

Multidimensional Assessment Paper

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Introduction

I interviewed Megan Coppola, the owner of the coffee shop that I work at. Megan is 40 years old, married to Christian Coppola and together, they have three children from ages 6-13. I chose to interview Megan because I had a sense of her home life and the fact that she has become extremely successful regardless of the difficulties in her life. Megan spent most of the interview speaking about her family and the issues she has had with her father. Many of the concerns she shared about her relationship with her father led to the success she has had in raising her children. She was able to take the issues she dealt with earlier in life and work through them to become healthy and successful.

Early Childhood

Biological

Megan was born in Staten Island, New York and even though her mother was unwilling to speak about any personal, physical issues, Megan remembers her two younger sisters being born. From the ordeal of her younger sisters being born, she remembers that her mother had problems during the pregnancy of her youngest sister. Megan also remembers a conversation with her mother, her mother shared that she thought Megan would be her only child due to how difficult it was to get pregnant. Growing up however, she did not have any significant biological problems facing her. When speaking with Megan, she did recall a few trips to the emergency room as a result of playing outside with friends that led to fractured bones and lacerations that required stitches.

Psychological

In the psychological realm, Megan recalled feelings of unrest and inadequacy. Although this is a theme throughout her lifetime, these feelings started in this life stage. These feelings

came from her father having extremely high expectations with extremely low warmth and follow through. These feelings grew and Megan began to have a hard time believing that she was not capable. Megan also recalled the fact that her father had mood swings and she did not know what environment she would be walking into. The environment of the family was consistently dictated by her father's emotional state.

Social

Megan was very social as a child and recalled days spent outside with friends from down the block. She would fill her time after school by being outside with neighbors, friends and family. Her sisters also had a large impact on her social life. Since the three sisters were very close in age, they also had a large overlap with their friend groups and social circles. Megan had a large social circle including friends, family, classmates and neighbors.

Spiritual

Megan's family would attend church every Sunday. Megan would recall that although they were in Church very often, the lifestyle of the family did not match that of a religious family. Megan did start her relationship with religion during this life stage, this is also when her struggle with hypocrisy and faith began. At this stage, she viewed attending Church as a chore and did it out of necessity rather than with excitement and anticipation.

Risk and Protective Factors

One of the risk factors that impacted Megan in this stage was that her family was unwilling to have open and honest communication with her. This led to a lack of support and knowledge that, at this stage, primarily comes from the parents. A protective factor however, is that she had a strong level of social support. During this stage as well, peers have a strong level

of influence and became a protective factor as she began to navigate difficult biological situations that required third party support.

Theories

In this stage, Erik Erikson's theory claims that these individuals are in the stage of autonomy versus doubt as well as initiative versus guilt. In this stage of life, Megan early was not able to develop a sense of individuality and began to develop feelings of shame and self-doubt. Additionally, in this stage, initiative versus guilt, encouragement and praise are necessary and crucial in order to develop a healthy sense of initiative. Although she was able to develop physically well, she was emotionally unable to develop initiative as a result of her seemingly domineering father. (Ashford et al., 2018)

Interventions

At this stage of life, the most important intervention would be to focus on the support she could receive from her peers. Since she was not receiving support from her parents, this could lead to an exploration in order to find answers that could be detrimental to her health and well-being. The most important intervention would be the psychological strength in order to not allow it to confound as she grows older.

Middle Childhood

Biological

As Megan reflected on the biological aspects of her middle childhood, she reflected fondly on the fact that her mother and father brought the daughters to regular doctor's checkups. Megan's parents had a continuous interest in the physical health and well-being of the children. Megan did have a few memories in which she had medical issues such as colds or abrasions from the school yard or outside that required intervention. Sports and games are typical of this age and

can lead to these physical hazards. Her parents were always willing to provide the medical attention needed to address these concerns.

Psychological

In this stage, Megan was taking on an increased social responsibility with her younger siblings as well as a protector for her friends on the playground and in the neighborhood. Megan recalled a time in which she was in school and got in trouble for passing notes. She recalled that even though it was not her passing notes, she was quick to take the punishment from the Nuns in her catholic school. Megan also had concerns with self-worth as she was dealing with problems with her father and feelings of inadequacy.

Social

In this stage of life, peer groups are very important and lead to a great deal of influence and socialization. (Ashford et al., 2018) In the story Megan shared that pertained to passing notes and taking the blame, she was also using peer influence for a more concrete social circle. In this stage, Megan was also dealing with school influences. As a punishment for passing notes, Megan was required to write, "I will not pass notes" over and over again until the Nun decided she had learned her lesson. This school influence taught Megan was right and wrong in ways to act towards others.

Spiritual

In this stage, similar to the one prior, Megan's family would all go to church on Sundays. The feeling of church being a chore is the same in this stage as well. She felt as if her family was expected to put on a show when they went to church. At this stage, Megan again felt that religious people were hypocritical. She recalled that the ways people acted on Sunday morning

were in direct conflict with how they would act during the week. These feelings were now being directed to the people around her, not only her family.

Risk and Protective Factors

A protective factor in this stage was the fact that she had strong friendships and a strong social circle she could rely on. A risk factor in this stage was the fact that there was no emotional support in schools from the staff that would lead to low levels of academic performance. Another protective factor in this stage would be the fact that Megan's parents were invested in her physical wellbeing.

Theories

Pomerantz and Rudolph researched the theory that emotional distress can distort how children see themselves. They found that distressed children tended to blame themselves for their failures. This was a "hallmark of learned helplessness". With learned helplessness, Megan began to doubt her ability, attribution for success, attribution for failure and reactions to failure. All of these attributes led to issues in later life since they were never dealt with earlier.(Ashford et al., 2018) Lacking an emotional component in school led to feelings of inadequacy that led to feelings of doubt when she was starting her business and dealing with failures and successes.

Interventions

An intervention I would focus on in this stage would be the lack of emotional support in Megan's life. Megan's family was there for her physically, but were emotionally distant. This was also a problem with her authority at school. At school, there was an extreme level of discipline, but a low level of emotional support when it came to any issues the students were facing.

Adolescence

Biological

During adolescence, Megan's menstrual cramps became increasingly worse and required intervention with medication for the pain. In this stage of life, the pain caused Megan to miss multiple days of school and went through multiple screenings and scans to determine the pain. Eventually, Megan was diagnosed with PCOS in which the cysts were creating unbearable pain and stress of further medical issues. In this stage, Megan also described a pain in her knee that started. Megan attempted to manage the pain on her own, but eventually this pain became unbearable and she sought out medical intervention. Megan described that her knee would pop out of place frequently both when she was physical and when she was not. This knee pain caused limitations of mobility and ability. After dedicated physical therapy, she began to manage the pain, but still struggles with the pain to this day.

Psychological

In this stage of life, Megan was trying to find her identity. In this stage of life, Megan's mother was going through a hip surgery and Megan was there daily, caring for her and providing physical and emotional care. However, due to the father's controlling personality, Megan felt that he convinced her mother she was never at the home. This negatively impacted Megan's identity. Prior to this altercation, Megan held family extremely close and was one of her strong values, however, she now felt insignificant and worthless. In this stage, Megan began to struggle with self worth and seeking an identity independent of her family.

Social

Adolescents also struggle with control and autonomy with their parent-adolescent relationships.(Ashford et al., 2018) Similarly to the story prior, Megan had an extremely drought

relationship with her parents. The nurturing aspect of the parent-adolescent relationship was absent in this stage of life. Megan recalled that her father was consistently targeting someone in the family. She also recalled that due to this, there was a dissension within the family. The sisters were pitted against each other and Megan never felt that there was fair punishment in the family as well as a lack of support from the family. Anything shared with her parents would lead to severe punishment or would be used to compare the sisters skills and abilities.

Spiritual

In adolescence, Megan was given more freedom to choose what she wanted to do. During this time, Megan did not attend church as frequently, but felt she had a better relationship with God. This was the time in which she had the best relationship with religion as well as the best outlook on others. She had a passion for Christ and was able to feel a true connection to God. She was able to easily forgive others as well as share connections with others in her church community. However, these feelings did not last and she was not able to hold onto this passion for very long.

Risk and Protective Factors

One of the risk factors in this stage would be the fact that she was dealing with extreme physical issues that were impeding on her daily life. Another risk factor is the fact that her family was causing problems with her identity as well as her autonomy and control in her life. However, the protective factors in this stage were the fact that she had established an extremely strong relationship with Christ and a religious community that could support her. Another protective factor is the fact that she was willing to seek adequate medical care for the physical problems in her life.

Theories

In adolescence, it is important for individuals to realize that they cannot be the best at everything and cannot win at everything nor get the top grades in everything. Research has shown that adolescents must learn to come to terms with the ups and downs yet still work for greater balance and perspective.(Ashford et al., 2018) In the psychological and social realm, Megan was pressured into being the best. She was expected to be a perfect daughter as well as being successful in all aspects of her personal and educational life.

Interventions

An intervention I would focus on first would be her PCOS and adequately managing the pain for this ailment. I would also try to conduct a family session in order to help her regain some level of control over her life as well as the lack of intimacy and closeness in this family. I would also work with Megan in order to establish a better sense of self-esteem and self-worth.

Emerging and Young Adulthood

Biological

In this stage of life, Megan gave birth to her three children. In this stage, she dealt with the biological changes that came from having a child. Megan's pregnancies brought extreme morning sickness as well as high blood pressure and extreme lower back pain. Once Megan's children were born, she was tired and burnt out which led to other physical problems as well as exacerbated others that she was previously struggling with.

Psychological

At this time, Megan met her soon to be husband. In this stage, individuals are searching for intimacy, love and their beliefs about love. Due to Megan's fathers problematic style of love, she was determined to find someone different from her father and end the cycle of abuse. Megan felt that she had an unhealthy view on love and needed to figure out these feelings prior to

entering a relationship. She worked with her boyfriend and current husband to create a loving and caring relationship. Megan knew that love was more than the absence of loneliness, but also knew that in order to be truly in love, she needed all aspects of love rather than what she had grown up experiencing.

Social

In this life stage, Megan started and maintained a small business that was extremely successful. She had the opportunity to create a very profitable business prior to her children being born. However, her children were also born in this stage of life and she was faced with the feeling of being torn between her career and her children. Megan recalled that she often felt like there was not enough time in the day to deal with the things she had to deal with. She is often torn between the store and responsibilities she has to her children.

Spiritual

Megan's husband is an extremely religious man and Megan feels that she is now going to church in order to appease her husband and keep the peace between them. Although this is not a problem in the marriage, Megan feels a responsibility to also attend church as a family. She recalled that there was a Sunday in which one of their children was sick. The husband suggested that she stay home with their daughter. Megan felt relieved and then instantly felt regret for feelings relieved that she did not "have to" go to church.

Risk and Protective Factors

One of the risk factors in this stage was the fact that Megan was dealing with physical complications for pregnancy as well as her perpetuating health issues. Another risk factor is the fact that she was dealing with her perceptions of love as she was finding her husband. A protective factor in this stage was the fact that she and Christian were willing to work through

their relational problems in order to build a healthy relationship. Megan recalled that having Christian in her life during this stage was one of the main reasons she was able to handle the issues facing her with her family as well as her career.

Theories

Sternberg's triangular theory of love helps bring light to the issues Megan was struggling with in this stage. This theory includes three components of love, intimacy, passion and commitment. In this theory, the level of each component would indicate what kind of relationship the individuals were having. For example, her and Christian have a consummate love in which all components are more or less evenly distributed. Megan reflected that in this stage, she was looking mostly for romantic love which is intimacy and passion, without the commitment. However, when she and Christian were able to experience consummate love, they were able to realize the strengths of this love. (Ashford et al., 2018)

Interventions

One of the interventions I would focus on with Megan in this stage would be helping Megan to understand love and the importance of having a healthy relationship in all aspects of life, not just with her husband. Another intervention would be speaking to Megan about her priorities in life and working towards a healthy balance between being a mother as well as having a successful career.

Middle Adulthood

Megan has only just entered this stage as has many of the same issues that she had in the previous stage. Keeping this in mind, this section will be future thinking as well as current complications and supports that have impacted Megan.

Biological

In this stage, Megan is still dealing with physical pain in her knee as well as problems pertaining to her PCOS. Megan is also having concerns pertaining to her physical fitness. Her physical fitness is a concern due to both time as well as commitment level with all of the other dedications she has in life.

Psychological

Although this stage has only just started for Megan, she indicated that she has started to reconnect with her husband, Chrstian and is looking forward to enjoying new opportunities as the children grow older to reconnect with one another. Megan also recalled that her memory is starting to get much worse. Although she attributes this to her dependency on her phone, she does recall that she has problems keeping up with her schedules as well as her commitments. Megan also recalled that she is able to rely on her experience in this stage in order to be successful with her business and feel more confident in her abilities.

Social

As Megan enters into this stage, she also spoke about her concern with social roles. She is dealing with running a small business as well as raising children, volunteering with multiple agencies as well as maintaining her social circle. Megan is still friends with multiple other adults from her earlier life and has multiple reliable employees to help her run her business.

Spiritual

Similarly to the previous stage, Megan recalled that her relationship with religion is extremely complicated and she is working hard to reconnect with her religion. She also wants her children to have a strong faith and knows that her children will be better off with this support.

Risk and Protective Factors

The risk factors present in this stage of life would be the lack of physical fitness as well as her sustained problems with her PCOS. Another risk factor would be her multiple social roles and the pull she feels from all of them as well as her problems with memory. A protective factor is the fact that her and her husband have an extremely strong relationship as well as her social support systems.

Theories

Crystallized intelligence is the fact that individuals can rely on skills they have learned thus far in life in order to be successful. Megan recalled that one of her greatest skills in life is problem solving and communication because she has been using these skills for so long. She also claimed that rational thinking was a skill she began to rely on more recently as she felt she could now think ten steps ahead and see how certain decisions would impact her later in life. Megan also claimed that these skills have grown and become more reliable as she ages. (Ashford et al., 2018)

Interventions

An intervention in this stage would be to work through practical skills with her on how to manage her time as well as memory activities. I would use practical steps in order to help her manage her schedule. I would suggest either an app on her phone with reminders or even calendars for her family that could keep the whole family's schedule in one place. I would also focus on managing her PCOS since she has claimed she is not going to have more children.

Conclusion

Megan Coppola has created a beautiful life. She recalled that the thing she was the most proud of were her kids. In this interview, she was able to focus on her strengths and the things that allowed her to work through the challenges she had in her life. Although there were issues in

her earlier life that could have benefited from an intervention, she was able to work hard to achieve her goals. Megan was able to overcome challenges with her resilience and determination.

References

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ISBN: 978-1-305-86030-8