Unit IV: The Psychosocial and Spiritual Person

SWK 3800
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Human beings were created to be social, from our birth throughout our life journey.

Attachment and bonding

- reciprocal relationship is evident
- want proximity, show preferences
- want physical contact and show affection
- becomes more complex with age

Separation Anxiety: separation from the primary caretaker (also known as a Meta pelet) causes a three-stage reaction in the child.

- 1. protest
- 2. despair
- 3. detachment

What does the separation reaction suggest?

coping skills
stress management
grief response

How does attachment influence a child's ability to form future relationships ?

trust in others, ability to cope, self-assurance

Attachment Styles

- Securely attached
- Anxious-ambivalently attached
- Avoidantly attached
- Disorganized attachment

As a society, we assume that females naturally fall into the role of mothering…. is this true? What about males in the role of fathering?

The style of parenting used as well as the level of parental warmth (responsiveness and affection) affects a child's social development.

What are considered to be the styles of parenting?

authoritarian
authoritative
permissive (laissez-faire)

Any consistent extreme in style can have a negative impact on a child's social development. However, the use of each style is appropriate at times.

Influence of socioeconomic status on parenting styles

- level of tolerance
- rigid rules (lower and higher)
- focus on independence and curiosity (middle and higher)

How do siblings influence the social development?

- support and understanding
- competition and jealousy
- role models of behavior
- expected "roles"

How is a child's play significant to development?

- enhances physical and psychosocial development
- creative problem solving
- relate on multiple levels
- learn and master new skills

How does play change as the child matures?

- reflects level and type of thought processes
- becomes more complex with age
- unoccupied, on looking, solitary, parallel, cooperative, fantasy

How does watching T.V. influence social development?

- play activities (re-enactments)
- social exposure and experiences
- influence of socioeconomics

What role does school play in the socialization?

- autonomy and independence
- learn social values and behaviors
- learn cultural responses
- practice and learn new skills

What influences a child's school performance?

- psychological development
- teachers and staff
- parents
- siblings
- peers

How does a person's self-concept and esteem evolve?

- success or failure in school
- success or failure in interactions
- perception of positive regard from others

Children with positive self-worth are happier and more involved in activities. Children with negative self-worth are more depressed and tend to be watchers rather than doers.

How does a parent's interaction influence the child's worth and ability to socially function?

+ better social interactions
- trouble with social interactions

What can occur when someone is bullied?

How does an individual develop a social identity?

through interactions and experiences
Read the textbook for specifics

Erikson's conflict of intimacy versus isolation

- intimacy: ability to experience an open, supportive reciprocal relationship while maintaining one's own identity
- isolation: self-absorption or loss of identity

How do males and females approach this dilemma?

- Males - develop identity through separation, autonomy and goals
- Females - develop identity through relationships and attachments

Thomas Harris proposed a theory in 1969 referencing the idea of life scripts. A life script is a plan of interaction formed during childhood based on early beliefs and perceptions about oneself and others.

There are four general life scripts (transactional analysis)

- 1. I'm ok - you're ok
- 2. I'm ok - you're not ok
- 3. I'm not ok - you're ok
- 4. I'm not ok - you're not ok

Eric Berne had a different take on approaches to interactions. He proposed that some individuals constantly interact using a set of transactions with a gimmick (some overt and also covert scheme). He called these transactions "intimacy games".

Some of the more recognizable games include:

- "Why don't you? Yes, but ....."
- "One up"
- "Poor me"
- "There I go again"
- "Confession"
- "Look how hard I have tried"

From time to time everyone reverts to using a form of intimacy game – this is not a problem. The problem occurs when a person can ONLY interact using a game.

Between the ages of 20 –25, approximately 75% of men and 60% of women in the U.S. are single. The median age of first time marriage is 28.7 for males and 26.7 for females....so?

Marriage serves two recognized social purposes

- 1. traditional means to achieve personal and social needs
- 2. terminal status event

Why do people choose the mates they do?

- Propinquity
- "Ideal" mate
- Congruence of values
- Homogamy
- Complementary needs
- Compatibility

Psychologist Davis Buss between 1984 and 1989, surveyed over 10,000 people from 37 cultures and 6 continents asking what they wanted in their mates.

Marriage is influenced by one's ethnicity and cultural experiences, education and employment.

A happy marriage is linked to the following benefits:

- greater life satisfaction
- more personal growth
- satisfaction of emotional needs
- better overall health

What about individuals who choose to live together (cohabitate)?

less conventional and less religious
lower socioeconomic status
long term have higher divorce rate

What about non-heterosexuals – how do their relationships work?

- more egalitarian
- different interpersonal interactions (no gender role conflicts)
- tend to be focused on working through issues (face a lot of prejudice and discrimination)

Approximately 30% of first time marriages in the US will end in divorce and 50% of all the marriages overall. What causes so many divorces in this culture?

What changes occur for the divorced individuals?

- report initial relief (later depression)
- financial changes
- custody issues
- social changes

Nearly 80% of divorced individual's will remarry (serial monogamy) – what adjustments will they face?

- potential of facing repeating patterns
- balancing new relationships and expectations
- communication issues

What happens to a child's development when his/her parents divorce?

- crisis period of approximately 1 year (stunts normal developmental patterns)
- lower economic position (85% of children)
- status stability issues
- adjustments in expectations and rules

Gender differences in how children are impacted by divorce

- Males: more vulnerable to family conflict, tend to internalize initially (loss of father significant in gender development)
- Females: more likely to seek male attention (loss of father significant in gender role development) and to act out in adolescence

What factors impact how a child adjusts post-divorce?

- level of understanding for child
- parents approach to divorce
- extended families approach to divorce
- support system
- communication with parents

What happens when the children of a divorce are not children anymore?

Assuming a family is intact, what adjustments in roles will the "Sandwich generation" face?

- sending children off (launching)
- increased responsibility for parents
- adjusting to changes in lives of children and parents

How does marriage change in middle-adulthood?

- If happy before launching greater relationship satisfaction
- more focus on appearance of spouse
- more divorce (esp. female initiated)

What are some adjustments socially in late adulthood?

- maintaining relationships
- social and civic responsibilities
- retirement (change in income)
- living arrangements
- marriage expectations
- coping with loss

What factors influence the resolution of integrity vs. despair?

- self worth
- social involvement
- faith
- process with life review

How do family relationships change in later adulthood?

- may increase contact with family
- may have kinship care
- may seek to sever relationships

Grandparenthood different for parents of men and women

- parents of females are more likely to be involved in daily events
- parents of males are more likely to be involved in "special" events or crisis

How have grandparent's roles currently changed?

- 2.5+ million taking full custody of grandchildren
- providing family stability and continuity
- forging out legal rights of grandparents

Stress "... any event in which environmental or internal demands tax the adaptive resources of the individual" (p. 193 text)

How does the body (and mind) deal with stress?

- general adaptation syndrome
- psychological coping (defense mechanisms)
- depends on type of stress (see text for specifics)

"Fear of loss, isolation, and abandonment are a death threat to the amygdala, which pushes us into a fight-or-flight mode. The most important work involves soothing the amygdala, as well as generating love, compassion, and wisdom from our cerebral cortex."
Ravi Chandra

What is trauma?
(physical versus psychological)

People are more likely to be traumatized when…….

Some individuals have inadequate coping mechanisms and may also have maladaptive behavior in relationships (the connection between stress and violence).

Child Abuse
a brief overview based on report data

"Typical" Target

- average age just over 7
- up to age 11, boys more frequently abused
- ages 11-17, girls more frequently abused
- *WHY?*

Characteristics of abusive families

- low income
- on public assistance
- 2+ children
- females are more likely to perpetrate
- *WHY?*

Characteristics of perpetrators

- need for support and nurturing
- social isolation (lack of social support)
- overwhelmed by own needs
- lack knowledge of how to be nurturing
- marital or relationship problems
- external stress and crisis

Physical child abuse indicators

- bruises
- lacerations
- fractures
- burns
- head injuries
- internal injuries

Behavioral indicators of physical abuse

- overly compliant, passive behaviors
- extreme aggression, demanding, rageful
- role reversal or extreme dependency
- significant lags in development

Characteristics of neglected children

- abandonment
- inadequate: supervision, clothing, shelter, hygiene, nutrition, medical/dental care, education
- *What should be the guiding standard for assessment of neglect?*

Physical indicators of sexual abuse

- venereal disease
- problems with throat or mouth
- difficulty with urination
- penile or vaginal discharge
- bruises in genital area
- pregnancy

Behavioral indicators of sexual abuse

- withdrawn or very aggressive behavior
- difficulty with peer interactions
- odd behaviors related to sex
- statements that seem odd

Abuse in any form is NEVER the fault of the child ….. also issues such as substance use do not "cause" abusive behavior. It is the adults responsibility to maintain control of their own behavior.

What is elder abuse and who is the most likely target?

80+ year old female with health problems

Common characteristics of perpetrators of elder abuse

- primary caregiver (usually first time)
- overwhelmed with responsibilities
- financial dependence on victim
- cycle of violence
- isolation

Types of elder abuse are defined by each state - general areas include:

- physical abuse
- neglect
- exploitation

Physical Abuse

- <u>Physical signs</u>: bruises, lacerations, fractures, burns, head injuries, internal injuries, venereal disease
- <u>Behavioral signs</u>: nervousness, reliance on caregiver to answer questions, withdrawal from previous activities

Neglect

- <u>Signs</u>: dehydration, malnutrition, improperly medicated, lack of socialization, lack of access to legal counsel, lacking climate controlled environment

- Adults can be self-neglecting

Exploitation

- Signs: lack of access to resources, resources disappearing without adults knowledge

How does assessment of elder abuse overlap with child abuse?

- look for the same physical indicators

- look for changes in behavior

- look for other causes

Key distinctions between elder abuse and child abuse

- behavior complexity

- adults have the right to stay if they are able to choose, children do not have the right to decide

Sexual assault: What are some of the common myths?

- attacks occur only in dark alleys

- strangers most likely perpetrators

- no does not mean no

- certain types of individuals

- attack is about sexual satisfaction

What can be done to help prevent an attack?

- awareness of surroundings

- be in a group

- make direct eye contact

- be loud and assertive (don't appear passive)

- walk with purpose (don't be stopped)

Characteristics of survivors of sexual assault?

- distracted at time of attack
- alone at time of attack
- dismissed odd behaviors of perpetrator
- age 16-24 3x more likely to be attacked

What facts are known about sexual assault?

- perpetrators seek power and control
- use of physical force or implied threat
- perpetrators no likely to murder
- perpetrators not looking for a fight (use of surprise)

Typical profile of a sexual assault perpetrator

- under age 25 (65%)
- use of alcohol or other substance
- use of verbal or physical pressure
- endorse violence
- see individuals as objects not human beings
- enjoy pornography
- do not murder
- power and control issues
- repeat the crime
- profile based only on those convicted of crimes

Survivors of sexual assault experience a reaction closely aligned to Post Traumatic Stress Disorder called "Rape Trauma Syndrome"

Rape Trauma Syndrome

- acute phase: generalized and specific fear, self-blame
- long-term: grief response, must regain a sense of security and trust

When dealing with a survivor, provide as much warmth and support as possible. Link them with support groups and resources and help them to rebuild trust in themselves, their environment and in others.

Intervention in Domestic (Interpersonal)Violence is has the greatest potential for physical injury of police officers….
Why would this be the case?

How have mandatory arrest laws impacted situations with domestic/interpersonal violence?

- individuals involved less likely to call
- more women being arrested
- more charges being filed

Reasons that people choose to stay in violent situations:

- love (often overlooked)
- economic dependence
- fear (of more violence, loosing children, going against beliefs)
- lack confidence
- unaware of options

Characteristics of perpetrators of domestic/ interpersonal violence

- blame others for their problems/mistakes
- hypersensitive and moody
- controlling
- low self-esteem
- rigid role expectations
- cycle of violence

How important is a person's social support system to their functioning?

fundamental to our coping responses (both + and -)

What is the connection to a person's spirituality and "problems in living"?

it is difficult to find an area that is not related

Physical Environment and Cultural Influences throughout the life-span

How does socioeconomic diversity impact functioning?

- access to opportunities
- focus of family/social interactions
- availability of time
- stress level

In assessment it is important to understand the family's uniqueness (social class, composition, heritage, religion, level of education …..) ***Always respect the families beliefs/differences, and look to address the needs of all the family subsystems.

The social and cultural atmosphere impacts who experiences problems in adolescence

- concept of "normal" embedded in culture
  - impacts expectations
  - impacts interpretations
  - impacts perception of atmosphere

What is the difference between a status offense and delinquency?

- Status offense - violation of law based on age
- Delinquent offense - violation of law that has no age qualifier

Who is most likely to be arrested and charged?

lower socioeconomic level individuals
individuals with poor school performance

Substance Abuse - an individual's psychological and physical and spiritual state affect the use and abuse of a substance.

What are the most frequently abused substances by individuals in the U.S.?

alcohol
nicotine
caffeine

Dropping out of school: All states have some form of mandatory school attendance law (most until age 16), however, 15% of all US citizens do not complete high school or the equivalent

What are the implications for individuals who drop out of school?

- higher poverty rates
- more likely to marry young
- lower life expectancy

Gang Involvement

seek a sense of identity and belonging
need for values and connection
sense of community and support

What are the basic roles work plays within the U.S. culture?

social position
psychosocial implications (time, satisfaction)
opportunities or limitations

Middle adulthood is when most individuals reach their highest status and income level. Why?

proven work history, high responsibility, expertise and value

How is gender discrimination evident in the work force?

women make less money than men
women less likely to be in leadership positions

What is a "glass ceiling"?

barrier to reaching the higher level employment positions (discrimination)

Because of high status well-paid positions, many middle-aged workers (especially women, minority individuals, and unskilled or semi-skilled workers) become jobless when the economy is hurting.

What is the impact of joblessness?

- loss of identity
- loss of self-esteem
- isolation
- emotional problems creating social problems

How does retirement impact an individual?

- re-adjustment of self worth
- changes in identity
- changes in relationship
- changes in income

The process of death has been removed from our everyday experience compared to previous generations. What changed?

use of institutions, medical interventions, culture of avoidance

How are individuals impacted by grief?

- impacts all functioning systems (physical, psychological, psychosocial, spiritual)
- sense of abandonment (females)
- loss of identity (males)

The theory proposed by Elisabeth Kubler-Ross is widely recognized and used for studying the grief process. Her theory not only applies to loss due to death, but also any significant loss.

There are five stages of grief proposed by the theory:

- 1. denial
- 2. anger
- 3. bargaining
- 4. depression
- 5. acceptance

Coping with grief

- be open to talking about the loss
- normalize experiences
- encourage time with others
- do not be afraid of tears and displays of emotion

Tips for relating to dying individuals and their loved ones

- listen (be willing to talk)
- be honest (admit limitations)
- do not rush the process (1-2 years is "normal")
- respect beliefs and views
- avoid euphemisms
- come to terms with your own losses and your own perspectives

How can your faith be an asset you to in helping others address their own needs?

framework to base your perspective
source of strength and support