

Multidimensional Assessment Paper

Pastor Johnson Germain

Jessica Hernandez

Alliance University

Human Behavior Social Environment II

Multidimensional Assessment Paper

Professor Tricia Philbert

April 26th, 2023

Abstract

In this paper, I will utilize the multidimensional approach to examine the life stages from Middle childhood until late adulthood. I will use Erik Erickson's

Psychosocial stages and methods to explore the life of Johnson Germain. Erik Erikson was an ego psychologist who developed one of the most popular and influential development theories. While his theory was impacted by psychoanalyst Sigmund Freud's work, Erikson's theory centered on psychosocial development rather than psychosexual development.

This paper will elaborate on the Biological, Psychological, Sociological, Spiritual, and biological aspects. In addition, risk and protective factors will also be considered in all interventions that will benefit the client.

The stages that make up his development theory are as follows. I will skip stages 1, 2, & 3 Since Johnson has no recollection of these stages of his life. Let's look at the background and the steps that comprise Erikson's psychosocial development theory.

- **Stage 4:** Industry vs. Inferiority (Middle school years from six to 11)
- **Stage 5:** Identity vs. Confusion (Teen years from 12 to 18)
- **Stage 6:** Intimacy vs. Isolation (Young adult years from 18 to 40)
- **Stage 7:** Generativity vs. Stagnation (Middle age from 40 to 65)
- **Stage 8:** Integrity vs. Despair (Older adulthood from 65 to death)

Introduction

Johnson Germain is a 63-year-old African American born on the Island of Dominica; his earliest memory is at 7/8 years of age. Johnson lived with his biological parents until the age of 7. Once his birth mother and father separated, his sole caregiver was his birth father until he remarried. During this time, his stepmother legally adopted Johnson and raised him alongside his father. Johnson is one of the oldest of 17 siblings; he has eight younger siblings from his birth mother and eight younger siblings from his father. He is the only child that his mother and father have together. His childhood was happy; it wasn't until his adolescence that he felt he was

treated differently since he was the only sibling in his household that did not have the same mother.

Throughout his life, Johnson has found comfort in his family, close friends, and church families, which he considers his extended family. He has leaned on God and his spirituality to endure challenging times. He has never departed from his Christian upbringing and has always found ways to get closer to God. Through his walk with Christ, he married the love of his life, bore his only child, his daughter Inijah, and started a career as a geriatric RN. He allowed himself to be used by the Lord and became an ordained minister for The Salvation Army, where he is one week from celebrating his 25th anniversary as a pastor. Take a walk with me as we look in depth at the life of Pastor Johnson Germain,

- **Early Childhood (Birth to Age 8)** School-age – Industry versus inferiority- Children must cope with new social and academic demands during this stage. Success leads to a sense of competence, while failure results in feelings of inferiority.

Johnson's earliest childhood memory is when he was seven years old. He remembers playing with a group of boys from the neighborhood, and they decided to play a prank on him. The joke consisted of putting hot pepper in his eyes. He remembers this being a traumatizing event in his life. At the time of the occurrence, he was being babysat for the weekend by a family friend who lived next door. He was in extreme pain from the peppers but was afraid to tell his babysitter as he felt he would also get in trouble. He did not recall any other memories until this point in his life. This is his first childhood memory, and he has stated that he continues to replay this memory in his mind even at 63. At the age of seven, Johnson considered himself an average kid of an average build with many friends in his neighborhood. His father and stepmother raised him

during this time in his life. His biological mother was no longer a part of his life, and he avoided questions as to why she wasn't present in his life at this time. He did confirm that she was still alive. His father and stepmother were authoritarian, and their parental skills became more authoritative as he got older. Even with authoritative parents, he felt loved and happy and had no concerns about life. His spiritual life was intact. He grew up in a Christian household and spent most evenings and weekends in church or with his church family. He lists all his fondest memories, including his family, close friends, and church family, whom he considers his extended family. Biological- Johnson had good health during his early childhood. He mentions that he does not remember ever being sick, going to the hospital, or taking any medication other than vitamins during this stage; his parents cooked traditional Caribbean meals with lots of vegetables and fish. He recalls eating nutritious meals and participating in sports, school, and community events. He often curved from misbehaving, especially during competitive sports and events involving him and his peers. His relationship with his peers were very intrigant to him. He spent much time with them and less time with his parents. He recalls feeling he could care for himself at this age because his friends told him he was mature and brilliant. Now he laughs at the idea, but then it was a fair idea, and he truly believed it. His life revolved around his peers and what they did as a group. He no longer depended on his parents for validation or entertainment.

- Psychological- Johnson recalls always being surrounded by his loved ones at this age. He has fond memories of being loved, belonging to a fantastic community and church, and having a great support system. Johnson has 16 siblings between his biological mother and father. During this stage, he started to develop intuitive thoughts as he often asked "how" and "why" when he didn't understand or understood but did not want to accept the

answer he was given. He recalls asking his stepmother why she ate candy when he couldn't eat it at bedtime. He remembers her answering, "Because I am an adult, and I can" His response was okay, I am sure your teeth will fall out, so enjoy them. He clearly understood his role as a child and the roles of his parents. He knew his response would come at a price, but he wasn't concerned as he was only interested in the candy. This is the last time he answered in this manner; as he mentioned that night, he got a lick (Caribbean for a beaten)

- Sociological- He is the oldest and always felt that his friends and younger siblings looked up to him and saw him as a role model. At his church, he behaved well and was favored by the elders. Being favored by the elders was very important as he did not want to let them down; he was taught at a very young age that your elders are essential, and you must not disappoint or disrespect them. They are the ones that hold the community together, and everyone respects their wisdom well. When a problem needed to be corrected, the elders were the ones everyone consulted with. This was taught early in life, and he knew the reason behind the culture. He never considered himself inferior, always felt like he fit in, and was often surrounded by his peers.
- Spiritually- His spiritual life was typical of a six-year-old child raised in a Christian household. He attended his home church on Sunday for service and bible studies and participated in the children's choir during the week. All significant events occurred at church, where he made the most of his friendships and felt the happiest. His parents also attended, supported the church, and often helped when not at work. Johnson saw this as an example and tried to mimic it by being a help to the church when he wasn't in school. He enjoyed spending his free time with his church friends.

- Risk- At this age, the risk could be feeling inferior to your peers due to a lack of industriousness and having positive relationships with peers. During this stage, the central questions are, "How can I be good?" and "What Can I do better"? Peer relationships are essential as friendships and fitting in is the focus during this stage of life.
- Protective Factors- Many of the preventative factors for Johnson were having his family's support, strong friendships that made him feel secure, and his extended family. His culture played a role in that he always thought it took a community to raise a child, and he was well-protected and loved by everyone. He felt a sense of belonging and could always count on someone if needed. His family had strong social support networks and stable, positive relationships with the people around them; his caregivers were present and interested in him and his well-being; they enforced household rules and engaged in monitoring him, as well as the family had caring adults outside the family who served as role models and mentors. The Community Protective Factors were access to safe, stable housing, safe, engaging after-school programs and activities, and medical care and mental health services if needed.
- Interventions- No interventions were needed in his middle childhood life as he seemed to fit in well with his peers and conquered industrialism.

Middle Childhood (Age 10-12) [Industry vs. Inferiority](#)- Children must cope with new social and academic demands during this stage. Success leads to a sense of competence, while failure results in feelings of inferiority.

- Biological- During the Biophysical stage of his middle childhood Johnson remembers getting taller and gaining more muscle. He found this interesting as he was significantly into sports and fishing and felt that he had more strength and could move faster. At this stage, he tried various sports, such as Cricket, basketball, American football, and swimming, and gained a great interest in hunting and fishing.
- Psychological- Johnson's cognitive behavior during this stage of his life was what he considered an average middle schooler. He studied and obtained good grades: he was attentive to those around him and often examined how people carried themselves and spoke. He was a very compassionate child and loved to help those around him. He often volunteered his free time to help his community.
- Sociological- Johnson's life revolved around his church and school friends, as he no longer depended on his parents and sibling. He considered himself to be very independent. He paid more attention to his friendships, and being a team member and accepted by his friends was very important. Johnson enjoyed sports very much; he played various sports throughout middle school. He remembers thinking he would be a nurse or sports coach one day. His future was vital to him. He knew that education would be the way out of poverty. During this stage of his life, he started to notice that he was treated differently by all his siblings. His sibling on his biological mother's side treated him differently because he had a different father, and the sibling on his father's side treated him differently because he didn't have the same mother as them. This saddened Johnson, so he tried to set good examples and be a role model for all his siblings. It worked for a while: he started to sense the tension when he was around his other sibling and would

sometimes feel out of place. He tried to ignore this feeling, but it impacted his happiness at home. As the oldest, he always thought that it was his job to improve the situation.

- **Spiritual-** Johnson's spirituality grew as he got older. He witnessed what God was doing in his life and loved attending church and church events. He couldn't imagine his life without God and his church family. He started to seek more from the Lord and began asking the pastor questions about being baptized and how he could become a pastor someday. His pastor was a great support to him and often gave him advice.
- **Risk and Protective Factors-** Johnson's risk factor during this stage was dealing with the dysfunctional relationship he was starting to experience with his siblings. This was new to him as he and his sibling were very close when he was younger. He didn't speak to anyone about it and tried to remedy it himself.
- **Interventions-** Possible interventions during this time of his life could have been speaking to his parents concerning the situation, speaking to an elder from the community he trusted, or seeking advice from his pastor. These are all adults that Johnson was in constant contact with and had strong relationships with.

Adolescence (Age 12-19) Identity versus identity confusion- Our encounters and exchanges with others establish a sense of personal identity. It helps guide our behaviors, beliefs, and actions as we mature.

- **Biological-** Johnson became interested in working out and gaining muscle definition physically. He noticed the girls more and had a few girlfriends in his hometown. He became more attracted to the opposite sex and no longer saw them as just friends. He

started to notice physical changes in his body, voice, and hormones. He now wanted to be with someone physically and was afraid to do so due to his religious beliefs.

- Psychological- During this time, Johnson's abstract thinking became keener; he gained the growing ability to see others' viewpoints and developed his personal and sexual identity. In addition, he began to establish a system of values and more personal independence. At the same time, he was becoming more defiant and pushing back on his parents' Authoritative parenting as he wanted more independence to hang out and be with his friends, hang out with his girlfriends, and attend events that his peers invited him to.
- Sociological- Johnson spent more time with his friends, created new circles of friends, and abandoned friendships that were not conducive. As he entered mid-adolescence, he had a tight-knit group of friends and established solid friendships. He now had one girlfriend rather than several and cherished their relationship. Even though he was happy in his current life, he felt a sense of emptiness and didn't know why.
- Spiritual- During his adolescence, at the age of 14, he accepted Christ as his savior and gave his life to him. He recognized that his life was incomplete and sought wisdom and clarification from his savior. He continued to attend church and help with youth programs. Through teaching bible studies in his adolescence, he understood he had a calling he couldn't ignore. He dreamed of becoming a church minister one day during his late adolescence. He often thought about what God's plans were for him and what his next step in life would be. He often prayed and fasted to seek answers.
- Risk- Johnson started to push back on the parenting style of his caretakers. As an adolescent, he desired freedom. Having parents that were authoritatively made it harder for him. He wanted to be able to hang out with his friends and join them in events and

functions outside of the community. Johnson knew that his parents would not allow so he pushed back when it came to the rules of the home. He was often angry when he wasn't allowed to go out and socialize outside his immediate community.

- **Risks-** Some risks that can exist during adolescence are that they may begin to feel confused or insecure about who they are and how they can fit into society. They want to establish a sense of self; they may experiment with different roles, activities, and behaviors. This is essential in developing a sense of direction in life.
- **Protective Factors-** Protective factors that helped Johnson through this stage were his church and Pastor. He depended on them for guidance and wisdom. He always had faith and did what the lord wanted from him. Johnson also had supportive friends who would ensure they participated in events close to home so Johnson could attend and not feel left out.
- **Interventions:** Intervention could include attending family therapy to discuss his parent's parenting skills openly and for Johnson to express how it affected him at this stage. In addition, he could speak to the elders in the community and his pastor for advice on how to approach his parents and have a conversation with them.

Emerging and Young Adults (Ages 20-39) Intimacy versus isolation- Successful outcome of this stage results in the goodness known as love. It is marked by the ability to form lasting, meaningful relationships with other people.

- **Biological-** As a young adult, Johnson became more interested in health and fitness. He noticed his body was leaner, and he had more muscle definition. This brought attention from the ladies in his community. He ate healthier and decided to become a vegan. This was a personal choice that he made to improve his health.

- Psychological- Johnson moved into adult relationships with his parents; he started seeing his peer group as less critical and had greater desires for intimacy and someone he could love and would love him in return. He began to think of furthering his education and moving away from his hometown but was unsure as he would leave behind the only life he had ever known.
- Sociological- Johnson wanted to pursue an education and eventually a career in the States. He left his homeland of Dominica in search of an education, a job, and a life partner at the age of 24. He moved to Miami, Florida, in pursuit of a career. He attended college and became an EMT; he was not satisfied with being an EMT and decided to further his education and become an RN. Soon after entering nursing school, he met the woman that would be his future wife and the mother to his daughter. At the age of 28, he completed nursing school, and at the age of 30, he married his now wife of 33 years. He chose an intimate relationship vs. being isolated and keeping to himself.
- Spiritual- Johnson's spirituality continued to grow, and he decided his true calling was to become a pastor; at 33, he decided to attend seminary school. He graduated from seminary school alongside his wife and became an ordained pastor for The Salvation Army at 35. He knew this was the plan that God had all along for him. His first pastoral job was as an Officer (Pastor) in a Salvation Army in the impoverished neighborhood of Bed Stuyvesant, Brooklyn; he saw it as a blessing as we would become a beacon of hope to the neighborhood residents. Yet, simultaneously, he was timid to the idea as this would all be new. He did what he knew best; he prayed and fasted.
- Risk and Protective Factors- Some of Johnson's protective factors were his self-confidence, his ability to take the initiative to leave his homeland to pursue his dreams,

and the support of his girlfriend in his life during this transition, who later became his wife. He chose to be social and to create an intimate relationship. The result was him proposing to his girlfriend and making her his wife.

- Risk Factors were leaving the only place he knew as a home, not knowing if he would be able to accomplish his goal or if, eventually, he would have had to return home without achieving his goal. Other risk factors include isolation and not exploring close intimate relationships once he arrives in Miami.
- Protective Factors- Johnson has family in Miami and secured a place to live before he arrived. His family would provide him with a place to stay until he could obtain employment and a home. His girlfriend/ Fiancée played a significant role in his life in that he could build a relationship with her and avoid isolation.
- Interventions- Securing a place in Miami before he left Dominica and saving money while he is home so that he has savings to get him through in Miami until he gains employment and can find a place to stay. Marrying his fiancée and forming a life with her.

Middle Adult Hood (Age 40-65) Generativity versus stagnation- Those who are fruitful in this phase will feel they are a part of the world by being active in their home and community.² Those who fail to attain this skill will feel idle and detached.

- Biological – During Middle Adulthood, Johnson saw a decline in the hair on his head. He started to notice a receding hairline, which became more noticeable as he got older. He also noticed changes in his vision and began to gain some weight. He currently wears glasses for reading and has decided to do a body cleanse. He juices two of his three meals, and his third meal consists of fresh vegetables and Fish as he is a Pescatarian. He

is aware that as he gets older, he has a higher risk of obtaining hereditary diseases if he doesn't care for his health.

- Psychological- Johnson no longer wants to constantly jump from task to task. His emotions and social interactions have systematically changed as he entered middle age, with many becoming calmer and less neurotic. He craves order and stability and enjoys peace. His life is very tranquil now, and he is enjoying it immensely. This stage is known as Levinson's theory stage-crisis view. Johnson doesn't feel he has experienced any mid-life crisis; he lives a relaxed, collected life and enjoys it. He mentions that we never know what life has in store for us.
- Sociological- Johnson has close social relationships with long-term friendships through his church, friends, and extended family. He meets new acquaintances every day through his profession. He has gained an interest in mentoring people in the Emerging and Young Adults stages of their lives as he feels this was the stage in his life where he made the most life-changing decisions.
- Spiritual- Johnson expresses that his walk with God and his Faith has grown tremendously throughout his life and continue to become enriched; he's still a pastor with the Salvation Army this year marks his 25th anniversary. He is grateful for all the blessings and lessons he has learned. He gives honor and glory to his savior, whom he gave his life to at the age of 14, and continues to walk alongside him at the age of 63. He continues to work with the youth of his community to ensure that the upcoming generation has a life centered around Christ as he mentors them.
- Risk - Some risk factors during this stage are the reaffirmations of goals, commitments, and previous choices—a time for taking stock and recalibrating what was important in

life. Johnson has no desire to change any events in his life as he feels they made him who he is today. Johnson is concerned about whether he will be a grandparent before passing away. His only daughter is not married and is not involved in a relationship.

- Protective Factors- Johnson has raised his daughter to be nurturing, God-fearing, and very independent. He has always participated actively in his daughter's growth and development and feels that she is capable and versatile.
- Interventions- Interventions can include Johnson starting a mentoring program at his church, where he oversees the mentors and maintaining this life as it currently is. He does not feel stagnant but rather full of happiness and blessings.

Late Adulthood and Very Late Adulthood 65+ What are your expectations?

Ego Integrity vs. Despair Those who feel they have failed during this stage will feel that their life has been wasted and may feel a sense of regret. They may have feelings of bitterness and despair. Those who feel fulfilled by their achievements will feel a sense of integrity.

- Biological- Johnson hopes that the years of eating well and exercising pay off and that during his late adulthood to very late adulthood, he will continue to be mobile and complete all his daily tasks without assistance. He enjoys fitness, taking long walks, and nature and would like to continue these activities without any impediments or ailments.
- Psychological- He is praying for a role change as he hopes to become a grandparent; he hopes not to have to adapt to being cared for by anyone and that he can care for himself and his spouse while maintaining all his cognitive functions.
- Sociological- Johnson is aware that his social circle will become smaller as most of his close friends are older than him, caused by the preference to maintain the more rewarding existing relationships rather than make new younger friends.

- Spiritual- Johnson feels his spiritual growth will continue as he ages. This will be evident through his prevalence of self-acceptance and perceptions of his own life as well as having integrity, service to others, and providing long-term care for his family and friends as he has done already. He hopes that his integrity will be intact and present in his lifestyle as he ages, as despair is not an option.
- Risks- Some risk factors between late and very late adulthood are loss of cognitive functioning and the increasing probability of chronic illness. People in late adulthood are also more prone to develop arthritis, hypertension, major neurocognitive disorders, and Alzheimer's disease.
- Protective Factors include. Proper diet, exercise, and avoidance of health risks can all lead to overall well-being during old age, and sexuality can continue throughout the lifespan in healthy adults. Lazzara (2020)
- Interventions- Preventative measures can include increasing early assessment and diagnosis, risk reduction, and prevention and management of chronic diseases and increasing the use of other clinical preventive services like blood pressure checks, cancer screenings, and blood sugar testing. (Promoting Health for Older Adults | CDC, n.d.)

Through interviewing, Johnson has lived a positive life with minimal risk factors. Each stage in Erikson's theory builds on the preceding steps and paves the way for the following periods of development. In each stage, Erikson believed people experience a conflict that serves as a turning point in development. Johnson didn't experience conflict until he was in his adolescence. He quickly became angered by his conflict with

his parents and his siblings. He did not want his life to be full of anger and disappointment, so he learned to calm himself down, meditate, and lean on his understanding of The Lord and the scripture he often read.

Erik believed that if the stages were handled well, the person would feel a sense of mastery, sometimes called ego strength or quality. If the stage was managed well, the person would feel more competent in that development aspect. Johnson mastered all the stages, and his life outcomes were positive; he has no regrets and feels competent in his development.

References

Lazzara, J. (2020, June 26). Late Adulthood.

Pressbooks. <https://open.maricopa.edu/devpsych/chapter/chapter-11-late-adulthood/#:~:text=People%20in%20late%20adulthood%20are%20also%20more%20prone,can%20continue%20throughout%20the%20lifespan%20in%20healthy%20adults.>

Promoting Health for Older Adults | CDC.

(n.d.). <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-older-adults.htm>

Malone JC, Liu SR, Vaillant GE, Rentz DM, Waldinger RJ. Midlife Eriksonian psychosocial development: Setting the stage for late-life cognitive and emotional health. *Dev Psychol.* 2016;52(3):496-508. doi:10.1037/a0039875