Definitions of Personality	10
Categories of Definition	10
Personality as an Assemblage of Qualities	13
Personality as Dynamic Interaction : Extensions of Personality	13
Description of the Physical, Intellectual and Emotional Aspects	14
The Image and the Source	21
Character and Temperament	23
3. Developmental Stages	24
Individuality of the Baby at Birth	24
Dependence and Independence	24
Nature and Nurture	26
Developmental Norms	26
Desire to Differentiate : Organic and Emotional Causes of Disorders	28
Charting the Stages	29
Transition between Stages as a Crisis or Stepping Stone	30
4. The Suckling	32
Breast Feeding as a Reunion with Mother	32
Establishing the Flow of Milk : Sign Release Phenomena	33

Mechanical and Emotional Factors	35
Artificial Feeding: Rational and Irrational Reasons	36
Vigour of Baby's Sucking	38
Primitive Levels of Satisfaction and Frustration	39
Feeding Routines	40
Patterns of Infant Care	42
5. Toilet Training	47
Toilet Training as Social Demand	48
Maternal Attitudes to Products of Elimination	49
Maturation of Nervous Pathways	50
Battles of Will	50
Tension, Relief and Gratification	50
Bowel Activity as Basis of Personal Experience	51
Control as Stage of Development	53
Enuresis	53
6. Infantile Sexuality	57
Sex Differences: Physical Basis	57
Rates of Growth	58
Cultural and Biological Factors	58
Sensual Pleasures: Intensity of Sensual Experiences at Different Stages	59
Genital Sensitivity	60
Communication of Guilt	60
Masturbatory Activities	61
7. The Oedipal Situation	63
Myths as Patterns of Regularly Occurring Human Situations	65
Present-day Implications	65
The Oedipus Legend in Full	67
Abraham, Isaac, Ishmael and Sarah	69
Maturation as an Historical and as a Personal Process	69
Emphasis by Omission	69
Acting the Drama in Fantasy	70
Repression of Sexual Component	71
Parents as Participants: Abnormality	71
Latency Period	73
Psycho-analytical Formulations	73
8. Rejection	77
Revealing the Basic Attitudes in Professional Workers	78
Hidden Acceptance in a Rejecting Mother	79
Universality of Rejection	79
Competing Needs	80

Pathological Situations	80
Rejection Process	84
Rejection Feelings : Reality and Fantasy	85
Balance of Rejection and Acceptance; Mothering Breakdown and Distress	86
Reciprocal Rejection : Children's Fantasies about Parents	88
9. Acceptance: The Basis of Infant Care	89
Raising the Standards of Material Provision	89
Cult of Hygiene and Regularity	91
Winnicott on Maternal Care	92
Non-Material Needs	93
Relativity of Levels of Provision	95
Valuing Deprivation	96
Looking Back in Anger	96
Giving to the Image of Oneself	97
Finding a Balance : Building up Family Standards	97
The Spoilt Child	98
Aiming at Perfection	99
Making up for Deficiencies	100
10. Deprivation and Provision: Separation and Union	101
Deprivation of Maternal Care : Separation	101
Degree of Interaction with Mother Figure	103
Pregnancy : The Beginning of Mother/Child Relationship	103
<i>New Postulations I</i> Complementarity of Separation and Union	104
The Family as a Functional Unit	105
<i>New Postulations II</i> Definition of Deprivation in Terms of Provision which is Lacking	106
Illustrative Cases	106
Essential Provisions: The Deprived Child and Deprived Parent	113
The Deprived Clinician	115
Relativity of Deprivation	116
11. The Importance of Play	118
The Physical Matrix of Living Activity	118
The Nature of Play	120
The Functions of Play	121
Appropriate Levels of Play	123
Structuring of Children's Play for Adult Needs	124
Fantasy, Imagination and Creativity	125
12. Social Problems of Education	127
Compulsion	127
Increased Provision for Secondary Education	127

Age, Ability and Type of School	128
Severe Mental Handicap : Heterogeneous Group	129
Education of the Handicapped : the Need for Multi-disciplinary Services	131
Special Classes or Schools as Optimum Placement	131
Social Interaction of School and Home	133
New Problems Revealed by Increased Educational Provision	134
Education and the Mentally Handicapped Child	135
Equality or Uniqueness of Individual	136
13. Primary Education	139
Infant School (the Child from 5 to 7 Years)	139
Culturally Determined Activities	139
Transference to the Teacher	141
Rules and Restrictions	142
Social Learning in Groups	143
Words, Symbols and Mental Concepts	144
Sense of Identity	146
Expectations and Images of School and Teacher	146
Freedom within a Framework	148
The Child from 7 to 11 (Junior School)	149
The Secret Life of Childhood	149
Variations in Ability	150
Levels and Growth of Intelligence	150
14. The Secondary School Child	156
Biological and Cultural Boundaries in Life of Child	156
Anomalies in Selection Procedures	158
Comprehensive Schools: New Ideas or Ideology	159
New Beginnings, New Problems	160
Diversity in Stages of Growth	161
Grammar School Education : Burden of Fulfilment	161
Problems of Discipline	162
Need for New Curricula	164
Crises	165
Limits to Power of Compulsion	166
15. Adolescence	168
Transitional Stage : Social Implications	168
Lengthening of Preparatory Stages for Adult Role	168
Marks of Maturity	170
Physical Growth	171
Menstruation : Seminal Emissions	171
Limits of Physical Growth	176
Nutrition and Health	177

Intellectual Maturation	177
Leaving School	178
Leisure and Pleasure	179
Further Education and Occupation	179
Conflicts in the Home	181
Instability During Transition	181
Social Attitudes to the Adolescent	182
Conflicts in the Community	182
Preparation for Sexual Fulfilment	184
Drugs, Delinquency and Social Excitement	184
Tolerance to Deviant Behaviour	185
Exploitation of the Young	186
Rebellion as an Exploration of Human Potential	186
Rebellion Carrying Risks of Casualties	187
Ego Ideal and Idealism	188
16. Courtship and Marriage	190
Recapitulations of Early Stages	190
Fantasy and Romantic Love	192
Conscious and Unconscious Factors in Choice of Partner	193
Repetition of Pattern of Parents' Marriage	194
Unity of Personality	196
Sexual Problems in Marriage	196
17. Adult Life	200
Maximum Responsibility	200
Sources of Satisfaction	202
Changes in Feminine Role	203
Occupational Fulfilment	203
Social Class and Mobility	205
Limitations in Realisation of Fantasies	207
The Single, Widowed, Separated and Divorced	208
18. Middle Age	211
Physical Wear and Tear	211
Alteration in Image of Self	212
Involuntional Changes in Sexual Organs	215
Conflicts, Anxieties and New Levels of Fulfilment	216
Depression in Middle Age	217
The Need to Mourn	217
Regression at Points of Change	218
Deferring Satisfactions	219
Attainment of Aims and Depression	220
Losses and Depression	220
Depression and Physical Factors	221

Taking Charge of the Patient	223
New Levels of Development	223
Value in Each Stage of Life	224
19. Old Age	225
Population Trends	225
Responsibilities and Burdens	225
Carrying the Culture	227
Reluctant Abdication	228
Degeneration of Tissues	229
Memory Changes	229
Exclusion from Family Discussion	230
Mental Disturbances, Organic and Functional	230
Problems of Residential Accommodation	231
Varieties of Hospital, Hostel and Housing Provision	232
Dependence and Independence within the Family and Community	234
Retirement, Serenity and Death	235
Further Reading	237
Index	239