

Multidimensional Assessment

I interviewed Christopher regarding each stage of development and shared the information he felt comfortable to share in the manner he wanted to answer. Christopher was asked to give an overview of what he thought about each stage of his life and if he had a story, he would like to share he could give it at that point to give a better understanding of his experience in that stage. Christopher answers was often theoretical in response while giving a slight glimpse and to each stage without directly answering the question or revealing any real experience.

Christopher is a 53-year-old African American male, divorced with two adult daughters and one older (by 9 minutes) fraternal twin brother. Christopher is employed as a social worker (LMSW) with health and hospitals, and therapist for over 20 years. Christopher currently resides alone within Brooklyn, NY and considers himself to be a social individual with ongoing family and friend support although at times. Christopher has indicated his desire to remain introverted. Christopher identifies as a spiritual person with a strong connection to God that involves daily prayer and meditation. Christopher considers himself to be family oriented and close to his brother and adult children. (His parents are deceased and enjoyed a good relationship with them)

Early/Middle Childhood (ages 3-5/6-12)

Biological Factors - describe relevant biological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Biological factors during these specific age ranges include learning to develop appropriate emotions towards others as well as situations that arise; learning the factors

involving one's body along with engaging with others appropriately as to identify with life's cultures and societal norms. Factors involving theoretical knowledge can consist of learning during this age range through observation and emulation of various individuals who Christopher has closely identified with. It should be noted that Christopher spent a great deal of his youth during these age ranges with his mother although sporadically with his father primarily through bi-weekly interactions within his father's household. During his interaction with his father, Christopher witnessed alternate socialization between his father and his friends which presented as opposite of his interaction with his mother and brother, potentially in a detrimental way.

Psychological Factor - describe relevant psychological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Psychological factors during these respective time frame include one's adaptation to respective societal rules as dictated by family members via various generations (ex: mother, father, grandparents, etc.) with the theoretical knowledge consisting of Christopher's limited ability to both identify and determine different ways to establish knowledge of differences in providing information and engaging with others with both his mother and father. This is to say that with Christopher's mother, who presented as strict and somewhat religious based, his father was more freewheeling with adherence to establishing rules while also surrounding "Christopher" with individuals with whom it may be construed as lacking a positive influence.

Social Factors - describe relevant social factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Social factors during these age ranges consist of inability to act appropriately with peers and siblings, lack of adherence of societal norms and theoretical knowledge involving this area includes the following: Christopher's inability to fully engage with others within his age range due to his mother's belief to limit interactions with his peers as it may deter him from adhering to her respective rules. Whereas with his interaction with his father, as indicated earlier, structure and interaction with others who may be perceived is morally questionable, Christopher was a witness to respective behaviors with which his mother would not approve of.

Spiritual Factors - describe relevant spiritual factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Spiritual factors experienced during this stage include uncertainty with one's own definition and acknowledgment of various religions as well as conforming to families' definition of their religion. Theoretical knowledge that could be utilized includes Christopher's family and their attempts to incorporate religion into his life through weekly church visits, engagement with extended family members and friends who are ingrained within various religious based settings and utilization of the "family bible" to justify extension of behaviors that Christopher needs to follow to keep him "on the right track".

Summary - summarize the developmental strengths and weaknesses during childhood:

The developmental strengths that Christopher exhibited during childhood includes but not limited to his strong ability to identify situations as they occurred, his ability to

view the differences regarding parenting between his mother and father. Another strength consisted of his strong bond with his brother, who while somewhat delayed in some cognitive areas, worked together as a cohesive unit to protect each other while also advocating for each other's needs as situations arose.

Weaknesses during this specific time frame consist mainly of Christopher being somewhat torn and confused with adaptation of different rules within respective households of both mother and father. Another added weakness was Christopher's willingness to protect his father through not providing information to his mother with whom would have concerns about his father's behaviors that while Christopher didn't think so, would potentially jeopardize his safety while in his father's care.

Interventions and actions needed to support the family function in this dimension.

Different types of parenting styles can often affect the child in this stage. The parents evaluate their own beliefs and relationship towards raising children to ensure there is no confusion on the child part.

Adolescence Early/Middle/Late/ Emerging Adulthood (age 13-22)

Biological Factors - describe relevant biological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Biological factors during this age range include becoming aware of changes in physical development, including adhering to an appropriate diet, exercise, need for sleep and keeping his parents aware of respective ailments that may occur. (Note: Christopher was previously diagnosed with asthma at a young age but eventually grew out of it) Factors involving theoretical knowledge can consist of continuing to become educated in these respective factors

while also noticing the importance of vocalizing any changes that he may not been able to comprehend via discussion with family along with medical provider. During this time, his interaction with his mother increased whereas his relationship with his father became more and more sporadic due in part to his father's interaction with a new relationship and interaction with other children not biologically his in nature.

Psychological Factor - describe relevant psychological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Psychological factors during this respective time frame include Christopher's ongoing adaptation to respective societal rules as dictated by family members via various generations (ex: mother, father, grandparents, etc.) and now with individuals (ex: friends, associates, etc.) outside the home. Christopher's attempts to balance this interaction were somewhat hindered due to conflicts he encouraged, specifically with those individuals outside the home with whom clashed morally with his mother and brother's beliefs. The theoretical knowledge consisted of Christopher's ability (or lack of) to both identify and establish appropriate boundary issues regarding his need to both maintain loyalty to his family dynamic while also feeling a need to belong with individuals outside the family structure who upon reflection were detrimental to his overall well-being.

Social Factors - describe relevant social factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Social factors during this specific age range consist of Christopher's ability to maintain his social standing with others (ex.: friends, associates, etc.) while also remaining true to his upbringing instilled by his parents, specifically his mother with whom he had a strong bond

with. Relating to the theoretical knowledge in this area, Christopher's continuing inability to fully differentiate the importance of utilizing boundaries with those individuals (family and friend related) who would incorporate into behaviors that would go against the norms instilled in him via his mother and other family members.

Spiritual Factors - describe relevant spiritual factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Spiritual factors experienced during this stage include his continuing uncertainty with one's own definition and acknowledgment of various religions. During this time frame, Christopher began to inquire about one specific religion (Islam) including the structure and discipline associated with this religion. Relating to his family's religion, Islam was dismissed, and Christopher was torn between honoring his families' wishes while also intrigued by this respective religion. Theoretical knowledge that could be utilized includes Christopher's family and their attempts to continue to incorporate "their" religion into his life while also minimizing his interest in Islam. While this was done in a discreet manner, Christopher was eventually able to understand his role in believing what was strong for him while also respecting the views of his family members.

Summary - summarize the developmental strengths and weaknesses during adolescence.

The developmental strengths that Christopher exhibited during this phase of his life includes but not limited to his ongoing ability to continue to identify situations as they occur, with an emphasis on being able to effectively (and clearly) view the respective differences regarding his ability to extend himself to grow on his social support while also maintaining a

bond with his family members, in particular his mother with whom he continued to extend and strengthen this bond.

Weaknesses during this specific time frame consist mainly of Christopher being unable to adhere to societal norms, due primarily to his ongoing interaction with peers within the community with whom did not comply with norms presented by his mother and other family members. Christopher at times, was dismissive of the ideology presented by his mother and other family members and was easily led by others with whom and upon reflection did not have Christopher's well-being at heart.

Interventions and actions needed to support the family function in this dimension.

Educating Christopher at this stage regarding healthy eating and best diet habits. Teaching the parents to best support Christopher nutrition in this stage. Helping Christopher with a strategy to get enough sleep. Christopher will learn independent living skills and ways to communicate with peers in a social setting.

Emerging/ Young Adulthood (ages 23-39)

Biological Factors - describe relevant biological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Biological factors during this age range includes acknowledgment of existing physical status and limitations in development, due in part to not adhering to various factors including appropriate diet, inconsistencies with regular exercise, lack of sleep and increase in medical ailments and lack of medical follow up. Factors involving theoretical knowledge can consist of ongoing education with regards to these respective factors while also Christopher being able to acknowledge the importance of identifying within his biological factor.

Psychological Factor - describe relevant psychological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Psychological factors during these respective time frame consist of acknowledgment and awareness of respective societal rules dictated by both family members and society in general. Relating to the theoretical knowledge, it consists of Christopher's ongoing ability to identify as well as determine various ways and methods to establish knowledge of differences in providing information and engaging with others with both his parents along with other individuals engaged with Christopher's social support.

Social Factors - describe relevant social factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Social factors during this specific age range consist of Christopher's ability to continue to develop (and maintain) his presently existing social standing with others (i.e.: friends, associates, colleagues, etc.) while also adhering to standards instilled by his parents, specifically his mother with whom he continues to maintain a positive relationship. Relating to the theoretical knowledge in this area, Christopher's ability to fully differentiate the importance of utilizing boundaries with individuals (family, friends, etc.) who could potentially go against the norms instilled in him via his mother and other family members.

Spiritual Factors - describe relevant spiritual factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

Spiritual factors experienced during this stage include his development and understanding of spiritual endeavor. During this time frame, Christopher has been able to decide on religious/ spiritual understanding which among other factors, has provided

Christopher with a genuine understanding and acceptance of his relationship with God.

Theoretical knowledge that could be utilized includes Christopher's family realizing their attempts to continue to incorporate their religious beliefs have been rejected by Christopher and has at some point, his family has gained an awareness of Christopher's acceptance of his spiritual beliefs.

Summary - summarize the developmental strengths and weaknesses during young adulthood.

The developmental strengths that Christopher exhibited during this phase of his life includes his ability to both identify and acknowledge situations as they occur, with the goal of Christopher being able to view the continuing differences relating to his ability to extend himself to grow on his social support while also maintaining a bond with his family members, in particular his mother and brother with whom he continues to extend and strengthen this bond.

Weaknesses during this specific time frame consist mainly of Christopher questioning societal norms, continuing to engage with individuals within the community who at times do not comply with norms instilled via his upbringing by his mother and other family members. Christopher at times, continued to be somewhat dismissive of the ideology presented by his mother and other family members and at times was able to be easily led astray by others with whom and upon reflection did not have Christopher's well-being at heart.

Interventions and actions needed to support the family function in this dimension.

Social worker assisting Christopher through achieve the career goals he has set for himself. Social worker will help with life decisions that can better assist Christopher and identifying who he Based on religion, politics, while establishing possible intimate relationships

Middle Adulthood (ages 40-59)

Biological Factors - describe relevant biological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

The biological factors experienced during this respective stage include but not limited to physical deterioration due to medical status, limitations in cognitive functioning due to decrease in cognitive related skills and limited interaction with others due to limited social interaction due to family and employment endeavors. The theoretical knowledge that can be useful this specific factor can be attributed to

Psychological Factor - describe relevant psychological factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

The psychological factors experienced during this stage includes limitation of one's personality through life-based stressors, (i.e.: death, divorce, loss of employment, trauma-based incidents, etc.) which has caused him to reassess choices made in life up to this point in time. The theoretical knowledge that can be useful consists of

Social Factors - describe relevant social factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

The social factors experienced via this stage consists of the following: "Christopher's" ability to develop (and maintain) his presently existing social standing with others (i.e.: friends, associates, colleagues, etc.) while also acknowledging those who can be considered true friends and those whose friendships "Christopher" doesn't take as being sincere and genuine. (Note: "Christopher tends to classify all his interaction with others into five categories: Associates, Acquaintances, Colleagues, Friends and Family) Relating to the theoretical knowledge in this

area, “Christopher’s” ability to engage with others in his life while also determining the importance of those he chooses to rely on while also continuing to maintain the importance of establishing (and maintaining) boundaries with these individuals (family, friends, etc.) who serve a purpose in “Christopher’s life.

Spiritual Factors - describe relevant spiritual factors experienced during this stage and what theoretical knowledge could be useful to explain such factors.

The spiritual factors experienced during this stage includes determination of specific belief about one’s religion, including discernment of various family history of different religions, (i.e.: Christianity, Islam, Presbyterian, etc.) along with determination of positives engaged with Spirituality, such as non-necessity of adhering to specific religions to gain a better understanding of God. Factors involving theoretical knowledge include but not limited to

Summary - summarize the strengths and weaknesses during middle adulthood.

Christopher strengths include the ability to acknowledge strong family support through Christopher’s mother (and limited through father), the ability to adapt to environment growing up “fight or flight”. Christopher established knowledge (and awareness) of caring for others through observation of mother’s ability to impact others (family, friends, colleagues, etc.) in a positive manner.

Christopher weaknesses include to the need to establish trust with others (specifically within a social standpoint), communicating (and listening) with others appropriately and the lack of male role models on a consistent basis.

Other factors associated with Christopher include but not limited to physical ailments (diabetes) due to previously poor diet, lack of availability to foods and services promoting

positive health, sleeping arrangement, (lack of sleep due to employment schedule and family commitments) environmental factors (being raised in disruptive environments with lack of appropriate medical care and social support outside of family arrangements) Areas involving psychological factors include initial issues of trust with close individuals, lack of communicating with others appropriately and honestly, lack of adhering to moral standards in society, engaging with others with questionable moral and social standards and initial beliefs that only one opinion mattered. Social factors consisted of lack of social support and lack of cultivating support with others on a consistent and realistic basis. Spiritual factors consist of family history of utilizing multiple religions, (i.e.: Baptist, Methodist, Christian, etc.) with limited acceptance of respective religions and eventual acceptance of “spiritual” status and belief in God without adhering to any specific religion.

Interventions and actions needed to support the family function in this dimension.

Social workers can support Christopher with scheduling year medical appointments and assisting with getting age-appropriate testing for cancer and any other diseases. SW can work with Christopher to improve his diet to avoid any other pending medical concerns. SW can work with Christopher to forgive those from his past that he feels did not support him enough in different life span dimensions.

In conclusion Christopher was helpful in doing the multidimensional stages of development in a life span. Christopher was able to answer the questions for each stage without revealing any direct experience he had in each stage. Christopher admitted that he was a private person, but willing to participate. I wrote his response as he presented it while being interviewed. I was able to gather the needed information from him to further suggest

intervention for each stage as a social worker recommending intervention along with any additional support to Christopher.

Reference

Ashford José B., LeCroy, C. W., & Williams, L. R. (2018). *Human behavior in the social environment: A multidimensional perspective*. Cengage Learning.