



Arno Profile System Youth Clinical

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Counselor: Dr Maureen Young

Counselee: Sample Child

Code: P-C-MP

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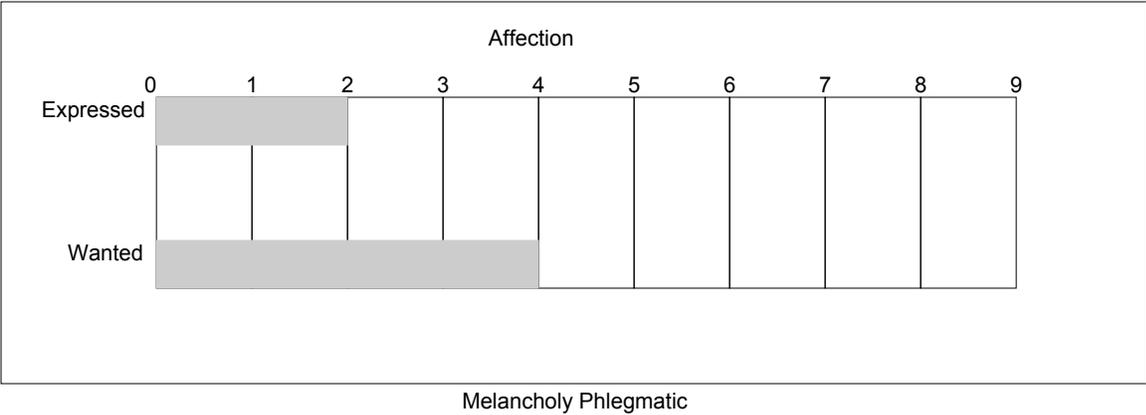
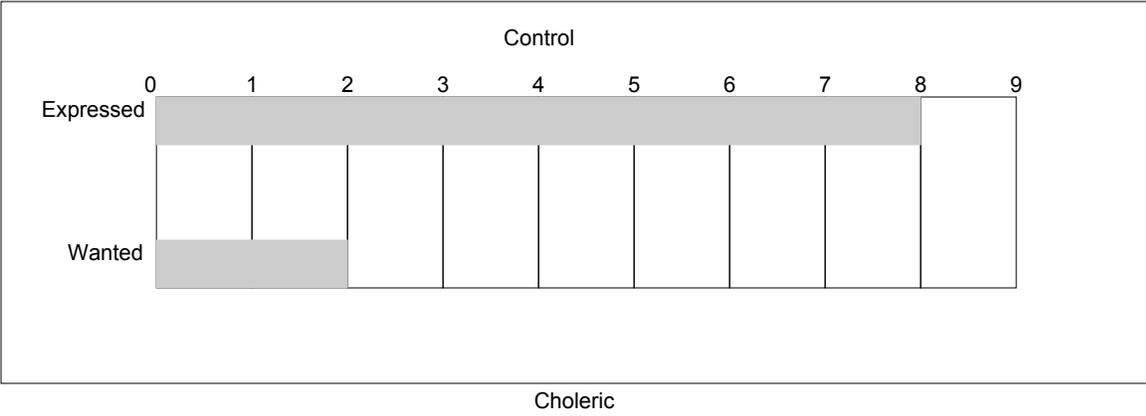


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Inclusion

Inclusion is social orientation and intellectual energies.

BASIC INCLUSION TRAITS: P

1. Expresses as though she does not really want to socialize, but she can and will. She has no real need to socialize unless it is to motivate someone to assist her. Socializing drains her low energy. She also relates well to tasks.
2. Best suited for tasks which require precision and accuracy.
3. Stubborn-minded and self-motivated. Once her mind is made up, it is difficult to motivate her to change it. She does not express her thoughts and feelings; therefore, it is difficult to know where you stand with her. Other youths do not know if she is for or against them. In this way, she can take the path of least resistance and protect her energy.
4. Able to function in an unfriendly, and even hostile social environment.
5. Has a dry or wry sense of humor. She tends to use this humor to keep people at a distance so they do not drain her energy, however, at times the humor can be irritating.
6. Very good mind for seeing injustice. She tries to inspire other youths to take action because she lacks the energy. Since she lacks energy and tires easily, she tends to be an observer or spectator of life.

Control

Control is our willingness to make decisions and to accept responsibility for self and/or others.

BASIC CONTROL TRAITS: C

1. Extremely independent.
2. Capable of making decisions quickly.
3. When undertaking a task, she wants control over it, tolerating very little interference from other people.
4. Must have a great deal of control over the lives and behaviors of others, but will tolerate very little control over her life and behaviors.
5. Very good leadership abilities. The amount of decisions and responsibilities this youth is capable of handling would make other temperaments cringe; however, she is highly susceptible to burnout.
6. Capable of undertaking poor behaviors in order to maintain control of others. She will associate with people that can be dominated, then end up resenting their weakness. She will also use weak people for personal gain, i.e., profit and power.
7. Perfectionist. She is highly critical of herself and others, especially when her standards of perfection are not met.
8. Externalizes her anger and uses it to lash out at others.
9. Cruel, abusive temper. She becomes angry if someone tries to control her or tell her what to do. She will use her temper to maintain control of everyone, including her family and friends.
10. Must receive recognition for all her accomplishments.

Affection

Affection is the need to express and receive love, affection and approval. Need for deep personal relationships.

BASIC AFFECTION TRAITS: MP

1. Expresses little love and affection, and requires a moderate amount. She is emotionally guarded, rarely revealing how she really feels.
2. Very few deep relationships. She has deep, tender feelings, but rarely says: "I love you." She feels more comfortable expressing love by doing special things (tasks) for her deep relationships.
3. Moderate fear of rejection. If she is insulted, offended, or rejected by a deep relationship, she will use her dry or wry sense of humor to get even.
4. Will also express her personal feelings by using her dry or wry sense of humor.
5. Capable of tolerating a moderate amount of affection in order to keep peace in her life.
6. Feels her "space" is being invaded if she is shown too much love and affection.
7. Prevents her deep relationships from draining her energy by using her dry or wry sense of humor.

Counseling Suggestions

Based on the Basic Traits of her Inclusion, Control and Affection, the following is a composite list of the most vital needs that this counselee has, i.e., the need:

INCLUSION: P

1. to take time to rest every day after school. She has a low energy level, and school will tend to drain her energy. She needs to be provided with a home that is quiet and peaceful.
2. to be encouraged to stay involved in life. She likes people, but she has no real need to socialize, unless it is to keep the pace or to motivate someone to help her with a project. This is because people tend to drain her low energy. If she does not maintain balance, she may tend to become overly protective of her low energy and almost withdraw from life itself.
3. to maintain a proper balance of school, rest, work, relaxation, diet, and exercise.
4. to learn to not to use her dry or wry sense of humor to hurt her friends and family. Her humor, at times, can be irritating.
5. to find after school jobs where she can undertake tasks with a moderate amount of interaction with people.
6. to have her family and friends recognize that she has low energy, and for them not to push her beyond her limits.

CONTROL: C

1. to be in total control of herself and others.
2. to learn that it is only permissible to control people with good behavior, and that motivating people with poor behavior is not acceptable.
3. to learn to delegate responsibilities to lessen the possibility of burnout.
4. to learn to recognize the rules of the parents, and submit to their authority.
5. to learn to control her cruel, abusive temper. She needs to learn to recognize the rights and feelings of others when expressing her anger.
6. to learn to dedicate her accomplishments and services to God and seek His recognition. If she does this, she will not make ungodly demands on her family and friends. If her family and friends do not give her recognition, she will become angry.
7. to learn to let God have control of her life. If she learns to submit to God's authority, she can

become a good leader. She needs to learn that a good leader must be able to submit to authority before they can lead others.

AFFECTION: MP

1. to learn to express her deep, tender feelings in ways which are comfortable to her, and in ways which his parents, siblings, and friends can understand.
2. to learn not to use her dry or wry sense of humor to hurt her deep relationships. She has a tendency to use this humor as a way of keeping them from draining her energy. This humor can be frustrating and irritating to her deep relationships because they are never sure if she is serious or if she is joking.
3. to learn to accept love and affection from her deep relationships. She will tend to reject them when they demonstrate too much love and affection. This is because she feels that her space is being invaded, and because she has a moderately low energy level. She may be so overly protective of her low energy that her needs for love and affection go unmet.

Parental Recommendations

In order to help this youth and alleviate tension and severe problems in the home, the parents need to:

INCLUSION: P

1. refrain from making this youth attend social functions or socialize. She needs to be permitted to choose the social events in which she wishes to participate.
2. recognize her low energy and do not force her to push herself beyond her limits. She will tend to be exhausted, especially after school, and should be allowed to rest for an hour or so before being expected to do chores, etc.
3. recognize that she has a dry or wry sense of humor, and she will use it to keep people at a distance so they do not drain her energy.
4. realize that because of her low energy, she tends to be an observer of life, and she may overly protect her low energy; therefore you need to teach her to maintain balance in this area.

CONTROL: C

1. provide this youth with areas where she can make choices and decisions. For example, the parents can give her three options, and allow her to choose one of the options. The parents are still in control, because she is making decisions within the perimeters set by the parents. They also need to give her recognition for all of her achievements.
2. help her learn to control her cruel, abusive temper. She needs to learn to control her temper so that it does not control her. She also needs to learn to motivate people with love, not anger.
3. understand that this youth has decision-making abilities, and leadership qualities. She needs to learn to develop these abilities; however, she needs to learn that in order to be a good leader, she must first learn to submit to authority.
4. know that this youth needs to develop a personal relationship with Jesus at an early age, so that she will use her leadership abilities for the Kingdom of God, and not for her own personal gain.

AFFECTION: MP

1. provide this youth with love and affection by doing special things (tasks) for her. She does not like a lot of hugging, kissing, and/or touching. She will rarely say: "I love you." Her way of saying: "I love you" is by doing tasks for you.
2. understand that this youth has low energy, and, in order to protect her energy, she will use her dry

or wry sense of humor to keep her deep relationships from draining her energy. This humor can sometimes be frustrating and irritating to her deep relationships.

3. weigh their words carefully because she has a moderate fear of rejection.

Special Notes to the Counselor

NOTE! This entire report is based on this youth's temperament, not actual behavior. It is your responsibility as a counselor to determine if her actual behavior is conducive to her temperament. The wider the gap between temperament and actual behavior, the greater the youth's anxiety levels. The accuracy is subject to the youth's honesty in response to the questions. Environment and learned behavior may magnify or lessen the intensity of a person's temperament.

Based on her Inclusion and Control scores, the N.C.C.A./S.A.C.C. recommends that you approach this youth as follows:

You, the counselor, can be moderately friendly but you must maintain a professional attitude. This youth responds to the intellect and she can function in a friendly or a hostile environment, however, for the purpose of counsel, she will respond best to professional courtesy. She is not motivated by the threat of punishment. She will also use her dry or wry sense of humor to keep you from trying to deplete her energy.

This youth does not think she has any problems; it is the other people in her life who are not happy. She comes for counseling because she wants peace in her life.

This youth has a need to control others, but she unwilling to allow others to control her. You should not try to control her or interfere with her independence. When guiding this youth towards changes, provide examples of good and bad behaviors, the end result of both, and let her decide what behavior to undertake. This youth will become angry and cruel if you try to control her or interfere with her independence. She will take on good or bad behaviors (whatever is necessary) in order to maintain control. You should verbally reward all positive changes that she makes, because of her need for recognition..