*The Catcher in the Rye* Research Project

**Part One:**

As you read the novel *The Catcher in the Rye*, make notations of instances when the main character, Holden Caulfield, shows evidence of the following: anxiety, insecurity, depression, hallucinations, violent outbursts, substance abuse, obsessive compulsive disorder (OCD), bi-polar disorder, eating disorder, or suicidal thoughts/actions.

Transfer these notations into a list, complete with page numbers.

**Part Two:**

Think back to the group assignment we did where you studied the various signs, symptoms, and treatments of the various mental disorders. Which disorder (or disorders) do you think Holden has? You may need to do some additional searching on webmd or another website if you no longer have the articles I gave you.

You will need detailed information on whatever disorder you choose to diagnose Holden with and you will need to document where you got that information.

**Part Three “You Be The Shrink”:**

This is a role-play activity. Pretend you are the admitting psychiatrist at the mental hospital where Holden has been brought for treatment. Your “observation” was the reading you did of *Catcher in the Rye.* Imagine that you are the psychologist Holden was telling this story to.

Following this, make a formal diagnosis of Holden’s mental and emotional problems.

The third part of your job as a psychiatrist is to create a treatment plan for Holden. Your plan should match symptoms and descriptions of illnesses. Include treatment at the hospital and at home after release. Also include citations here.

The final part of your written analysis is a bibliography of all sources used. Include the novel. Cite the novel as the following on your bibliography page: Salinger, J. D. *The Catcher in the Rye*. Little, Brown, and Company: New York, 1951. Entitle your page “Bibliography” (without the quotes in same font as entries).

**Write all entries on the report in complete sentences. Group entries by type of symptoms, treatment. Bullet or number.**

**Morningside Center for Teen Health**

**1603A Via L`ido, Newport Beach, CA 20930 (866) 500-2158**

**Date of Entry** January 15, 1951

**Patient Data**

Name Resident of

Last First City State

Age 17 Year of birth 1934 Present school

Height 6’2” Weight 140 Hair color Level of education

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| Physical Symptoms: In this field you will describe Holden’s physical symptoms that you are using to diagnose his illness. You must include a minimum of 5 examples of physical symptoms from the text and you must include the page number in parenthesis after each description(23). You must be detailed in your descriptions. Feel free to include direct quotes for the best possible grade. |
| Emotional/ Mental Symptoms  In this field you will describe Holden’s emotional and mental symptoms that you are using to diagnose his illness. You must include a minimum of 7 examples of physical symptoms from the text and you must include the page number in parenthesis after each description(23). You must be detailed in your descriptions. Feel free to include direct quotes for the best possible grade. |
| Recent Trauma:  In this section you will describe the events from Holden’s life that lead up to his illness. Be sure to consider all of the tramatic events of his life that precede the events of the novel itself. I will be looking for at least 3 traumatic events in this section. As before, be sure to use the page numbers from the text to cite where your information came from(34). |
| Diagnoses:  In this field you will make a diagnosis based on the observed symptoms, behaviors, and traumas. You must cite the information you use to make this diagnosis (ex. WebMd) |
| Treatment Plan and Release Schedule:  Here you will suggest a course of treatment – look at recommended treatments for whatever disorder you diagnose and choose a course of treatment that you think would fit Holden’s character. When should Holden be released? Keep in mind Holden’s likes/dislikes and personality traits. What treatment would work for him? Again you must cite your source. |
| After Care Requirements:  When Holden is released, what should he do to be sure that he does not end up in the same situation again. Give a list of recommended activities, hobbies, lifestyle choices, that you think will help Holden on the road to recovery. Here you kind of get to write the “happy ending” of the story, so to speak. |
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Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(include title—Dr. ) (include title—Dr. )