

Multidimensional Assessment

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SWK 554-354 Spring 2020

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Taurino Calixto is an 83-year-old male that lives in Puebla Mexico with his wife Manu Calixto (80). Taurino was born on 04/2/1937 to mother Eli Lopez and father Albert Calixto. Taurino has 2 siblings, Rosa (84) and Milo (82) who also reside in Puebla Mexico. Taurino Calixto and his wife Manu have 3 children; Jose (66), Martha (53) and Lupe (45). One of them being my incredible mother, Martha. Taurino and his family practice the Catholic religion. Taurino and Manu are my lovely grandparents. This was very special being able to interview my grandfather Taurino for my multi-dimensional assessment and learning more about him in a more profound way.

Pregnancy

I asked Taurino my grandfather if he recalls his mother telling him about her pregnancy when she was carrying him. He replied that she would tell him and his billings little stories of her life. Taurino expressed that his mother Eli and father Alberto were very poor and did not have money to buy meat. His mother during pregnancy will only eat vegetables and lots of beans and tortillas because that was what she can afford. His mother and his father had a small piece of land where they grew corn, bananas, pitayas (fruit of several different cactus), spinach, lettuce, and water cress and papalo (poured leaf used in many Mexican dishes). This was also their form of income. They will sell these vegetables at the village market during the week and some weekends. Taurino shared that he does not think his mother was going to the doctor for any checkups during all her pregnancy, so there was no prenatal care. Taurino states that his mother would still ride her donkey in her early pregnancy stage to take her vegetables to the market and sell. Taurino says that his mother and father did not smoke or drink alcohol.

Birth

Taurino explained to me that in those times 1930's-1940's people from the village never went to the doctor when they were pregnant. The closest hospital was 4 hours away in central Puebla. Taurino also expressed that doctors were very expensive. Taurino says that his mother gave birth at home with help of the "partera" (the midwife of the village). The mid-wife will assist with the birth of the child and the placenta. In case the baby was breeched they would make home remedies like herd teas and have the mother to be walk up the dessert to dilate. If the baby has the umbilical cord around their neck they had the option of going to the hospital that is 4 hours away or calling the witch doctor to help them. Taurino and his family are from Aztec and Spanish descent. His parents grew up with many Aztec beliefs and traditions in which they did not believe in doctors or medicine. There were always herbs and things you can do for everything in life. Taurino's mother shared with him that she gave birth naturally to him and his siblings. There were no complications. She was helped by the village midwife for all her pregnancy. She was given an herb tea to help her calm her body before giving birth and was bathed in very hot water after birth so her body can relax.

Newborn

In Mexico, it is accustomed that after a woman gives birth they have to stay in bed 40 days and not do any heavy work. Taurino's mother's sister came to help his mother with house chores and making food for the family. These 40 days is for the mother to bond with the baby and to use as a recuperation period. Taurino has an older sibling in which his mother could not take the full 40-day recuperation period. Eli took a week of rest as she had to return to work to help her husband

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sell so they can feed their family. As a newborn Taurino did not spend the time bonding with his mother, the only bonding time he had was when she breastfed him.

Infancy

Taurino cannot recall his infancy but he explained that his mother was always working as was his father, they never spent family quality time. He assumes his mother will feed him on time. He explains that he does not think his mother would pick him up every time his cried because usually in Mexican culture they let babies cry by themselves so they would not be “spoiled” later on.

Biological

Taurino shared that biologically he believes he was meeting all his milestones. He has an older sibling that he would play with. Sitting up was not difficult for him as his mother would tie him with a scarf on a chair when he was 5 months. Taurino does not recall at what month he said his first word, ate solids, or crawled.

Psychological / Social

Taurino does not recall and psychological or social aspect during this time in his life.

Early and Middle Childhood

Biological

Taurino recalls from early childhood that his first solid food was little piece of tortilla, eggs and beans. In early and middle childhood, he remembers eating many vegetables that his parents grew in their little piece of land. Taurino and his siblings will have a piece of meat once a month, depending how his parents finances were. Sometimes they would have meat twice a month when his aunts would have extra chickens or beef. Beef was very rare to eat Taurino says. Besides his family living in poverty, Taurino says that he was no too skinny and did not look malnourished.

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He shared that his mother will not eat as long as her children were always fed three meals a day. It may not have been big portions, but they were always fed. Taurino says that at the age of 5 he and his brother and sister would climb the dessert and pick wild fruit to eat (pitaya). Nature that surrounded them was the form of keeping themselves nourished. Taurino at age 7 would help people around the village in which they would invite him to eat at their house. Taurino does not recall getting sick in his early childhood. He recalls getting hurt from falling, climbing trees and playing with his siblings and cousins.

Psychological

Early childhood for Taurino remembers it as very pleasant. He would play with his brother and sister and cousins. They would play with rocks, dirt, ropes. Taurino never went to school because his mother and father did not have the money for supplies. He never learned how to read and write in early and middle childhood. He explains that he was pushed to grow up faster than other children his age. He explains, when he was 6 he was helping his mother sell vegetables at the village market and he was helping her carry stuff back and forth. Taurino and his brother Milo will also help his father herd their goats and sheep. Milo and Taurino would sometimes go to the mountain alone to fulfill that duty. Taurino disclosed that there was domestic violence in his household. His father would hit his mother, when he would get angry at her for not selling all the vegetables at the market. Taurino and his siblings would stay quiet when this happened. He remembers feeling confused and feeling bad for his mother. To a point he thought it was normal since his cousins also told him that their father hit their mother as well.

Social

Taurino recalls being very shy growing up. He did not have many friends as his brother and sister would. He enjoyed spending time with his brother, sister and cousins. When he saw other children from the village he would play by himself. Taurino explained that he did not have time to make friends as he was helping his mother and father. The only time he would have fun would be playing with his siblings and cousin. He enjoyed going on walks by himself admiring the mountains and dessert. He always wanted to keep active. Taurino also learned how to play clarinet at this age. His father was a clarinet player for the village and Taurino learned to play from his father. Taurino says that his family did not go to church. They would pray at home and learn about God in their homes. The village had special place to pray to God and the Virgen de Guadalupe.

Adolescence**Biological**

At this stage, Taurino says he was already 5'8 at the age of 15. Throughout adolescence Taurino continued helping his mother sell vegetables at the market, at this stage he was now helping his father pick the vegetables from the field and planting them. He continued to be nourished from the vegetables from his parents field. He was also working on the side helping the village people with fixing things in their houses. He would at times get paid with money and sometimes he would get paid in food like vegetables, meat, bread and fruit in which he would bring back to his family. At the age of 16 Taurino met Manu, my grandmother at the village market. He would walk her home after they were finished selling their products. Taurino asked Manu to marry him three months after meeting.

Psychological

Taurino explains that in Mexico and it is the norm to get married at a very young age. He says he grew up faster than the children his age and he consider himself to be ready for marriage and children of his own since he has been always taking care of his famil. His environment in the village consisted of the same thing, when you reach the age of 15 you are now considered an adult in the Mexican culture he wasn't feeling scared, wasn't feeling afraid he was ready to take on a new task and start his life. Taurino lost his father and brother the year he married my grandmother Manu (17). They were murdered. He was now responsible for his mother, sister and wife. Taurino explains that he felt a lot of pressure to have his family survive that he did not thoroughly grieve the death of his father and his brother. Taurino teared because he loves his father, but his brother's death hurt him more because they were inseparable. He had to be strong for the women that were depending on him. Taurino and Manu welcomed their first child Jose during adolescence.

Social

Socially my grandfather continue to have a good relationship with his siblings but was now more independent as an adolescent he was now taking responsibility on helping his mother sell at the market his mother would not go with him anymore he would sell the vegetables by himself after he met my grandmother he felt more independent and decided to build a life with her. He continued to not have friends. He built a shack for his wife and child near his mother's house to continue to take care of her and his sister after his father and brother passed away.

Middle Adulthood**Biological**

Taurino recalls always being a strong man throughout his whole life. He took over her father's field and was always working hard sowing crops and harvest vegetables. He also took over the herds of sheep and goat and procreated them and sold them. Taurino does not recall having any serious health problems. He recalls that he would have occasional migraines. He believed it was because he was stressed out at time having to take care of everyone. He and his wife welcomed two daughters Martha and Lupe in middle adulthood.

Psychological

Taurino admits that he was stressed out during this stage and he regrets now not being able to deal with it. He admits that he also would hit his wife and children out of frustration. He says he did not give his children the best life emotionally, he was very overprotective and had many restrictions for his wife and daughters. He recalls wanting his daughters and wife have their hair a certain way if they did not he would pull them by the hair until they change it. Taurino believes this was a very tough stage to deal with. Taurino lost his mother at the age of 52 and he was devastated and felt like has lost everything, his mother, his father, his brother and his children who left to a new country.

Social

Taurino did not have a social life. He was always working and around his family. He was always very quiet and grumpy. His children all were sent to school, but they dropped out in middle school because Taurino could not afford supplies anymore. He learned how to read and write from his children. His children left Taurino and Manu and came to the United States when they were teenagers. They would call their mother every day and will occasionally check up on their

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father. Taurino never had friends and was always better when he was alone. Financially Taurino was helped by his wife who their kids would send her money for food and necessities.

Late Adulthood

Biological

At the age of 83 years old, Taurino remains a very health man with no underlying medical problems.

Psychological

Reflecting on his life, Taurino says he regrets many things especially how he treated his wife and children. If he could go back he would re do it. His children forgave him throughout the years which made Taurino feel better but still guilty. Deep down he acknowledges that all he wanted was to provide for his family. As the years passed he was happier as he developed a good relationship with his wife, met his grandchildren. He has grandchildren one of them shares his musical talent and he enjoys playing clarinet with her. "Her" being me! Taurino is very content with his life as he feels very loved by his children and grandchildren.

Social

Taurino and Manu continue to reside in Puebla Mexico. Their children built them a home in the village. They are no longer working. However, Taurino and his wife love exploring the dessert and growing different fruit and vegetable. They also own chickens, turkeys, sheep, goats, and pigs. Taurino and Manu are having a VISA to visit the United States and see their children and grandchildren. They are even great grandparents to 2 little boys. They are happy for their

children and grandchildren. Taurino says that they day that leaves this earth he will be satisfied that he did his job on earth and had a very happy ending.

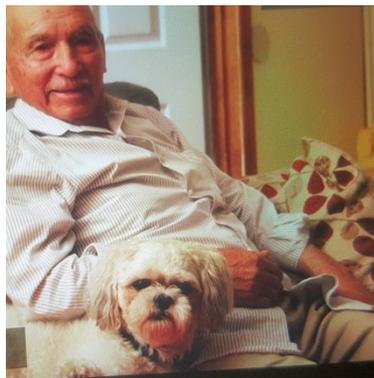
Erickson and the Attachment Theory

Trust vs. mistrust is the first stage in Erik Erikson's theory of psychosocial development. This stage begins at birth continues to approximately 18 months of age. During this stage, the infant is uncertain about the world in which they live and looks towards their primary caregiver for stability and consistency of care. From the interview questions and knowing my grandfather I know that he did not achieve this stage and did not form attachment with his mother. Culture plays a big role in the development of children. Attachment is a deep and enduring emotional bond that connects one person to another across time and space (Ainsworth, 1973; Bowlby, 1969). I believe as an infant my grandfather was probably attached to his mother because she was his sense of security because she would breast feed him, but she was not attached to him as they were living to survive. My grandfather was not affectionate to his wife or his children and of course it was learned behavior and a result of his upbringing. I believe that my grandfather experienced complex trauma which was being exposed to a stressful event like poverty and domestic violence. There was no safety net of a secure attachment relationship. After this assessment I observed that my grandfather struggled with feelings of low self-worth and challenges with emotional regulation. It could be a possibility that he has depression and anxiety during middle adulthood which caused him to act out and hit his wife and children Childhood experiences are the groundwork and foundation for what will be our general attachment style throughout our lives, how we bond with another people in which my grandfather was very antisocial and never had friends. I believe the best attachment theory that best attachment style that fits my grandfather would be Dismissive-avoidant attachment also referred to as "insecure-

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avoidant,” children usually develop this attachment style when their primary caregivers are not responsive to or are even rejecting of their needs (Ogden& Fisher,2015) His mother was not very attentive to him and his siblings. She was focused on surviving. This caused him to pull away emotionally as a way to avoid feelings of rejection. This affected him in adulthood he became uncomfortable with emotional openness and may even deny to themselves their need for intimate relationships. Which caused him to be anti- social and very cold to his family. Children that experience this place high value on independence and autonomy and develop techniques to reduce feelings of being overwhelmed and defend themselves from a perceived threat to their “independence.” These techniques include but are not limited to shutting down; not saying “I love you” even though their behaviors indicate that they do (i.e., mixed messages); keeping secrets to maintain some semblance of independence. These coping techniques end up becoming detrimental to their adult relationships (Ogden& Fisher,2015).

To this day, it is very difficult for my grandfather to show emotions and affection. We do our part to show him affection and even if he does not show affection back we are ok with it and we continue to do it because he does not mind or does not say no, so deep down we know he wants affection. This interview was very interesting, and it was a pleasure to interview my grandfather and get to know him at a different level. This showed me how crucial childhood experiences are and how it can affect the adult you’ve become.



References

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