

The Influence of Experiential Analysis on the Emotional Stability in the Unifying Experiential Groups

Nicoleta Răban-Motounu*ⁱ, Ileana L. Vitalia*

***Department of Psychology and Communication Sciences,
University of Pitești, Romania**

Abstract

Introduction: *The present research is focused on change mechanisms in the unifying personal development and psychotherapy and their impact on personality traits. The essence of the experiential approach is the development of internal mechanisms of resilience. In the experiential psychotherapy of unification the main mechanism is considered to be the creative integration of polarities or opposites, the internal and external unification.*

Objectives: *The objective is to investigate the contribution that the unification on the time axis has to personal resilience, especially to the emotional stability, by here and now re-enacting, and reprocessing of the past experiences previously labeled as negative.*

Method: *We conducted the research by using a pre, posttest non-randomized experimental design, also integrating psychometric (Revised NEO Personality Inventory) and statistical methods. The experimental group consisted of 10 psychology students, 20 or 21 years old, who voluntarily participated in the unifying personal development program. The control group was involved in experiential learning during two classes of psychotherapy for the third year psychology students. They were selected to match the scores on the Neuroticism factor of the participants from the experimental group.*

Results: *T-test results showed significant changes on several facets of Neuroticism, Openness, Agreeableness, and Consciousness.*

Conclusions: *The observed score changes fit the model of change in the unifying personal development and psychotherapy: it allows the creation of harmony in the interplay of differentiation and integration, both at individual and interpersonal level, resulting in an increased emotional stability.*

Keywords: *change mechanisms, unification, personal development, re-enacting*

ⁱ Corresponding author: Nicoleta Răban-Motounu, e-mail: nicoleta_motounu@yahoo.com

The Counseling of Children with Obsessive-Compulsive Behavior through Experiential Techniques

Adriana Mihaela Stoica*, Florinda Golu*ⁱⁱ

*Faculty of Psychology and Educational Sciences, Psychology Department,
University of Bucharest, Romania

Abstract

Introduction: *During the development of a child we witness acute mental changes, accompanied by manifestations that belong to the obsessive-compulsive register.*

Goals: *The study aims to highlight the role of expressive-creative type of experiential techniques in improving obsessive-compulsive behavioral indicators among preschool children. We also intend to study the effect of subjects' gender and self-esteem on the results obtained in the counseling program.*

Method: *The participants were 20 preschool children, aged 5 to 6, equally distributed in an experimental group and a control group. Behavioral obsessive-compulsive indicators were identified by using an observation sheet, filled in by parents and teachers. We used the testing of the person by selecting interpretive indicators of self-esteem. We used the counseling program as an independent variable that included 10 types of activities. As dependent variables, we used indicators of obsessive-compulsive behavior, quantified by means of the observation sheet. In order to provide a more accurate interpretation of the results, we used the self-esteem variable as a covariant. The study was conducted as a quasi-experiment with only one group. The counseling program consisted in 12 sessions, the first and last consisted of assessment and reassessment and the 10 sessions in between consisted of group activities.*

Results: *We have noticed that there has been a progress in the obsessive-compulsive behavior indicators. Thus, if during the initial moment of our quasi-experimental approach, subjects in the control group had an average index of 8.05 obsessive-compulsive indicators, in the end, the average was 6.45, the difference being statistically significant.*

Conclusions: *After the counseling program, there have been modifications in the obsessive-compulsive behavior indicators. Results indicate that subjects' gender and self-esteem did not have a significant effect on the results, which shows that progress is mostly due to the counseling program.*

Keywords: *behavioral indicators, obsessive-compulsive symptoms, self-esteem, expressive-creative techniques*

ⁱⁱ Corresponding author: Florinda Golu: 1 Mai Blvd., Bld. 2, 2nd entrance, apt. 22, Sector 6, Bucharest, tel. 0742525215, E-mail: florindagolu@yahoo.com

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Evolutionary Identity Typologies Symbolically and Creatively Projected within Art-genogram Patterns

Ligiana M. Petre^{*iii}

***SPER Institute, Bucharest, Romania**

Abstract

The symbolic recreation of the psychogenealogical tree, the exploration and valuable use in diagnosis and psychotherapy, could much better be accomplished by creative meditation associated with the constructional improvisation of the genogram, using natural elements as symbolic-projective means. This new diagnosis and therapeutic technique is called the art-genogram (Mitrofan, I., 2004; Mitrofan, I., & Stoica, C., D., 2005). This study was aimed at identifying, exploring and analysing the transgenerational themes and roles of the art-genogram. This experiment was accomplished within a qualitative study by 300 subjects and was based on the symbolic analysis of the projective-constructive formal indicators of the art-genogram. The results of the study lead to the identification and delimitation of the evolutionary identity typologies. These typologies are based on the clients' projective choices and significances. In their turn, these significances are connected to the symbolism of the annual vegetation process, which is maintained by the fundamental elements – Water, Air, Fire, and Earth. Thus, the art-genogram permits diagnosis reading and restructuring therapeutic guidance of the cases in the course of the Ego's maturation. It may also be used in personal development and in psychotherapeutic intervention for identity de-blocking.

Keywords: *Unifying Transgenerational Psychotherapy, creative-expressive techniques, symbol analysis*

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ⁱⁱⁱ Contact: E-mail: ligianapetre@yahoo.com

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Psycho-educational Program for Adolescents in the Situation of Incomplete Parenting

Delia Birle^{iv}, Elena Bonchiș*

^{*}University of Oradea, Romania

Abstract

The present study is based on the studies conducted by Bonchis, Birle, Stan (2010) and Secui, Dindelegan, Roman (2010) which state that there are significant differences between the children with incomplete parenting scenario due to their parents working abroad and the children who benefit from the presence of both parents. The authors mention the necessity of an intervention program focused on the social – emotional dimension that was altered by the incomplete parenting situation. The ten proposed activities carried out for three months included the following areas: self-knowledge, social and emotional development. Two groups of adolescents were included in the intervention program. Significant results were found compared to the control group. Implications of the study results are discussed.

Keywords: incomplete parenting, Romanian adolescents, psycho-educational intervention, social and emotional development

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^{iv} Corresponding author: Delia Birle, E-mail: deliabreban@yahoo.com

The psycho-social characteristics of pregnant women with dysfunctional pregnancies and of those with terminations of pregnancies on demand

Carmen Rotaru*^v

*Emergency County Hospital, Obstetrics and Gynecology Clinic, Craiova, Romania

Abstract

Through this research paper, we have tried to establish a set of psycho-social characteristics, both common and specific to women who decide to terminate their pregnancy, as well as to women who manifest an intense will and make efforts to keep their pregnancy. There are two distinct pregnant women groups that are part of opposite sectors, in terms of voluntary finality (purpose) and in terms of the obstetrical sector to which they address. Many women bring children to life without difficulties, when they wish for it, and even when they don't. Normally, this is the natural path of every woman, but there are also deviations from this normal evolution. When these deviations occur, which is the context that influences their evolution and what makes those women different from the others?

From a physiological point of view, anatomically, women do not differ. And though, some women make great efforts to be able to bear and give birth to a child, these efforts often end up in failure. Blocking the natural process of the reproductive function affects their health, psychological balance and relationships with others. Through this research we wanted to bring forward new information about these phenomena, to contribute to their understanding and establish a treatment guide plan in order to help women in this difficult situation.

Keywords: *psychosocial features, pregnant women, dysfunctional pregnancy, abortion on demand, aggressiveness, anti-maternal behavior, self-imposed pregnancies*

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Diabetes – “Saving” Solution – case study –

Augustina M. Ene*^{vi},

*The County Centre of Resources and Educational Assistance
Argeş, Romania

Abstract

Introduction: Since labor force migration has emerged in our country, several studies have been conducted on children separated from one or both parents. These studies show that, when children are left home alone, the parents' absence for long periods of time can have significant negative effects on their personality development. The absence of one or both parents may be associated with a number of non-provision issues of the child's basic needs such as food neglect, clothing neglect, hygiene neglect, medical neglect, housing neglect, educational neglect (under-stimulation, punishment instability and reward learning models lack independent living skills, the lack of monitoring and supervision of the school situation). Besides these problems that are easily observed and monitored by the community in which the child lives, more subtle problems may occur, hardly noticeable by non-specialists. This paper presents a case describing a situation in which the child's psychological suffering turned into a systemic disease that makes the child keep his mother close to him (infantile diabetes) and the experiential way to approach this case.

Objectives: The reason for choosing this case is the desire to find an answer to the question whether it is best for a child to leave with his family abroad or to stay at home in the care of grandparents or other relatives. The first answer that comes to mind is that family should be together. But things are far too complex to hold such simple answers. The ultimate objective of counseling was to unlock the natural process of personal growth and to find resources to help the child during the process.

Methods: Evaluation / Initial psycho-diagnosis of the child and family was conducted by means of: an interview with the mother, projective tests: “draw a person” test, tree test (Baum test) and family test, characterization of the child's class. The evaluation was conducted throughout the intervention: experiential diagnosis (“which is a dynamic diagnosis, allowing progressive, comparative evaluation” as shown in I. Mitrofan (2004)), observation and feedback from family and class master. The techniques used were specific to the experiential approach: drawing, dramatization and connection to what happens in everyday life, therapeutic stories, metaphor etc. The final evaluation consisted of the family and the girl's feedback.

Results: Increased autonomy of the girl towards her mother can be seen in the glucose monitoring and insulin dosing, without her mother's help.

Conclusions: The experience with that kind of client has shown that children, who succeed in “crying out” their suffering through disturbing behaviors, have more chances to be helped. Those, whose suffering is silent, have all the chances to find the “saving solution” within. The solution may be a somatic suffering which has not been linked to the parent's absence from home until now. Due to the negative emotional impact of such an event in a child's life, he or she develops a type of attachment for the parent who leaves according to the family model. It involves the degree of differentiation of the child's Self and the degree of autonomy that the child has in relation to the parent who leaves.

Keywords: child, parents away, experiential approach

^{vi} Contact: Augustina M. Ene, The County Centre of Resources and Educational Assistance Argeş, Romania, 3 Zimbrului Street, Piteşti, Argeş, 110380, Romania. E-mail augustinaene_ro@yahoo.com, phone 0728058889.

The Desire to Change the Body Image – The Expression of Women’s Depression and Low Self- Esteem

Ruxandra Rășcanu*^{vii}, Manuela C. Păduraru*

*Faculty of Psychology and Education Sciences, Psychology Department, University
of Bucharest, Romania

Abstract

Introduction: *The multidimensional concept of body image, as experienced by an individual, has recently been linked to various mental disorders (Cash & Pruzinsky, 2002).*

Objective: *The main objective of this study is to identify to what extent (pre and post) cosmetic surgeries bring about an improved expression of the relationship between the body image and the level of the depression symptoms experienced by women (patients) – women who seek aesthetical reconstruction.*

Methods: *The instruments we used were the following: Beck II Depression Inventory (Beck et al., 1996); Development of a Body Image Avoidance Questionnaire (BIAQ, James C. Rosen, Debra Srebnik, Elaine Saltzberg and Sally Wendt, 1991); The Self-Esteem Rating Scale (SERS, Nugent & Thomas, 1993); The Internal Control Index (ICI, Duttweiler, 1984).*

Results: *The obtained results indicated that patients dissatisfied with their body image, corroborated with mild depressive manifestations and low self-esteem, combined with an external locus of control, would have significant lower levels for all the investigated variables after the cosmetic surgery.*

Conclusions: *There is a huge social pressure on women all over the world to change their physical appearance, as the “perfect” bodies of numerous stars are exhibited in all mass media products, thus leaving normal women with an acute taste of dissatisfaction over their own less perfect bodies.*

Keywords: *criteria of physical beauty, body architecture, plastic surgery, Jungian counseling*

^{vii} Corresponding author: Ruxandra Rășcanu Bucharest, 4th Visana Street, 4th District, Tel.: +40-21.330.70.47; E-mail: quantumpsi2003@yahoo.com.

Personal Care – the Self Image of Intellectually Challenged Female Adolescents

Efrat Tahar-Kedem^{*viii}

^{*}Sapir College and Haifa University, Israel

Abstract

Introduction: *The article deals with the therapeutic, educational and moral issue regarding the necessity of introducing a structured program within the existing educational programs in Israel's Special Education system in order to improve the self-image of intellectually challenged female adolescents.*

The starting point concerning this issue is the consequence of findings published by the American Psychological Association. The conclusion of those findings reinforces the recommendations concerning the personal care of troubled adolescent females into the frameworks of school and community.

Objectives:

a. *Focusing on the issue of self-image of adolescents, we shall present the definitions of researches in this field. Consequently, the main question is: Is there a point in teaching improvement of the self-image of intellectually challenged female adolescents?*

b. *Describing the therapeutic field.*

c. *Demonstrating the combination of the project of improving the self-image of intellectually challenged female adolescents in the system of Special Education schools.*

Methods: *The group was divided into individual therapy and group therapy. Educators and subject teachers that worked with the female students during an entire year were given questionnaires.*

Results: *The results of the research show a congruence of 80% probability between the objectives and the results. The cooperation between the Head of school, the advisor, the educational workers, the parents, and the therapeutic staff was a central factor for the success of the project.*

Conclusions: *The improvement of the self-image of an intellectually challenged female adolescent is an important and crucial layer in her future ability to become integrated into the healthy society. The model described in the article is applicable to similar populations and it is possible to implement it by adapting it to the school culture and external culture.*

Keywords: *exceptionality, grooming, personal care program, self-fulfillment, Maslow*

^{viii} Contact: E-mail: efratkedem@gmail.com