

CONNECTICUT
OCCUPATIONAL THERAPY
BULLETIN

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EDITORIAL

Occupational Therapy is among other things, the correct application of the proper crafts to each individual patient in order to give him or her every chance for complete rehabilitation.

The success or failure on the part of the therapist may depend upon the manner of introduction to the patient. A normal approach is essential. A number of attractive activities played up sufficiently to stimulate a normal creative interest should be part of the environment surrounding the patient. Then, in a purely normal fashion, he should be encouraged to use his own initiative in the matter of selecting the things he will do. Under no circumstances should he be "forced" into doing something which will prove to be altogether distasteful or purposeless to him. What may be good for one patient may be malpractice to another.

To be truly inspiring and purposeful the occupation must not only be abreast of the activities in the community and the home, but, if anything, in advance. It is not sufficient for a woman while in a hospital to be making a kitchen apron and a flatiron holder while her friends at home are knitting sports costumes and making negligées in the advanced styles.

The following is an example of the normal approach in the introduction of occupational therapy in one hospital. An attempt was made to interest patients in the department which has to do with the making of fashionable garments. A fashion show was staged displaying the latest gowns, sports costumes, and negligées with their various intriguing accessories, thereby, in an entertaining way no different from the tricks of the advertising trade used in all parts of the country today, stimulating an interest which in the last

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For example, Miss Alexander at the New Britain Normal School, Hartford Hospital; at the Hartford Hospital, done by Miss Alexander v stay there and the value of Mrs. Wallace, at the Asylum Lodge and at a Round Table the Connecticut State Medical has given talks on Occupational Therapy courses and about

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analysis was really formulated by the patients themselves. Interest having been thus aroused, many of them by their own initiative proceeded to view the materials and yarns displayed in an attractive gown shop, typical of the kind which line the streets of a shopping district in any city. The modiste (instructor) in charge then urged them to copy the models on display, and the result of spontaneously interesting more than seventy women was gratifying.

Good salesmanship is a primary requisite of an effective therapist.

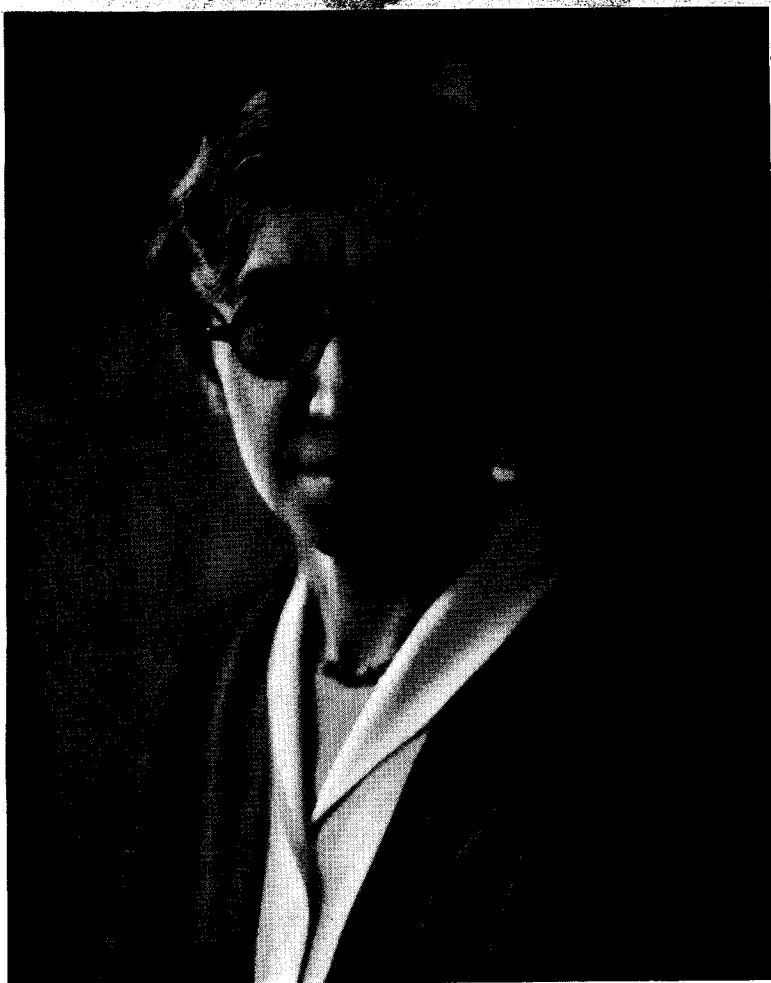
— C. C. B.



It seems to the editor that it would stimulate practical and active interest in Occupational Therapy progress, if it became known what many of us in Connecticut are doing to further this progress, outside of our regular work.

For example, Miss Alexander of the Hartford Hospital went to the New Britain Normal School to give a talk on her work at the Hartford Hospital; at the annual meeting of the Women's Auxiliary of the Hartford Hospital, Dr. MacPherson told of the fine work done by Miss Alexander with his orthopedic cases during their stay there and the value of Occupational Therapy in that line; Mrs. Wallace, at the Asylum Hill Congregational Church, at Gray Lodge and at a Round Table discussion at the Bond Hotel when the Connecticut State Medical Society was there for a few days, has given talks on Occupational Therapy history and Occupational Therapy courses and about her work at the Children's Village.

Probably many of you have been doing similar things — if so, why not send in for publication a short résumé of things of this sort? Sign your name and give others a chance to call on you.



Miss Kathryn Root is a pioneer worker in Occupational Therapy in Connecticut, for it was she who called the first meeting of the Society in 1923. Her continued active interest is shown in her capacity as a member of the Board of Management of the American Occupational Therapy Association, as chairman of the National Committee on Registration of Occupational Therapists, and as chairman of Occupational Therapy, Connecticut Federation of Women's Clubs.

— C. C. B.

REPORT OF COMMITTEE

CONNECTICUT FEDERATION

Miss

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REPORT OF COMMITTEE ON OCCUPATIONAL THERAPY
to
CONNECTICUT FEDERATION OF WOMEN'S CLUBS
by
Miss Kathryn Root
May 17, 1933

I am happy to report that Occupational Therapy, the country over, has not suffered more from depressed conditions than have other forms of auxiliary medical treatment.

Some hospitals have closed their departments entirely and others have reduced their staffs, consequently many excellent therapists are unemployed. Salaries have been lowered. Practically no new positions are being created. But the fact that these reductions are not more sweeping, indicates that when this form of treatment is once established it is not willingly discontinued.

I have not heard of any curtailment in our Connecticut Institutions.

The fact that a number of splendid therapists are disengaged offers two unusual opportunities:

1. A hospital that is not ready to engage a full-time worker can often be induced to undertake a short period of trial — a try-out — but is deterred because such an experiment should be conducted by a very expert person, and those who are capable have not in the past been able to leave their full-time jobs. Just now such service could be secured. If you are a Board member of a State Institution or a Director of a hospital or sanitarium, you might well consider this.

2. There are many invalids now being cared for in their homes who would in times of plenty seek care in a private sanitarium. Some of the problems of the home-nurse might be solved by securing the services of an expert therapist for a few hours each week. Just now that hitherto almost unknown person, a therapist-at-large, is to be found here and there even in Connecticut. Your O. T. Chairman will try to locate one for any club member.

There are about 500 Registered therapists — 15 in Connecticut. Perhaps half of the workers in the U. S. are now enrolled with the A. O. T. A., together with workers in Canada, Porto Rico, Hawaii and India. A leaflet telling the requirements for registration is available.

The training schools are functioning as usual and still ask for the highest type of girls to train. In the past there have always been more jobs than qualified therapists to fill them and we anticipate that the demand will continue with returning prosperity.

There will be an O. T. exhibit during the summer at the Century of Progress Exposition, consisting of a comprehensive and actually functioning workshop. If you go to Chicago, this will give you an excellent opportunity to see how Occupational treatments are given and their purpose. Be sure to look it up.

May I remind you that we have a set of O. T. lantern slides with a typed paper of explanation. They make a very inexpensive afternoon's program for a small Club or a Health Committee. Speakers for any group can also be provided.

Your O. T. Chairman is neither dead nor sleeping. She is biding the time for more active service when an opportunity arises for the Federation to use its influence for the public welfare. In the meantime, she is trying to keep you in touch with the status of O. T. in the State and Nation. For you her slogan is "They also serve who only stand and wait".

Respectfully submitted,

Kathryn Root,
Chairman of Occupational Therapy.

THE NATIONAL CONVENTION

The National Convention of the American Occupational Therapy Association is to be held in conjunction with the American Hospital Association Convention.

Time: September 12th and 13th, 1933.

Place: Milwaukee, Wisconsin.

Headquarters: Hotel Schroder.

Program:

1. Addresses and Round Table Conferences on the various aspects of Occupational Therapy.
2. Visits to hospitals in and near Milwaukee and the Model Curative Work Shop.
3. Elections, reports, and business of the Association.
4. Annual Banquet.
5. A meeting of The World War Reconstruction Aides in Chicago.

In addition to the usual exhibit at the Century of Progress Exposition during the summer of 1933, there will be an Occupational Therapy Show at the Exposition during the summer of 1933.

The Chicago Women's Club is holding a special exhibit which is near the Exposition grounds. This exhibit is at reasonable rates.

There are special Conventions being held in various parts of the country.

LEST YOU

For the sake of inspiring future workers in the field, each one of you should consider the ideas and opinions you may have on Occupational Therapy which might be of educational interest and value to the public. Write your own profession and to promote it. Write in a paper containing the ideas you have known, and enter the contest now open. You will receive an honorarium of \$10.00.

Your paper, consisting of not more than 2000 words, should be sent to Miss Kathryn Root, 210 North Dearborn, Chicago, Illinois, before September 1, 1933.

REPORT FROM PSYCHIATRIC

A long letter comes to us from the Program Committee of the American Occupational Therapy Association, telling of the Annual Meeting of the Association in Boston in June. It shows that all types of hospitals caring for the mentally ill, and that physicians and therapists are working to increase its value as a therapeutic institution.

A novel exhibit put on by the form of a marionette show during her junior student days to the Occupational Therapist. This we present with the qualifications of the

In addition to the usual exhibit at the Convention, there is to be an Occupational Therapy Shop in operation at the Century of Progress Exposition during the summer.

The Chicago Women's Club offers the facilities of the Club which is near the Exposition grounds to Therapists and their friends at reasonable rates.

There are special Convention railway rates.

LEST YOU FORGET

For the sake of inspiring future progress in Occupational Therapy, each one of you should consider it an obligation to set forth any ideas and opinions you may have about some phase of Occupational Therapy which might be educational, practical, and of universal interest and value to the public in general. Help to progress your own profession and to promote the exchange of ideas by sending in a paper containing the ideas which you think ought to be made known, and enter the contest now taking place, the winner of which will receive an honorarium of fifty dollars.

Your paper, consisting of not more than 1500 words, must be sent to Miss Kathryn Root, 22 Ardsley Road, Stamford, not later than September 1, 1933.

REPORT FROM THE AMERICAN PSYCHIATRIC ASSOCIATION

A long letter comes to us from Miss Constance Garrod, Chairman of the Program Committee of the Massachusetts Association of Occupational Therapy, telling about the place given to O. T. at the Annual Meeting of the American Psychiatric Association held in Boston in June. It shows us how firmly O. T. is established in all types of hospitals caring for the mentally sick and how eagerly physicians and therapists are working to perfect its technique and increase its value as a therapeutic measure.

A novel exhibit put on by the Massachusetts Association in the form of a marionette show depicted the training of a therapist from her junior student days to the holding of a position as Chief Occupational Therapist. This we presume was done to familiarize doctors with the qualifications of the well-trained worker.

Our correspondent writes, "Even a tabulation of the number of times O. T. was mentioned and the things said about it would be voluminous". From her description of the papers presented we note the following as having special significance:

"Possibilities of O. T. in a Child Guidance Clinic" was the topic of Dr. Olive M. Cooper of the Massachusetts Department of Mental Diseases. It was a challenge to look into the possibilities for the development of such work and carried descriptions of cases on which one might speculate when considering an O. T. program for such clinics.

Dr. T. Douglas Noble entered into a serious discussion of the technique of treatment by occupations, commenting on the size of units, intensive daily programs, newer forms of occupation such as dramatics, close co-operation between physician, therapist and patient, and results to be expected.

Mr. E. Wallace Searle, Musical Director at Worcester State Hospital spoke on "Musical Activities with Psychoses". He summarized his own experiences with the subject and expressed his belief that much can be accomplished through musical activities therapeutically administered. "Any musician who wishes to accomplish the maximum amount of psychiatric good must co-operate with the hospital staff to the nth degree and seek out his rightful niche in the hospital. It is not the psychiatrist, the psychologist, the occupational therapist, the nurse, doctors, attendants, and musical directors that cause cures; rather it is a combination of all these functioning as a whole". Dr. Noble concluded "The matter of musical therapy is in its embryonic state and thorough research remains to be done. Groups could be taken racially and diagnostically, musical experiments with sleep, work, etc. The possibilities are limitless and it is a pleasure to feel that the greatest of all the arts can lend an assisting hand to psychiatry".

A paper by Mrs. T. Grafton Abbott, consulting psychologist, called attention to prison programs and how O. T. helps transfer undesirable personality traits from liabilities to assets.

A meeting of the Massachusetts Association was held in conjunction with this great convention and our ever active and progressive neighbor is to be congratulated on the way in which it made full use of its opportunities to hear and be heard.