

• OBJECTIVES

When you have completed this section, you will be able to do the following:

- Match key terms with their correct meanings.
- Name four physiological needs that must be met to maintain stability.
- Name four psychological needs that must be met to maintain stability.
- Explain five benefits of pet-facilitated therapy.
- Recognize the importance of valuing differences in the people with whom you work.
- Match five defense mechanisms with the correct descriptions.
- Explain how you use defense mechanisms daily.

• ACTIVITY 1

Define the following terms.

1. Idolizing _____
2. Rapport _____
3. Sensory _____
4. Anxiety _____
5. Impaired _____
6. Aggressiveness _____
7. Friction _____
8. Procedures _____
9. Psychological _____
10. Stability _____
11. Recognition _____
12. Physiological _____
13. Hostility _____
14. Therapies _____
15. Frustration _____
16. Value _____

● **ACTIVITY 2**

Research Maslow's hierarchy. Write a paper with the following information:

- Who is Maslow?
- What is his hierarchy?
- Why is it important to understand Maslow's hierarchy as an individual? As a health care worker?

Follow these guidelines when preparing your report:

- Use 8.5-by-11-inch paper.
- Use a word processing program, or write neatly in ink.
- Use correct spelling and grammar.
- Use proper formatting.

● **ACTIVITY 3**

In a small group of students, discuss the following questions. Use this page to take notes, and be prepared to participate in a class discussion.

1. How are patients' needs affected when they require medical tests or are ill or injured? Give at least three examples that are not in the text.

2. How are your needs met at home, in school, and in the workplace?

3. What are the benefits of having a pet in the home or taking a pet to visit in a long-term care facility? Do you think this is a good idea? Why?

• ACTIVITY 4

1. Name four physiological needs that must be met to maintain stability.

1. _____
2. _____
3. _____
4. _____

2. Name the four biological needs that maintain life.

1. _____
2. _____
3. _____
4. _____

3. Name four psychological needs that must be met to maintain stability.

1. _____
2. _____
3. _____
4. _____

4. List five physical changes that occur with pet-facilitated therapy.

1. _____
2. _____
3. _____
4. _____
5. _____

• ACTIVITY 5

1. Write each defense mechanism listed below in the space next to the statement that best illustrates it.

identification

projection

rationalization

compensation

sublimation

- _____ a. Mary arranges her hair exactly as her favorite teacher does.
- _____ b. I couldn't afford the dress, but I bought it because it will cost more tomorrow.
- _____ c. Jim's dad yells at him, and Jim gets really mad at you.
- _____ d. Jerry took his anger out on the basketball.
- _____ e. I wanted to play the piano but didn't do well, but I did do outstanding work in biology.

2. Mark each of the following statements *T* for true or *F* for false.

- _____ a. Understanding defense mechanisms helps you to understand behavior.
- _____ b. Many people do not use defense mechanisms.
- _____ c. As a health care worker, it is important to realize that people use defense mechanisms to protect themselves.
- _____ d. If all psychological needs are met, you can assume that all physiological needs have also been met.
- _____ e. When individuals enter the hospital, they experience a change in routine.
- _____ f. Studies show that pets do not have an effect on the body.
- _____ g. Hospitals are only one place where pet-facilitated therapy is being used.

3. Mr. Levine is going for surgery in the morning. He is frightened and thinks that he may die. What basic need is threatened ?

4. Mrs. White is an elderly lady who lives alone. Her daughter found her very confused. She had not had anything to eat or drink for two days. What basic need does this represent?

5. Ms. Garcia had a stroke one year ago. She is unable to read, taste, or hear well. She also has severe loss of sensation in her hands. What basic need is threatened?

6. Mr. Desqi has a severe droop in his left eyelid and stutters. People always look at him and have trouble understanding him. He was a public speaker before this happened. What basic need is threatened?

7. Mary Kandel's small daughter has asthma and is in the hospital. Mary has two other children at home and feels torn about where she should spend her time. Everything feels out of control. What basic need is threatened?

• ACTIVITY 6

In a small group of students, develop a role-play that represents the defense mechanism your teacher assigns you. Present the role-play to the class, and ask your classmates to guess which defense mechanism you are demonstrating.