

The Asylum
Psychiatric Clinic
for Abused Cuddlytoys

To:

Subject: Referral of the patient Dub.

Dear colleague,

I hereby refer the patient Dub to you, asking you for further therapeutic and medical treatment. To be able to treat damages or disorders resulting from transportation immediately, please examine the patient upon his arrival.

Case history:

Three weeks ago, Dub was brought to our clinic by his owner, the proprietor of a 24hour-health club. He, the owner, had accidentally jammed the patient behind a Hercules2000 BodyTrainer. He was really worried, but when the turtle started training right after his release, everything seemed to be alright. Only when Dub was still training on the same treadmill after three weeks, the "ceaseless hopping of the crazy turtle" started to seem weird. Initially, this phase of heightened activity continued in the clinic. It was not until two weeks ago that the patient - after what he described as an "extremely frustrating" experience in a dream - lost all consciousness.

Symptoms and preliminary diagnosis:

Basic symptoms during the active phase were sleeplessness, meticulously sticking to a self-imposed schedule as well as terrifically overestimating one's own physical abilities. After the dream experience, the patient's condition has been marked by listlessness, psychomotor stoppages and an interpersonal retreat into his own shell. In addition, Dub suffers from feelings of inadequacy, which express themselves in his endless accusations of his own failure as a "high performance turtle". The dream has obviously rekindled feelings within the patient opposite which he is completely helpless - his only answer to them are his regressive patterns of behaviour. The performance expectations and the listlessness increase each other in a pathological circle, resulting in diminished self-esteem and an internalisation of guilt. The strong feeling of shame towards one's own lethargic and flaccid body is a clear sign of drive regression.

Behind the mask of retreat, an unconscious inner conflict seems to have been activated, taking up all of the turtle's energy. At the same time, in the psychodynamic of a melancholy grief for performances that were never (and probably will never) be reached, the unconscious wish to suppress perceiving the loss and the conflict it entails emotionally are revealed. Avoiding disappointment in this way reflects the fear of losing the feelings of love connected to the object.

I am sure that the patient will find the courage to re-discover the world outside his shell with your sensitive and motivating therapy. Only in this way can the internal destructive forces be transformed into creative, healing energy.

Yours respectfully,



Dr. Kindermann
(Head physician of the Psychiatry for Abused Cuddly Toys)