



MOUNT ANGEL SEMINARY

Recommended Dimensions for Psychological Assessment

Applicant: the following outline of psychological dimensions is to be provided to your psychologist prior to the testing and interviews required as part of the application process to Mount Angel Seminary.

Assessor: this outline is provided as a means of helping you focus your professional assessments.

I. Sample Assessment Battery

Minnesota Multiphasic Personality Inventory (MMPJ)
Sixteen Personality Factors Test (16PF)
Edwards Personal Preference Schedule (EPPS)
Rotter Incomplete Sentence Test
Projective Drawings
Thematic Apperception Test (TAT)
Rorschach Inkblot Test

II. Personality Dimensions

Standard description of the personality's structural and functional dimensions, including:

- A. Biological and constitutional factors
 - 1. Medical history and health status
 - 2. Somatotype, physical appearance
 - 3. View of wellness and ability to actualize it
 - 4. History of alcoholism or mental disorders in the family
 - 5. Drug or medication history
- B. Social determinants and current life situation
 - 1. Group memberships and roles
 - 2. Family background and relations
 - 3. Education and work background
 - 4. Social ecology: how he places himself in the world
- C. Identity and self-concept
 - 1. How person views himself and is viewed by others
 - 2. What kind of person he sees himself to be
 - 3. What are his aspirations
 - 4. How much self-esteem is present, and on what does it rest
- D. Personality style
 - 1. Manifest personality traits
 - 2. Characteristic conflicts and defenses
 - 3. Interpersonal stance and modes of relating
 - 4. Cognitive functioning: intelligence, abilities,

skills, competencies, hobbies, and vocational competencies, style of thinking, thought organization and cognitive controls, dominant constructs and their use

- 5. Affective dimensions
 - Temperamental dimensions
 - Recognition and integration of feelings
 - Patterns used to handle emotions

- E. Moral principles, social values and attitudes.
 - 1. Quality of superego and conscience, i.e., how well developed, how flexible, how mature are ideals
 - 2. Social view and attitudes
- F. Present status
 - 1. Adaptation in life situations
 - 2. Presence of any symptomatic behaviors
 - 3. Major stresses and coping potential

III. Religious Formation and Community Dimensions

- A. Sufficient and enduring ego strength
 - Able to sustain and benefit from an intense formation program
 - 1. Capacity to work under tension
 - 2. Ability to deal with stress, pressure, and/or multiple responsibilities
 - 3. Time management abilities and past behaviors
 - 4. Quality and quantity of energy available to the individual
 - 5. Typical investments
 - 6. Adequate and appropriate defenses and coping mechanisms and strategies
 - 7. Assessment of presence of debilitation anxiety or underlying conflicts
- B. Capacity to give and receive love and support
 - 1. Possibility of any degree of underlying narcissism
 - 2. Capacity to establish and maintain healthy and personally satisfying relationships





3. Potential for showing manipulative, clinging, superficial, aloof, or conflictual relations
 4. Capacity for taking in feedback from others and using this constructively in personal growth
 5. Ability to empathize with others
 6. Approach to authority
 7. Ability to maintain self-esteem while working for the common good under obedience
 8. Ability to maintain appropriate closeness and distance in different contexts of relations.
- C. Sexual maturity
1. Individual's view of personal sexuality and the dimensions of celibacy. Areas for formational growth
 2. Assessment of any psychodynamic meanings of the person's previous sexual experiences or expression
 3. Does the individual's sexual experience or expression represent some tie to structural deficits in personality that may be particularly resistant to further growth and maturation without intensive therapeutic intervention
 4. Past or current sexual attraction to children
- D. Assessment of emotional difficulties related to structural deficits
1. Difficulty incorporating and living out appropriate values
 2. Chronic distorted or very negative self-image which too strongly affects self- confidence and acceptance of others
3. Self-preoccupation, unrealistic self-image, or narcissism
 4. Poor judgment, reality testing, regulation and control of drives
 5. Lack of capacity to really empathize or relate emotionally
 6. Poorly developed defenses or overly developed ones
 7. Inability to function autonomously: dependent, regressive, needy, too low a frustration level
- E. Poor predictors based on history
1. Repeated failures
 2. History of treatment for serious mental disorder
 3. Impulsive decision making in past, or recent decisions not well thought out
 4. Decisions based on an intense personal or spiritual experience
- F. Motivational considerations
1. Are there any indications that candidate's desire to enter formation represents:
 2. Desire to escape family, life situation, self issues
 3. Reaction to underlying insecurity and desire to cling to others or a system for support
 4. Over-reaching: an ambition far beyond his intellectual or emotional capacity

Recommendations

1. Recommendation regarding the suitability of the candidate from a purely psychological point of view.
2. Specific recommendations regarding both the possible issues to be addressed in formation, as well as the approaches which might be taken to address these issues.