Dąbrowski's Approach to Testing: An Introduction.

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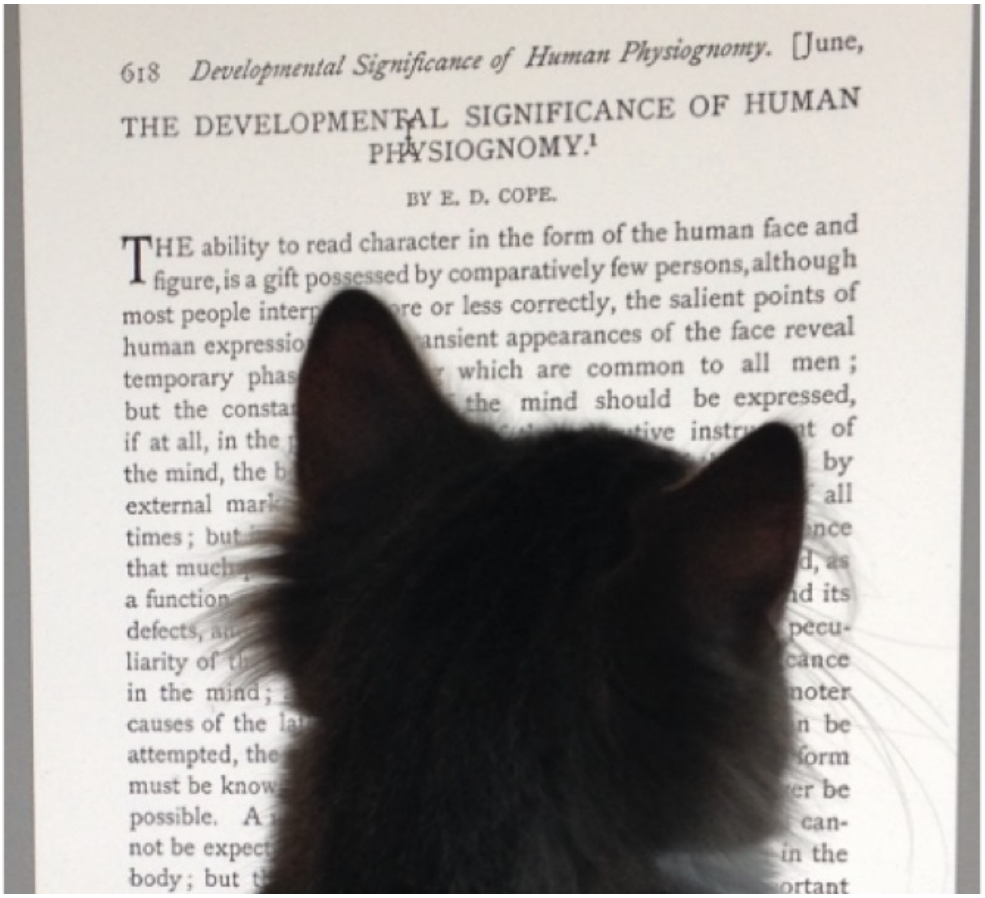
And so it is with us: we face change, much of it hard, whether we like it or not. But it is in the hard times especially that we grow, that we become transformed.
—Patrick Doyle

Thank you
Sandra.
1974-2016.



618 *Developmental Significance of Human Physiognomy.* [June,

THE DEVELOPMENTAL SIGNIFICANCE OF HUMAN PHYSIOGNOMY.[1]

BY E. D. COPE.

THE ability to read character in the form of the human face and figure, is a gift possessed by comparatively few persons, although most people interp... more or less correctly, the salient points of human expressio... ansient appearances of the face reveal temporary phas... which are common to all men; but the consta... the mind should be expressed, if at all, in the ... tive instr... t of the mind, the b... by external mark... all times; but ... nce that much ... d, as a function ... d its defects, a... pecu- liarity of th... cance in the mind; ... noter causes of the la... n be attempted, the ... form must be know... er be possible. A ... can- not be expect... in the body; but t... ortant

Thanks to my co-author Sam.
Thanks to my caregivers:
Joey Villanueva,
Rene Castaños,
Jemna Cruz.

Just as TPD is much more than OE, the topic of testing in Dąbrowski is much more than the OEQ(s).

- Part 1: Bare bones overview of Dąbrowski's tests,
- Part 2: In-depth look at SITUATIONS and FACES.

[this symbol indicates the contents of the slide come directly from the archives]

Part 1: Bare bones overview of Dąbrowski's tests.

- Why test?
  - The goal is to generate insight into the client.
- Aimed at "triggering emotional contents" in clients.
- "Multi-dimensional, multi-level, descriptive-interpretative diagnosis."
- "Patient is a co-author of the diagnosis." (1972, 252)
- "Diagnosis [is] half of psychotherapy." (1972, 253)

- Used conventional tests:

  - Wechsler [WAIS] to measure IQ.
  - Rorschach for personality [rejected MMPI, 16PF etc.]
  - Used physical examination, EEG, laboratory tests, and X-rays.

- Dąbrowski also created his own battery of tests.

- Tests for assessing developmental levels in TPD:

  - “Verbal stimuli for triggering of emotional contents.”
  - Experiences and goals test.
  - [Auto] Biography.
  - Dąbrowski Verbal items test.
  - Neurophysiological examination/assessment of subject’s behavior during the test. [n=127]
  - Rorschach test.
  - Selection of situations.
  - Selection of faces.

- Other Dąbrowski questionnaires:

- Statement Selection Test (3 versions)
- Dąbrowski Inventory Test, 60 Items
- Self-depictions questionnaire, 15 Items
- The Dąbrowski test of multilevelness, 33 items
- “#16 PIP Section 1, 45 items”
- Dąbrowski personal inventory children’s form (60 items)
- Dąbrowski Dynamisms Test 1970 (30 items)

- Dąbrowski's testing experts:

- Lawrence F. Spreng and William L. Lai.
- Trained judges to score verbal stimuli responses.
- Studied inter-judge scoring reliability.

- Verbal Stimuli

  - Please describe freely in relation to each word listed below your emotional associations and experiences. Use as much space as you feel you need.

Great sadness Great joy Death Uncertainty

Loneliness Suicide Immortality

Inhibition Inner conflict Ideal

- Experiences and goals [test]

- 1. Describe three experiences, or events, in your life which were most significant to you.

- 2. Describe three of your greatest desires.

- [Auto] Biography

- Please describe on 6-8 (or more) typewritten pages your personal history from childhood till the present. Concentrate especially on the sad and joyous experiences that you can remember, as well as your thoughts, reflections, dreams and fantasies associated with them. Include your characteristic dreams.

- Criteria for scoring biography.

  - 1. General levels of psychic development.
  - 2. Dynamisms.
  - 3. Kinds and levels of psychic overexcitability.
  - 4. Pathological syndromes and their levels.
  - 5. Levels of tension.
  - 6. Transformation in developmental periods of difficulties.
  - 7. Talents: unilevel and multidimensional (universal) talents.

[38 page paper]

- Dąbrowski verbal items test (experimental form 3)

- 1. I find it best to avoid arguments both with others and within myself.
- 2. In many issues, I can always see many sides.
- 3. I am the only one who can do anything about my personal problems.

- Neurophysiological examination.

- (a). Trembling of eyelids, frequency of closing eyes, and the tension accompanying the closing of eyes.
- (b). Pupils.
- (c). Oculocardiac reflex.
- (d). Chvostek's sign and thyroid.
- (e). Palatal and pharyngeal reflexes.
- (f). Trembling of the hands.

- Used the conventional Rorschach test.

- Goal: to find in the Rorschach, perceptanalytic equivalences of developmental dynamisms and levels, as well as oversensitivity forms and levels, and intra- and inter-psychoneurotic differentiation.

- Dąbrowski's Rorschach expert: Franciszek Lesniak

- Statement Selection Test (3 versions)

- On each page of this test you will find 8 statements.
- First read all 8 statements on the page and then select 2 statements that seem to be closest to your convictions. [Version A (6 pages)]

[Typical Q sort task]

- Example Statement Selection items.

- If you have too many qualms, you will be destroyed.
- I do not like to torment myself with soul-searching because it is useless.
- Constant adaptation to everything is opposed to psychological development.

- Dąbrowski Inventory Test, 60 Items
Example items

- Unpractical people irritate me to no end.
- My life will probably end up being a mess.
- If I witness cruelty to animals, I become very upset.
- Occasionally I daydream about being up or even killing somebody.

- Self-depictions questionnaire, 15 Items Examples

- 1). Is your approach to daily life a concrete, realistic one?
- 2). Do you like a logical approach to everyday reality?
- 3). Do you have strong imagination and fantasy?
- 4). Have you ever had so-called “mystic experience”? If yes, give an example.

- The Dąbrowski test of multilevelness, 33 items
[Circle one]
Example question:

2. If someone wants to fight with me, I will:

1 a) fight gladly.

4 b) try to understand why and try to help them understand.

3 c) walk away.

2 d) enter into it, but quit after a while.

- “#16 PIP Section 1, 45 items”
  Example item

- 1. It is best to avoid conflicts with people and also not to create conflicts within oneself.
- 2. In any issue, I can always see many pros and cons.
- 3. Nobody except myself can do anything about my inner disequilibrium and personal problems.

- Dąbrowski personal inventory children's form (60 items)
[Yes or No answers]
Example item

- 1. I'd rather do things that are lots of fun than work or go to school.
- 2. Sometimes, I help kids who are being picked on by others, but most of the time I'm afraid of what will happen.
- 3. I'd rather have one boy – or girl – like me than many.

- Dąbrowski Dynamisms Test 1970 (30 items)
Example item

- 1. I lose my temper but it's usually because someone made me mad.
- 2. When I'm with a crowd of people who are shouting, I feel like shouting too.
- 3. I'm really ashamed of some things I have done and I'd like to pretend they never happened.

Part 2:

In-depth look at SITUATIONS and FACES.

- Dąbrowski Situations test, form 3: Instructions

- Look at these pictures and mark whether you like the feelings and emotions they express. We find all people like some pictures and dislike others.

- In this test there are no right or wrong answers. Do not be afraid to indicate honestly how you feel.

- Indicate the amount to which you like or dislike each photo by placing an X in the appropriate blank.

[n= 565]

ANSWER SHEET

	-3 Strongly Dislike	-2 Dislike	-1 Mildly Dislike	+1 Mildly Like	+2 Like	+3 Strongly Like
1)	_____	_____	_____	_____	_____	_____
2)	_____	_____	_____	_____	_____	_____

- [Typical Likert scale]

(EVENING)
SATURDAY - 2 P.M. & 3 P.M.
FOR SPECIAL LECTURES
APPLY TO
& SECRETARY.

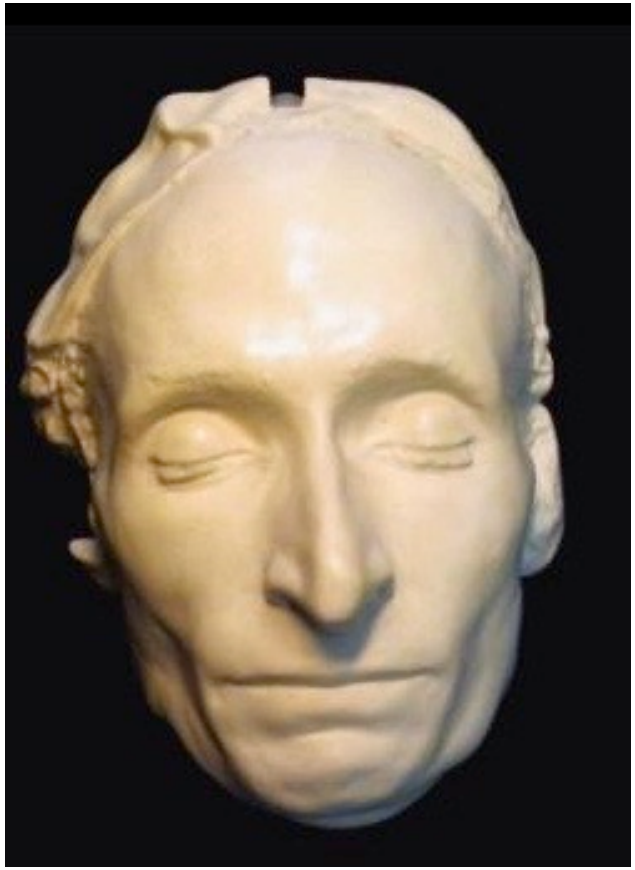
- Dąbrowski’s Selection of FACES test.

- Physiognomy: An ancient idea.

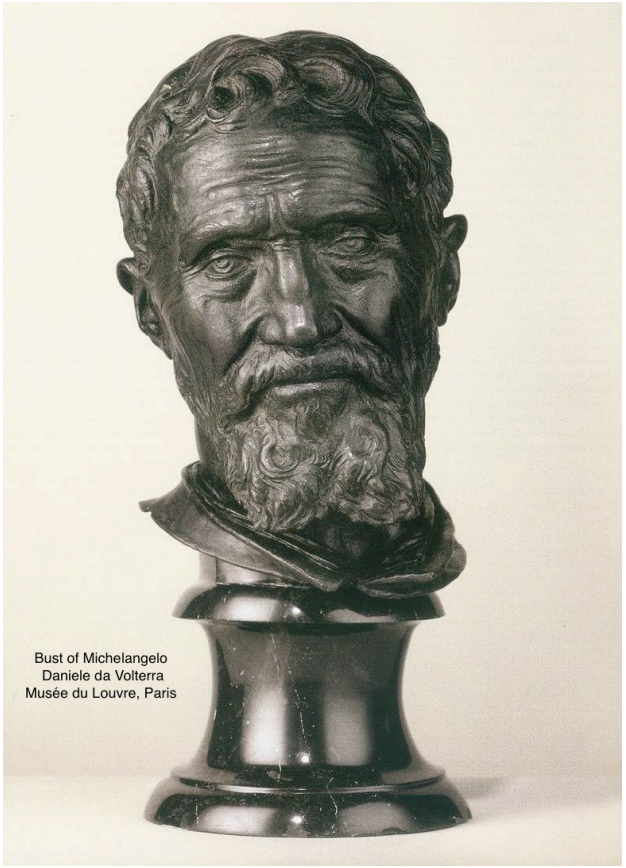
- Definition: The assessment of a person's character or personality from their outer appearance, especially the face.

- Aristotle: We can infer character from facial features because the body and the soul are changed together by emotions.

- Typical death mask.



- Typical bust.



Bust of Michelangelo
Daniele da Volterra
Musée du Louvre, Paris

Porta Giambattista della. (1586).

- Lavater 1853

Lavater (1853, p. 4)

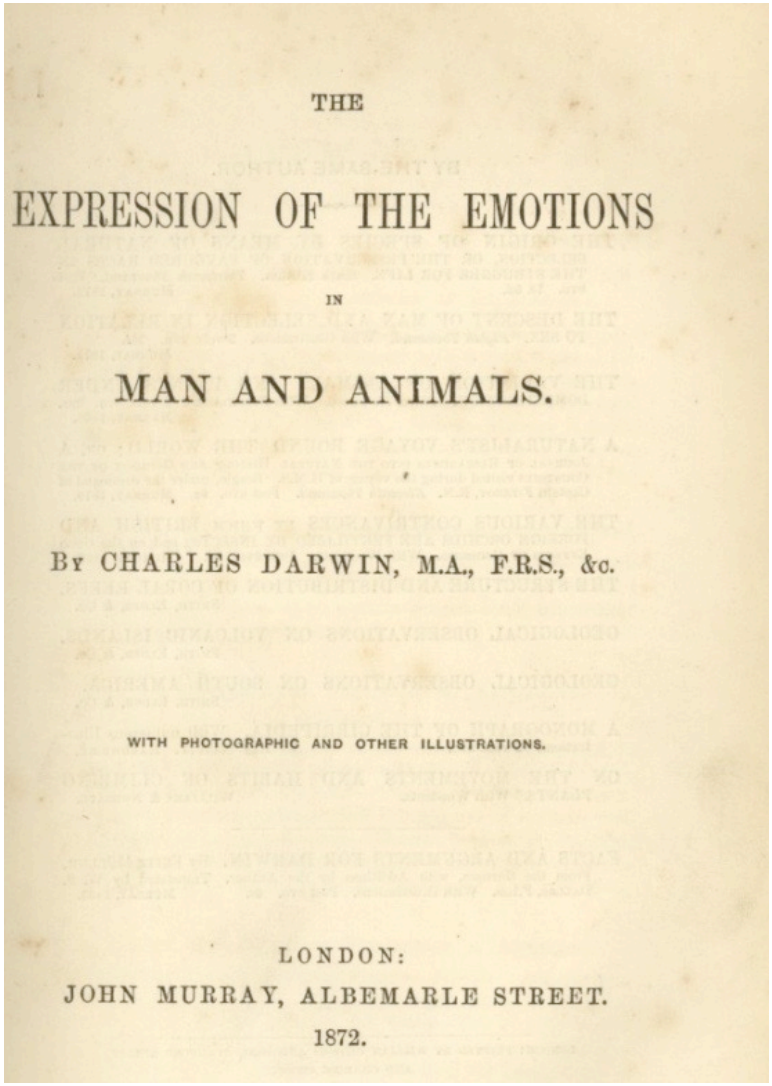
The God of truth, and all who know me,
will bear testimony that, from my whole soul,
I despise deceit, as I do all silly claims to superior
wisdom, and infallibility, which so many writers,
by a thousand artifices, endeavour to make their
readers imagine they possess.

[This ought to be this group's motto.]

- Important distinctions:

- 1). We judge the characteristics of others based on our perceptions of their faces (object),
- 2). We can infer characteristics about ourselves (subject) based on the reactions faces produce in us.
  - Our approach or avoidance to an image will reveal our character/emotions (Level of Development) vis-à-vis the character (L of D) portrayed in the image.
- 3). Can gain insight into clients based upon the reactions that images of faces invoke in them.

Modern era of physiognomy begins.



THE

EXPRESSION OF THE EMOTIONS

IN

MAN AND ANIMALS.

By CHARLES DARWIN, M.A., F.R.S., &c.

WITH PHOTOGRAPHIC AND OTHER ILLUSTRATIONS.

LONDON:
JOHN MURRAY, ALBEMARLE STREET.
1872.

Photography became omnipresent in psychiatry

Darwin, 1872.

Emphasis on emotion.

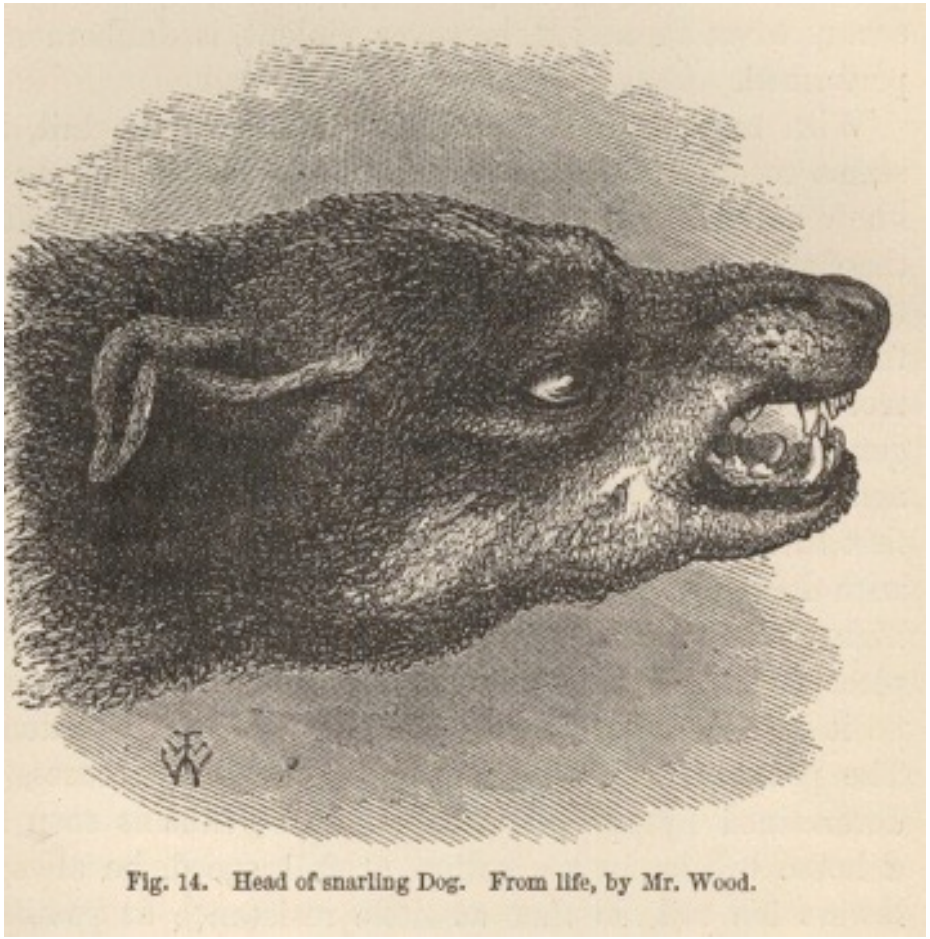


Fig. 14. Head of snarling Dog. From life, by Mr. Wood.

From Darwin

- Leopold (Lipot) Szondi (1893–1986)

- Hungarian geneticist/endocrinologist.
- *Schicksalsanalyse* (fate analysis): A type of depth psychology.
  - "Family unconscious" bridges Freud's individual unconscious and Jung's collective unconscious.
- Developed a test based on selecting photos of faces.
- Szondi and his test were very popular in the 1930's.

- 1944: Szondi was held in Bergen-Belsen concentration camp. Ransom paid by “American academics” to Adolf Eichmann, freeing him [and other “important academics”].
- Settled in Zurich–practiced psychiatry, and developed his ideas.
- Irony: In 1961, Szondi’s test was used in Eichmann’s trial.
- Eichmann was hung as a war criminal in 1962.

- Basic idea: A subject will pick out photos that reflect their dimensions of personality (Zaffaroni and Oliveira, 2013, p. 305).
- 48 photos: 6 groups of 8 photos of mental patients.
- The subject is asked to pick 2 likes and 2 dislikes.

Szondi
Test
(48 items)

[Typical Q sort task]

Dąbrowski walked through the aftermath of a WW1 battle near his hometown when he was about 12.

He later related that as he walked among the dead, he was struck by the different expressions on their faces. Some were calm and peaceful; others, horrified and frightened.

Dąbrowski later studied Szondi before developing his own test.

One's facial expression represents an *integrated* emotional response.

Dąbrowski would say the face expresses one's level of development and one's dynamisms.

One’s expression reflects one’s developmental level.

- Dąbrowski's selection of faces test.

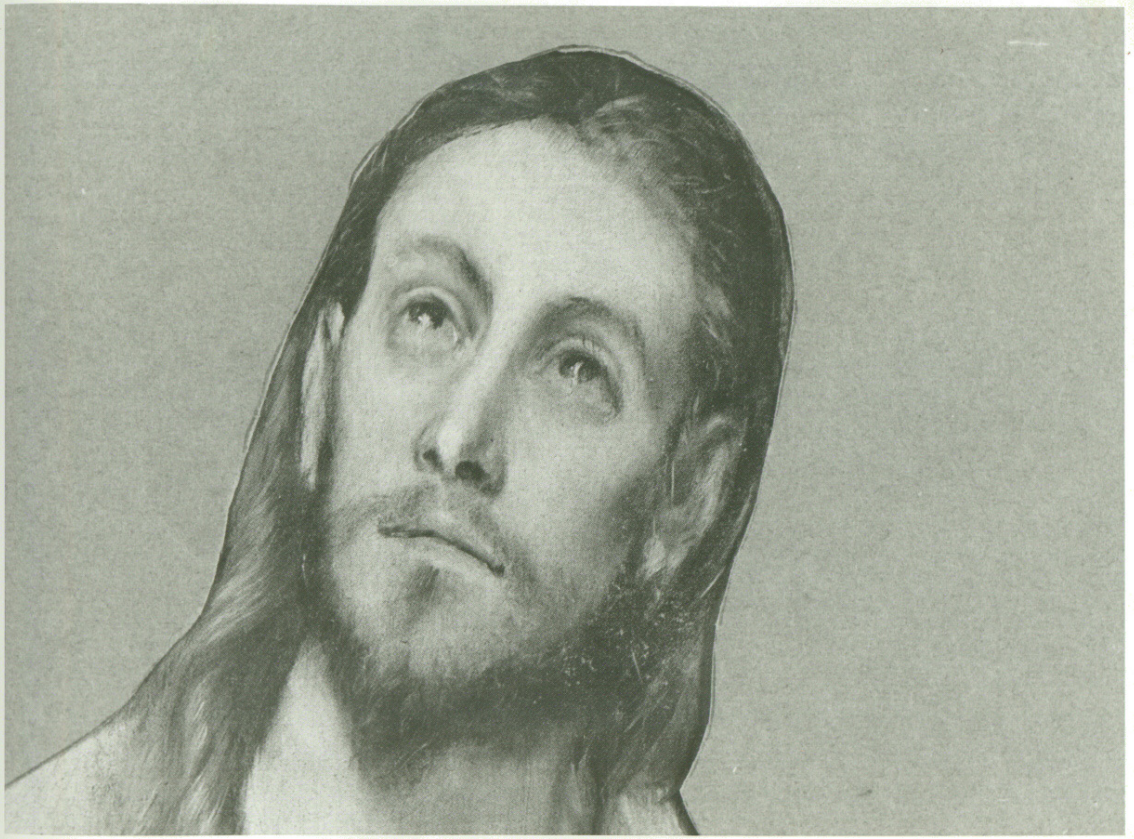
- Several standard sets of portraits and photographs are given to a subject who is asked to select in each set of 8 pictures the 2 he likes best.
- In each set there are 4 pairs of pictures corresponding to each of the four levels of development. It is assumed that people will select faces with expressions closest to their level of emotional development

[Typical Q sort task]

- Dąbrowski's Scoring of the FACES test.

ANSWER SHEET

	-3 Strongly Dislike	-2 Dislike	-1 Mildly Dislike	+1 Mildly Like	+2 Like	+3 Strongly Like
1)	_____	_____	_____	_____	_____	_____
2)	_____	_____	_____	_____	_____	_____



Transformation in therapy as shown by facial expression.

Session 1

Session 2

Session 3

Session 1

Session 3

- Contemporary support for physiognomy:

- “common personality traits—that are distributed normally in the general population—can have a profound influence on the processing of facial expressions” (Fox & Zougkou, 2011, p. 1).

- Perlman's study:

- . . . specific personality traits predispose individuals to seek out and process information that is congruent with those [traits] . . . (Perlman, et al, 2009, p. 1).

- The study looked at neuroticism: "a non-clinical, normally distributed, personality trait" (p. 2).

- Perlman "predicted that individuals high in neuroticism would attend preferentially to the eyes of fearful facial expressions" in photos (p. 2).

- Perlman's results: "Individuals display different visual scanpaths in response to faces as a function of individual differences in personality. It follows that individuals of various personality types may perceive varying levels of emotional content in presented stimuli"(p. 5).

- "although all participants might be presented with the same image, variation in image exploration could result in differential perception based on the personality of each participant" (p. 5).

- Perception of facial emotion is cognitively mediated.

  - "healthy adults activate and apply emotion concepts *in the moment* during emotion perception and these concepts shape representations of faces" (p. 576).

  - "visual, social, and cultural contexts influence the emotions an individual perceives in a face" (p. 576).

  (Nook, Lindquist, & Zaki, 2015).

- Identifying Big Five personality traits based on facial analysis.

  - This study used a variety of machine learning algorithms to build an identification model on 70 key points of the face in order to identify the Big Five personality traits by analyzing the facial movement captured in ordinary videos.

  - This study proposes a new, feasible, and effective method for identifying personality traits through ordinary video analysis of the Human face. (Cai & Liu, 2022).

Weegee was a famous New York photographer.

Began his career on the crime beat:
Photographed many New York murders.

Many different facial reactions in a crowd Illustrate different personalities.

Story:
A man had been shot in the street in front of a school and when the bell rang, the students ran out to see the scene. Weegee turned and took this picture of them.

Typical Level I images (by Weegee).

Jane Mansfield

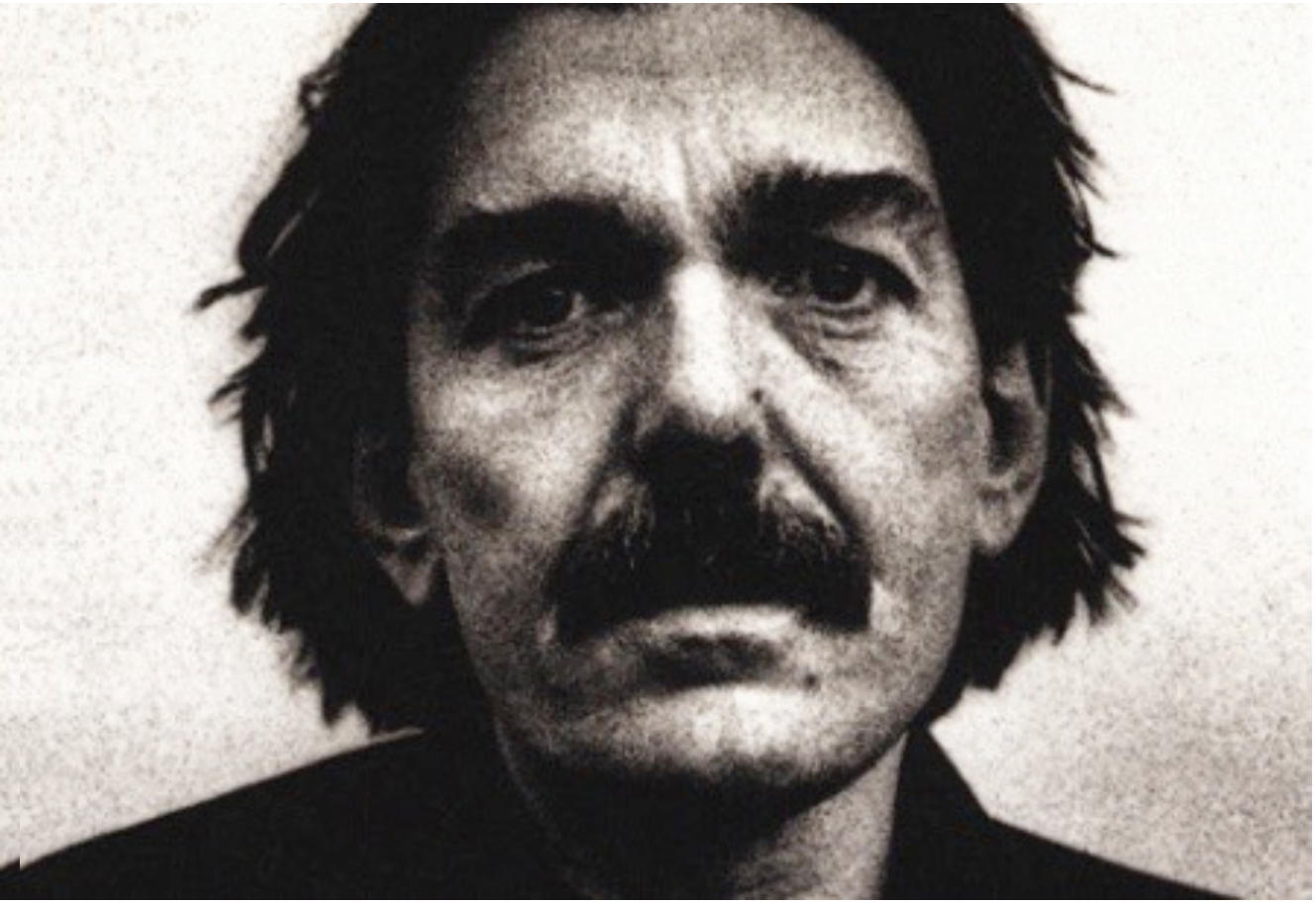
Typical Level I images.

[Anonymous]

Typical Level I images.

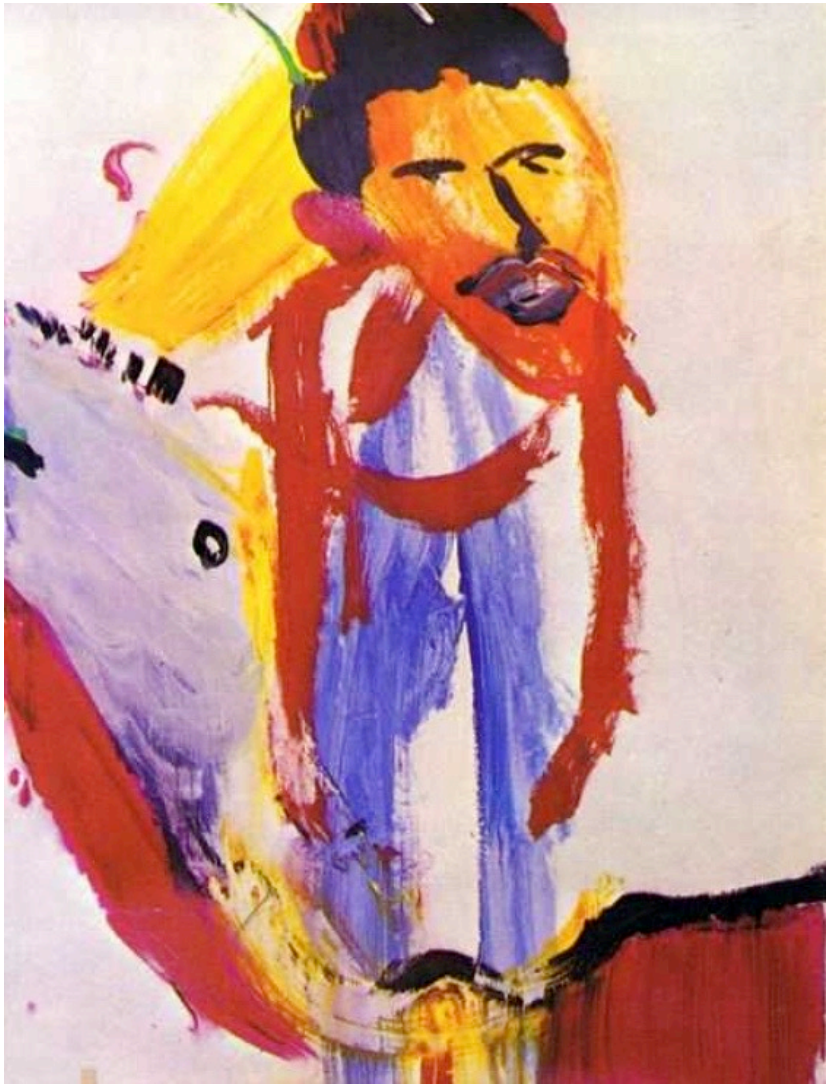
Roman Polanski.

Typical Level II images.



Don van Vliet, Musician, Artist.

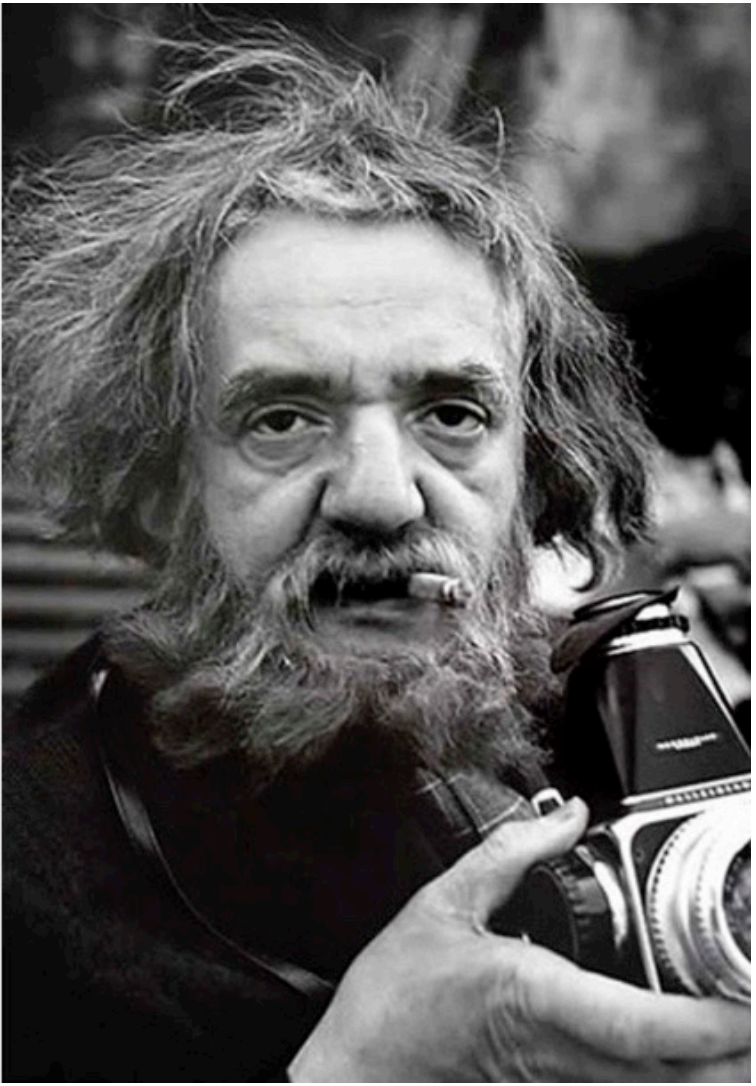
Dąbrowski: the creations of a person also will reflect their developmental level.



Typical Level II images.

Don van Vliet

Typical Level II images.
Picasso.



Later in life, Weegee created typical Level II images.

Typical Level II images.

Weegee images.

"NO ESCAPE FROM DEATH", AUTOPORTRAIT OF VAN LEO, 1946

Typical Level II ambiguity: Dead or alive?

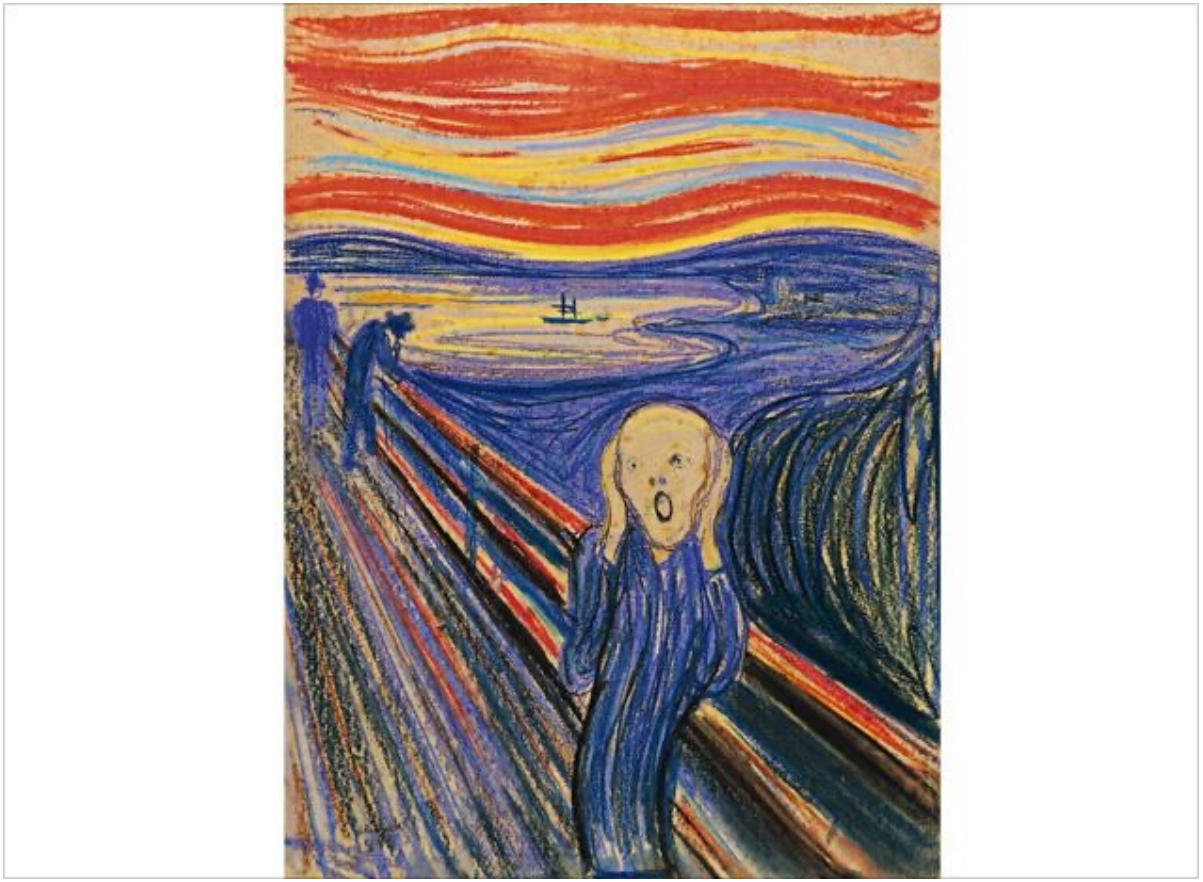
Typical Level III images.

Existential despair/angst are common: spontaneous disintegration.

Klaus Kinski in Herzog's *Fitzcarraldo*

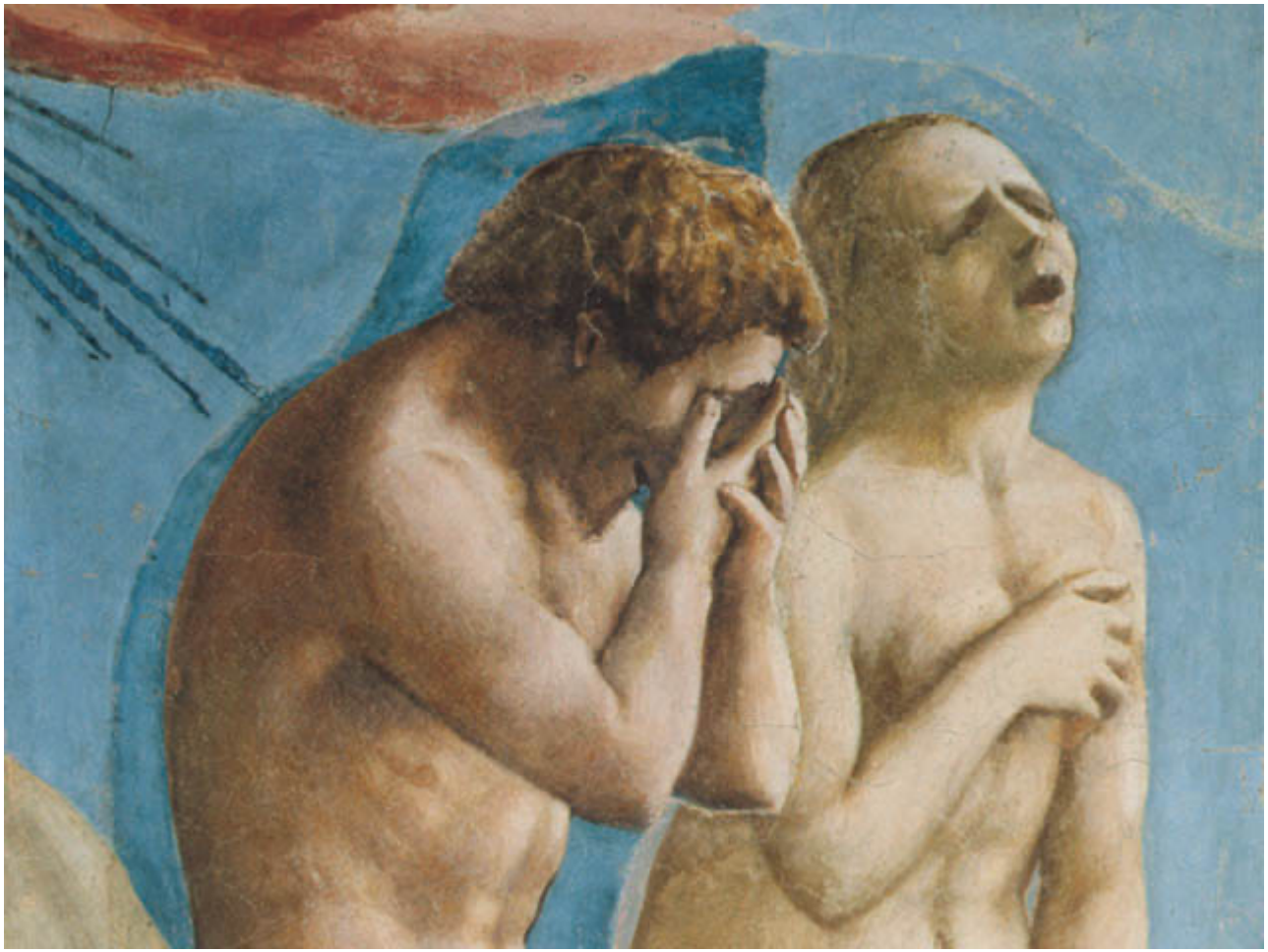
Typical Level III images.

Typical Level III images.



The Scream
Edvard Munch

Typical Level III images.



The Expulsion from the Garden of Eden (detail).

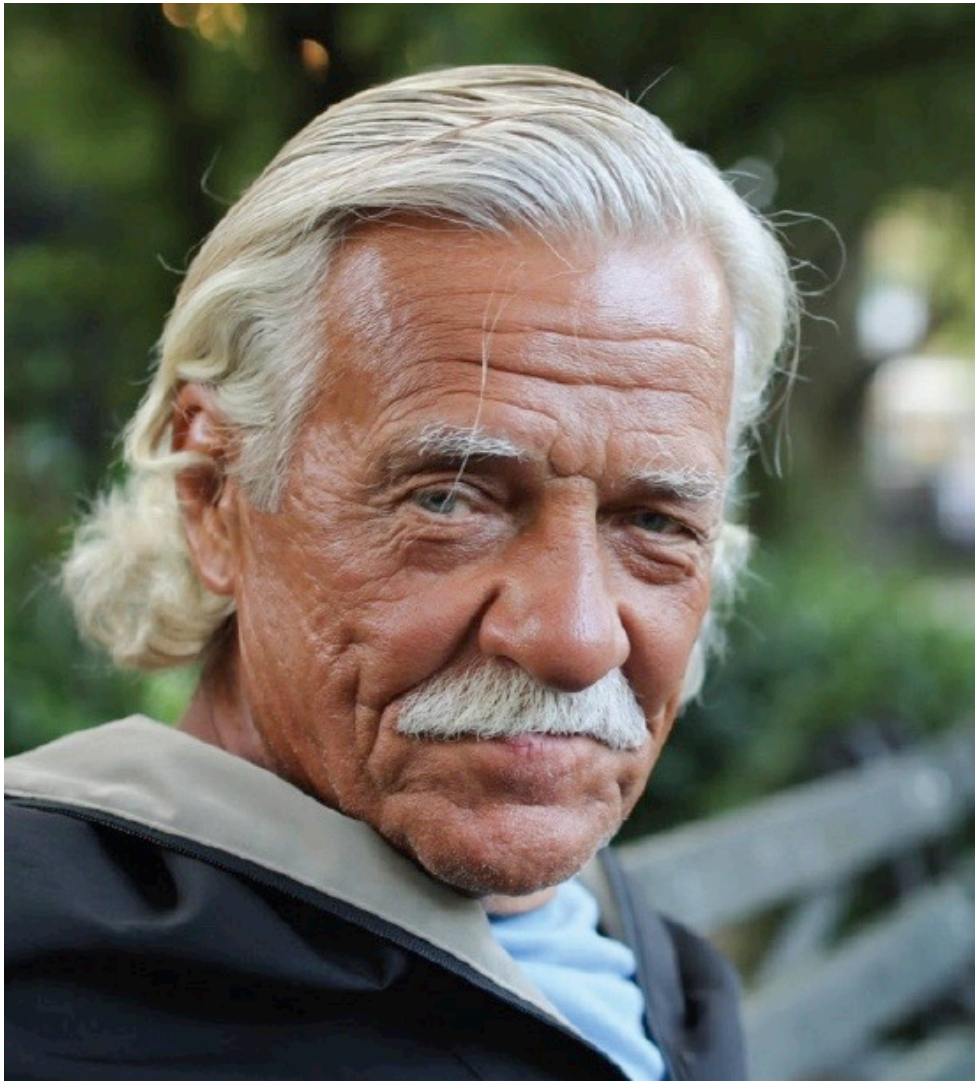
Early Renaissance artist
Masaccio

Typical Level IV images: Infused with authenticity.

Either with deep humanity or joy.

Humans of New York

Typical Level IV images.



Humans of New York

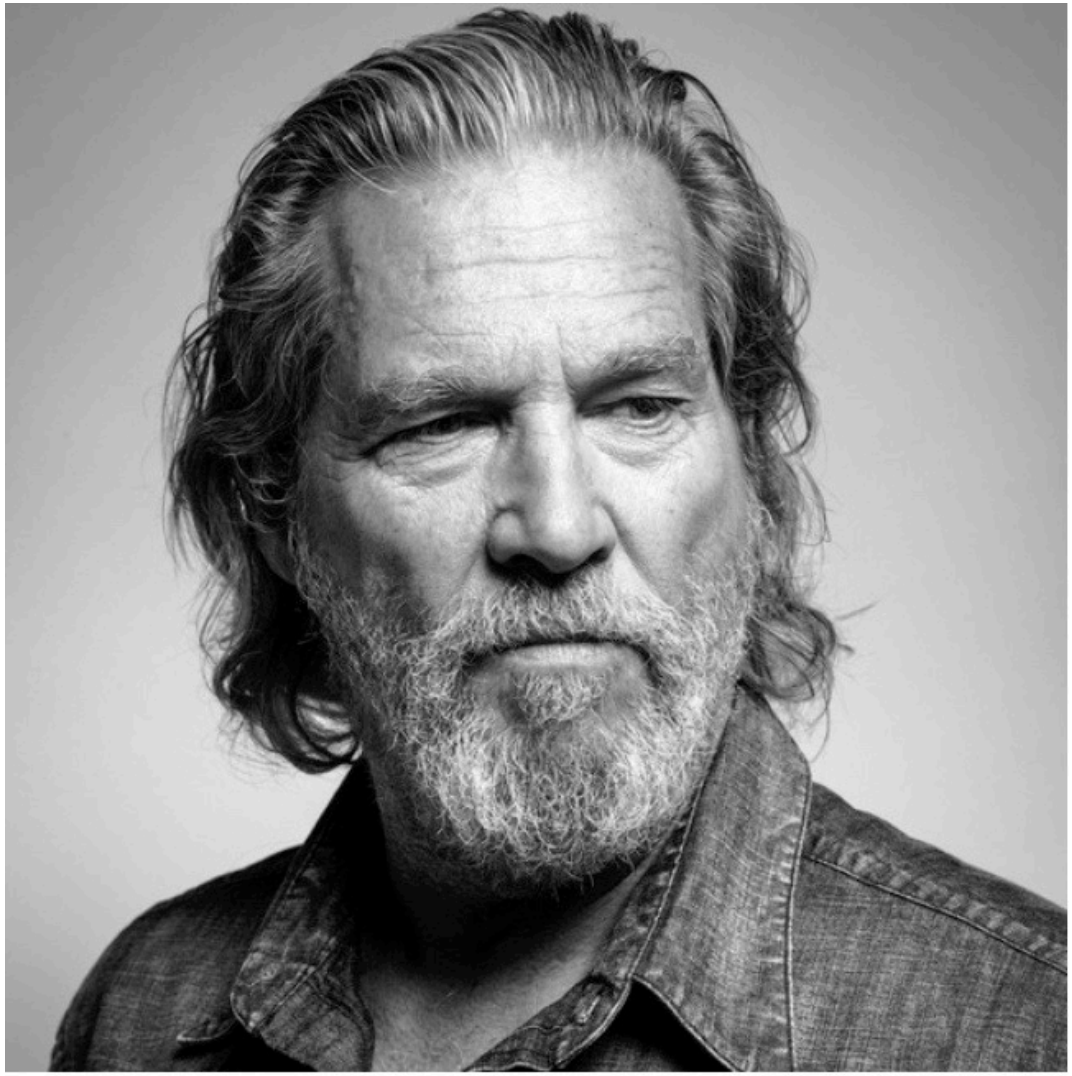
Typical Level IV images.

Humans of New York

Typical Level IV images.

Tom Jones

Typical Level IV images.



Jeff Bridges

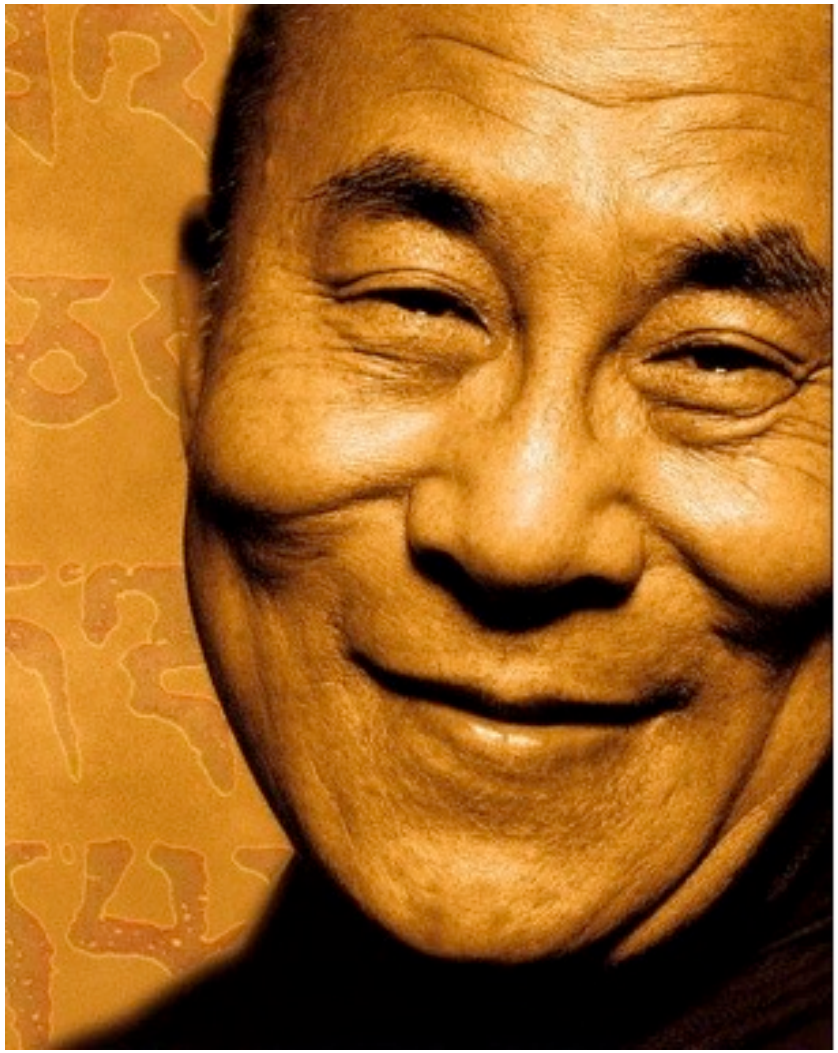
Typical Level IV images.

Antoine
de Saint-Exupéry

Authentic joy.

Keith Richards

Authentic joy.



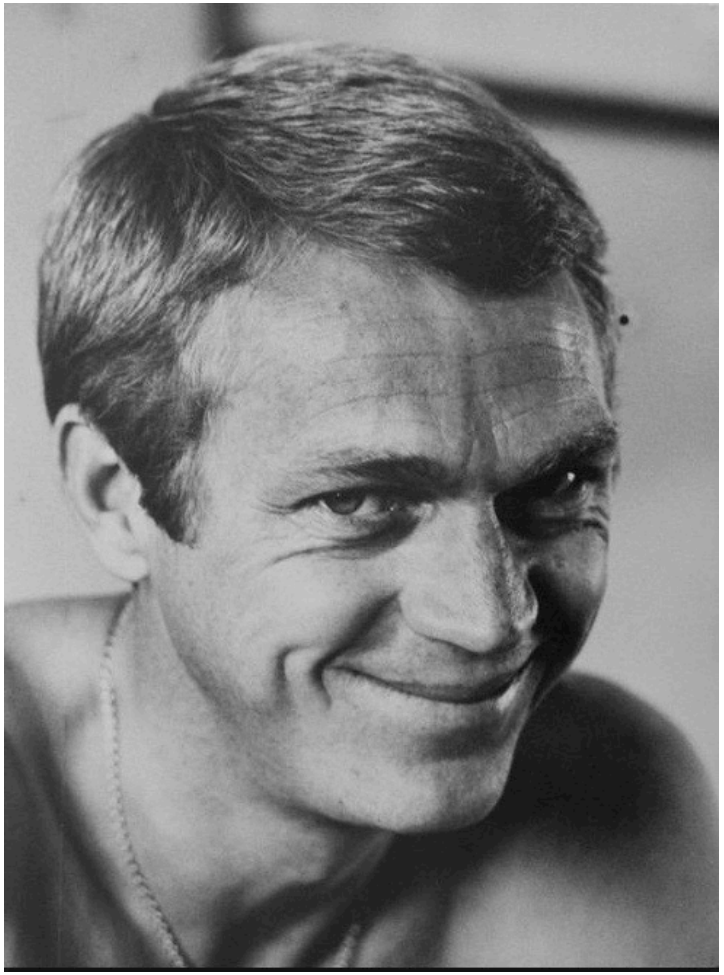
The so-called “Duchenne smile” is considered an authentic smile.

Orbicularis oculi muscle makes eyes squint.

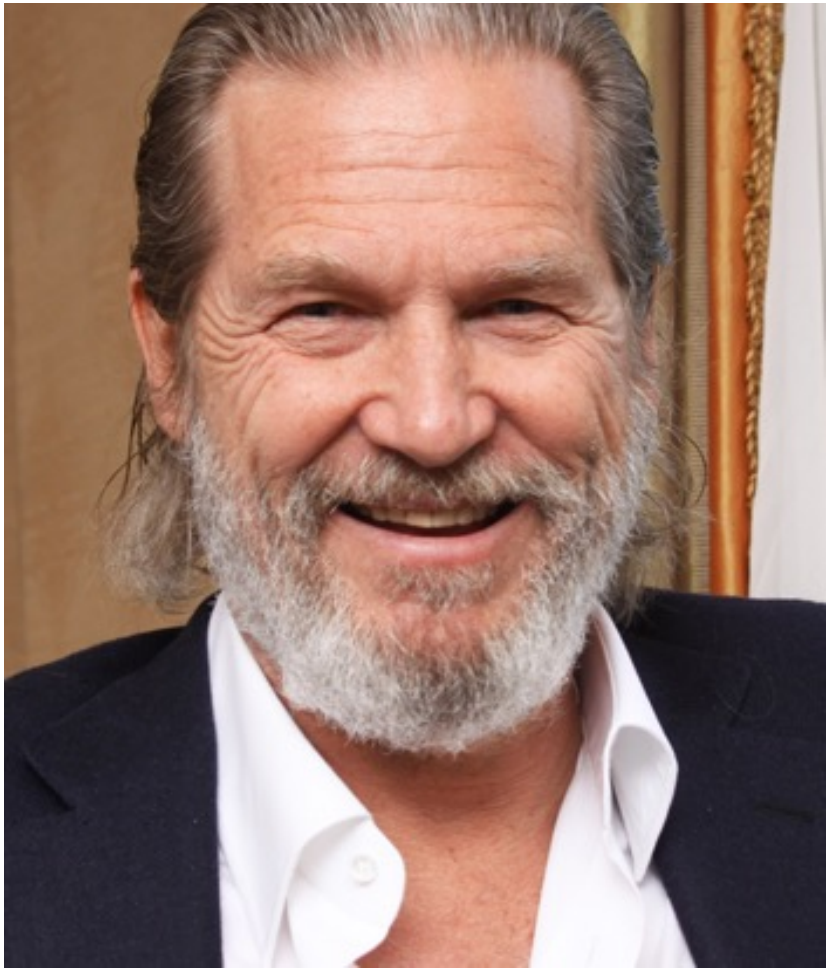
Zygomatic major muscle pulls up corners of mouth.

There is a fairly large literature on this topic.

Authentic joy.



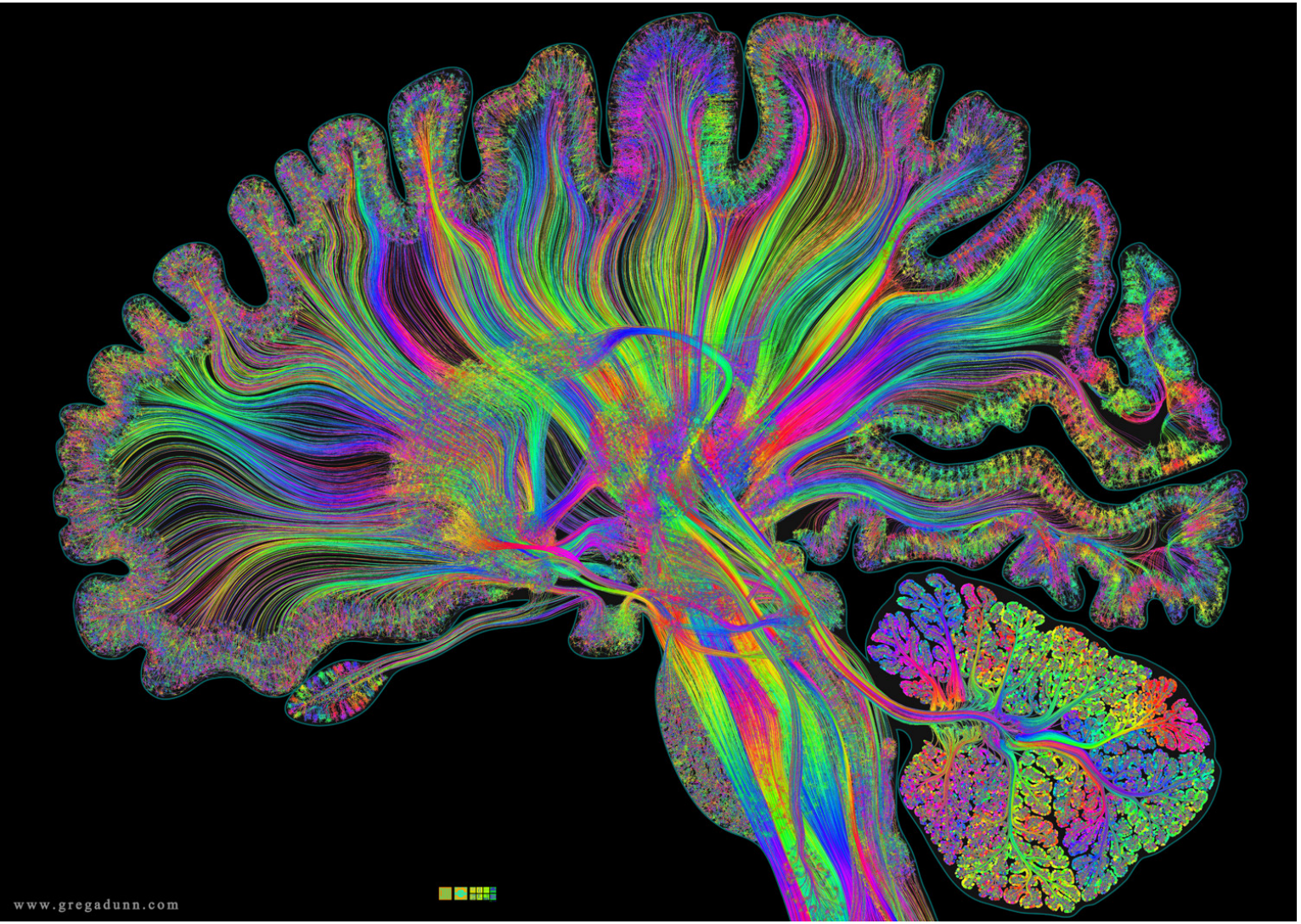
Steve McQueen



Jeff Bridges

Authentic joy.

Thank you!



The end.