

Assignment 3: Case Study (2)

Irene's Journey Toward Connection and Growth

Irene is a 27-year-old female with a strong motivation to improve social functions and the quality of her life. She has faced many difficulties since childhood, which probably led to many challenges for her. In addition to puberty issues, she had to deal with alcohol abuse in the family, violence, inadequate living conditions, and her parents' separation. Her story begins in 1992. She grew up with her parents, older sister, and grandmother. Her father was an alcoholic and violent towards family members, especially the sister. The mother did not fulfill her maternal and household duties. The grandmother, who lived nearby, was very present in family life and took over the father's role. In addition, the family was in debt. In 2008, the parents divorced, and her mother went to work in Germany. The sister has a family of her own with three children. Although they were not fond of each other, their relations are quite correct now. Irene is the godmother of one of her sister's children. At that time, she declared herself an atheist, but now she is more of an agnostic. Her school years were particularly difficult. She faced her first issues with interpersonal relations as well as with learning. She was a mediocre student. She showed interest in the arts, and she won museum tickets once, but her mother did not allow her to go. She recalls this and the loss of her beloved piano toy (taken by her father) as unpleasant experiences from her childhood. In primary school, she did not establish many relationships with her peers, and it was only in middle school that she found company. She fell behind in school and was not promoted to the second grade. During her school years, she had an episode of drug abuse, which she regrets now. She took a year off and started high school, where she improved her grades and began to enjoy studying. At the age of 22, she got into technical school where she started to code. She has worked in many places, but never for long – including a bakery and an automotive shop. Currently, she is interested in developing her skills in the fields of art, music, and mathematics. She has started learning music production using a digital audio workstation. Over the years, she has not established any lasting, healthy relationships. She has a few friends with whom she does not feel comfortable, but she wants to get back in touch with them. She does not engage in sexual contact. Once, she wanted to get married, but she no longer feels such a need. Irene has relationship issues, but she is willing to work on improving in this area. She wants to open up.

Case study analysis questions:

1. According to Allport, does Irene have any cardinal trait(s)? If yes, what might it/they be?
2. From Allport, what are four central traits that Irene has?
3. From Allport's stages of development, what stage do you think Irene is at in the development of her proprium? Give two reasons to support this.
4. From Allport's values, which value seems to be most important to Irene at this time? Give two reasons as to why you think this.

5. From Cattell's source traits, what are three factors you think Irene is high on. Then select three factors she seems to be low on. What are three ways that these factors could be affecting her life?
6. If you needed to pick from the ENP, NEO-PI, or the HEXACO personality assessments, which one do you think would be best for Irene to take? Give 5 reasons for your selection.
7. Using Maslow's hierarchy of needs, to what extent are each of the needs being met in Irene's life (provide a sentence or two for each need)?
8. Provide a sentence or two describing how Irene is regarding her Competence, Autonomy, and Relatedness from Self-Determination Theory.
9. From Rogers, comment on how Irene acquired conditions of worth growing up and state where you think she is at in being a congruent vs. incongruent person.
10. What are three areas from Irene's life where self-insight would be most helpful.
11. According to Skinner, which schedule of reinforcement could Irene use to help keep her improving in music production? Give two reasons supporting this decision.
12. From chapter 12, what are three self-regulation strategies Irene could use to help with her relationship issues?
13. From chapter 13, apply the observational learning process to one of Irene's behaviors.
14. Discuss Irene's development of self-efficacy and pick two researched areas where improving her self-efficacy could be helpful.