

Decorating the Doll - Art-Therapy Experience Focused on Developing Emotional Intelligence

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Abstract

Introduction: *Emotional intelligence is one of the key success factors that enables a person to work in harmony with others and to achieve personal and professional satisfaction, so as to live according to his own intentions (Lynn, 2005).*

Objectives: *The present research aims to study how the use of art-therapy along with drama-therapy in the experiential group determines the development of emotional intelligence and its components. There were involved 60 subjects with a mean age of 23.74 years, divided into two groups (experimental and control groups). The members of the experimental group participated in an experiential module focused on developing emotional intelligence.*

Methods: *Before and after the experiential group intervention, participants completed four psychological tests that assess their emotional intelligence level of development and its components: EIS (Schutte et al, 1998), TQE (Segal, 1999), TIE (adapted by Roco, 2001) and BTPIE (Wood, Tolley, 2003).*

Results: *Among the effects shown in the participants, we have noticed the clarification of certain aspects concerning their own self, the relationship with their parents as well as the way of shaping, in family of origin, of certain maladaptive patterns which facilitate the occurrence of difficulties in future interpersonal relationships. Also, within the art-therapy experience, young people were challenged to identify and use those constructive relationship patterns that can help them in maintaining satisfactory relationships both with significant people in their lives and the others.*

Conclusions: *The statistical results obtained support the assertion that the experiential art-therapy group intervention determines the development of emotional intelligence and its components.*

Keywords: *self-awareness, self-regulation, empathy, motivation and social skills*

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Domestic Violence in the Grand Duchy of Luxembourg: Studying Risk Factor for a Targeted Prevention

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Abstract

Introduction: *In Luxembourg, the phenomenon of domestic violence has become a serious social problem by affecting family and egalitarian social relations and by implicating health and legal issues. National authorities reported an important increase in the number of domestic violence acts during the last few years.*

Objectives: *Considering the individual and social burden of domestic violence, this study aims to understand the social processes involved and generated by domestic violence acts in Luxembourg in order to conceive targeted prevention strategies based on the analysis of all the actors involved. This paper proposes the study protocol: a comparative approach of nationally available statistics about domestic violence; an analysis of potential origins and causes of the processes involved, and finally by providing targeted recommendations for the prevention and fight against violence...*

Method: *The research will follow two phases: an extended survey based on 600 anonymously collected questionnaires; and a more in-depth qualitative study, focused on a reduced representative sample of 50 subjects, using structured in-person interviews. As domestic violence implicates a serious risk for mental health and legal issues, there is an evident need for action.*

Results: *Identifying predictive factors associated with domestic violence will deliver solid insight on how to conceive public prevention strategies.*

Keywords: **violence domestic, study, luxembourg, risk factor, prevention**

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Creative Prâslea and the Golden Loves. Specific Psycho-Behavioral Elements of the Psychological “Last Born” in a Relationship Context

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Abstract

Introduction: *This article is part of a comprehensive work, which analyzes specific psycho-behavioral elements, in the light of the participants' psychological birth order, both at the individual level and in relational context. This work aims to prove that, if the psychological birth order has a direct influence on one's personality, it will be noticeable in the context of a relationship too. This excerpt is centered on the youngest born, a resonant figure in Romanian culture, resonance given by the myths and the folkloric stories regarding the roles in the family of origin.*

Objectives: *The objectives of the research are:*

*a. to assess specific individual psycho-behavioral traits according to the psychological type;
b. to capture the specific approach of the relational context for the psychological type: eldest, youngest, the only child.*

Methods: *The final group consisted of 344 participants, women and men in equal shares, divided into 172 couples. The research is based on three complex stages of analysis. PBOI (White, Stewart, Campbell, 1991), DAS Scale and the Belbin Test were used. The statistical processing was performed with SPSS15.*

Results: *The results showed that the psychologically “youngest” presented clear tendencies towards receiving confirmation from others: affection demonstration, unorganized general aspect, team player, driven by massive socialization and new experiences, even when high risk is involved. In a relationship, they seem to be more undecided, highly passionate, extremely creative and dynamic, with egocentric tendencies that aim to satisfy their own need for love and affection. The best relationship in terms of satisfaction seems to be “eldest-youngest”, while the most conflicting relationship is established between two psychologically “youngest”.*

Conclusions: *In conclusion, the statistical data led to the confirmation of the hypothesis according to which psychological birth order can be used as a predictor for decisions and for the manners of approaching relationships. Results can serve as a basis for new ways of approaching individual and couple psychotherapy.*

Keywords: *birth order, youngest, eldest, couple, PBOI, affection*

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Psycho-Socio-Professional Aspects of Foster Care in Romania

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Abstract

Introduction: *This paper represents a part of a research that is intended to support the family from the child protection system. We wanted to bring benefits through the implementation of standardized methods and techniques, by using uniform work practices: the validation of assessment, selection and personal optimization of foster parents who take care in their family substitutes of children deprived of parental care.*

Objectives: *The need for research lies in the socio-economic needs and functional context of the foster care system that lead to de-professionalization, stiffness, routine and lack of performance, efficiency and quality, so necessary in the context of a job involving the deepest part of a human. The nature of the research is holistic and aims in all stages of the foster parent the evaluation and selection, training and development of the people involved in children care. Thus, the need to develop a profile of the efficient foster parent instruments used in the research were highlighted in order to perform a psychodiagnostic evaluation, the subsequent selection and training which empower these families to successfully integrate the children in placement.*

Method: *In order to build the efficient foster parent profile, we considered that four psychosocial factors may complete the picture of professional efficiency for the optimal integration of the children within the foster family. These factors are: **personality traits, couple relationship, parenting skills and the professional efficiency of the foster parents.** We used four*

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diagnosis/evaluation tools in order to achieve this optimal profile: NEO PI-R Personality Inventory; DAS - Dyadic Adjustment Scale; CCP Inventory - Questionnaire for investigating parental competence; Professional self-sheet for the standard occupational foster parent.

Results: *The results allowed us to analyze the classification level in the psycho-socio-professional profile of the evaluated foster parents. The relevant aspects of the deviation from this profile are the facets of the neuroticism factor. A significant percentage of foster parents showed high average scores for one or more facets such as anxiety, anger/hostility, depression, shyness, impulsiveness or vulnerability to stress. At the same time, self-esteem and assertiveness were low rated, while the conscientiousness was high rated.*

Conclusions: *These professional foster parents need emotional support; they need to express themselves, to know themselves, to become more open, assertive and self-confident. They need time to connect with themselves, to understand the professional and family context, to understand themselves in this context, to identify their own resources and capabilities in order to successfully adapt to the role of efficient foster parents. They need personal optimization.*

Keywords: *foster parent, assessment, psycho-socio-professional profile, efficiency, personal optimization*

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Creative Improvisation through Literature – Innovation in Unifying Personal Development through Spontaneous Story-writing Preliminary Study

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Abstract

Introduction: *Creative improvisation through literature is an original technique within the Unifying Experiential Psychotherapy, which aims to use spontaneously written stories, developed during personal development groups, as a provocative analysis support. The technique-based study aims to validate and capitalize on creative improvisation through literature, which serves as a model of Unifying Personal Development.*

Objectives: *The aim of this study is to capitalize on the literary technique, as well as to highlight its implementation during an ongoing research program. Upon the completion of the program, both qualitative and quantitative results will be displayed.*

Methods: *The technique used during the study is the literary improvisation. It was applied in an experiential manner and in accordance with the Unifying Experiential Psychotherapy method in a personal development group of 24 participants.*

Results: *So far, we have noted that the technique's projection method and the aspect of becoming aware of some issues have proven to be effective, all the participants gaining access to previously unresolved emotions, experiences or blockages.*

Conclusions: *After the first sessions of personal development through literary improvisation, we have observed its effectiveness, which drives us towards a more profound approach of the research program in the near future, in order to highlight even more qualitative and quantitative results.*

Keywords: *literature, expressive-creative therapies, unifying, creativity*

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Trans Generational Transmission and its Implications on Attachment and the Functionality of Erotic Partnership

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Abstract

Introduction: *This research aims to present, explore and analyze the dynamics and interactions between the psychological processes within the family system and within the erotic partnership. The family functioning levels investigated in this paper concern the structural and functional aspects of the family and especially the impact and their meaning in the context of the individual's life and erotic partnership providing explanatory- interpretative models on the topic from three perspectives: psychogenealogy, psychoanalysis and humanistic psychology. The analyzed individual functioning levels revolve around two psychodynamic concepts: separation anxiety and individuation. The focus on these two concepts can be justified by the fact that they represent two basic processes that occur during the development of each individual's experiential personality harmonious and unified, achieving a very high level of activation around the age of adolescence, namely the ontological stage of young adult.*

Objectives: *The objectives and assumptions underlying the present research are based on exploratory and investigative approaches, specific to humanist experiential psychotherapy, involving the identification of the original family core-themes, the attachment styles developed and the levels of fear of individuation, but also the level of separation anxiety manifested in erotic partnerships in which the participant was employed at the time of application. Besides the aspects of explorational, there was also performed the inter-linking these concepts in order to capture the dynamic interaction and specific principles.*

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Methods: *The research methodology is based on the integration of two scientific research perspectives, quantitative research through questionnaires and qualitative research through the exploration of the participants' genograms. The questionnaires constructed specifically for this research were validated by calculating Chronbach-Alpha index, post-hoc.*

Results: *The results of the statistical analysis do not support the central hypothesis of the research, so for the tested population there is no statistically significant association between core theme "abandonment (loss) vs . dependence" and ambivalent attachment style (Chi -Square = 2.14 , df = 1 , p > 0.05). Regarding specific assumptions, all three research hypotheses were confirmed: H2 that there is a statistically significant positive correlation between separation anxiety and fear of individuation couple (r = +0.74 , p < 0.01); H3, that there is a statistically significant positive correlation between separation anxiety in couples and ambivalent attachment style (r = +0.58 , p < 0.01); H4, that there is a statistically significant positive correlation between fear of individuation and avoidant attachment style (r = +0.65 , p < 0.01).*

Conclusions: *The psychological and psychotherapeutic implications of the central hypothesis (H1) unconfirmed can be considered the following issues: family factors do neither correlate, nor determine specific training attachment style nor is its characteristics as the attachment system influenced in one direction, as it is a dual relationship, mutual, dependent on psychological and psychophysiological systems of both the mother and the child. Also, the psychological significance of the coefficient of determination is useful in understanding that 55 % of the variation of "separation anxiety" is determined by the variation of "fear of individuation"; that 35 % of the variation of "separation anxiety" is determined by the variation "ambivalent attachment"; that 43 % of the variation of "fear of individuation" is determined by the variation "avoidant attachment".*

Keywords: *trans generational transmission, attachment, couple, individuation*

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