

Psych 444

Week 1 Assignment

Question 2

I think Stan has gone through a lot both in his childhood as well as his adolescence and into adulthood. From the information that was shared, Stan comes from a family where he is the third of four children, and he grew up with both his parents at home. Stan described his parents' relationship briefly but mentioned that they should've separated. He is specific about his father being non-verbal or responsive whenever his mother spoke negatively towards him. Stan described his parents as not having mutual respect for each other by mentioning that they would often yell and his father did not have any respect for himself. Stan was open about how his mother would also treat him the same way she treated his father and would compare him to his older siblings who he described as "perfect." Stan mentioned that he didn't grow up having conversations about sex and struggled in his relationships with women. Stan implies that he is insecure and worries about what other people think of him. He has also expressed that he would prefer not being around because of his insecurities and failures in life. In the autobiography he wrote for his psychology class, he was very open about what has gone on in his life and we can gather that he has experienced many challenges. Stan mentioned that he also struggles with drinking and had experience with substances when he was in high school. Stan was married for a short period of time and described his wife as verbally abusive which draws a pattern between his mother and his wife. Stan is insecure about his relationships with women as well which can come from his strained relationship with his mother. Stan has admitted to being depressed and feels like a failure. Stan wants to feel a sense of belonging however struggles to communicate

and relate to others. He is open about having a few friends but does not go into detail. Stan expresses that he wants to be free from himself and wants to work on his confidence. Stan is open about wanting a better future for himself and would want to work with youth. He briefly speaks about his supervisor while he was a counselor at a youth camp and how he had an impact on him. He speaks positively of him and mentions that he motivated him to go to college and helped him find employment. We can see this person as someone who is of positive influence to Stan seeing how he does not have much of these kinds of people around him currently or at home. Stan admits that he is the only one who is in control of his life and what he does with it and is realistic with where he is now and why. He owns up to his failures and wants to make changes to better himself. I personally think that with all of the information that I learned about Stan, he needs a good support system and is a product of his upbringing. Many of his insecurities whether it's with women or people come from the disfunction he experienced at home with the only adults he knew to learn from; his parents. Stan's parents were not supportive of him and might have made him feel like he was a huge failure despite any of his efforts. It must have been extremely difficult for Stan to constantly be compared to his siblings and experience that level of frustration. Sometimes family can be your heaviest weight. Stan should start dealing with his issues of insecurity, his depression and his lack of belonging. It can be challenging to pinpoint where the issues continued to stem from within his home but he should continue to dig deeper, possibly think of memories or moments in his life that he remembers were the most difficult to deal with. I would want to counsel Stan by asking him questions about how he felt about things he would begin to express about, maybe ask him to go back in time and describe the environment he was in if he remembers how things looked like and what were the exact words used if he remembers. I would first ask Stan about his suicidal ideation and if he has thought about doing

this constantly or if he has tried to act on anything. Regarding the spiritual, Stan is also dealing with many personal battles including depression addiction and living in the flesh. Nobody is susceptible to a sinful nature but, we can use the tools we have been given to tackle problem areas from within. I think it is going to take Stan sometime to find the right therapy method to fit his need. He does have a lot to offer and has dreams and aspirations of his own he can still accomplish if he really sets his mind to wanting to permanently change. I respect that Sam doesn't play the victim, but admits that he has a problem that needs helping.