

Tanisha Elliott  
PSY 204 – Dr. Gail Hunter  
Baltimore City Community College  
04/09/2025

Gloria: 3 interviews, and a case formulation

### **Fritz Perls**

In the Perls interview, Perls antagonizes Gloria into admitting she has an impulse to play out a coquettish fantasy of being rescued by an authoritative male. Perls quite offensively refers to this as phony and tries to elicit a confrontation in which Gloria reveals she would like to get even with Perls as a patriarchal proxy who makes her feel patronized. She would like to demonstrate this getting even by first hurting Perls' feelings, then comforting him.

### **Carl Rogers**

In the Rogers interview, Gloria discusses feelings of shame about her sexuality and desire for love as a single mom. She is concerned how her daughter and father will perceive various aspects of her life as a divorcee, including having sexual relationships with men and working as a waitress. Gloria hopes Rogers, again as a proxy for all men (and therefore "authority" figures in the context of her patriarchal acculturation) will give her "permission" to be open and unashamed about who she is. Rogers tries to lead Gloria to give *herself* this permission. Rogers uses validation and indulges transference/fantasy at the end of the session in order to leave Gloria with a feeling of closure.

## Albert Ellis

Gloria seems to respond best to Ellis' approach. She openly goes into the interview interested in discussing the teachings of Ellis' book as they pertain to her own life. Ellis is in equal parts validating and questioning; neither his directiveness nor his probing seem inappropriate. Rather, his method of pointing out that *certain circumstances are bad, but this does not mean they will always be bad* is well paired with his assertion that Gloria should get out and face her fear of being herself with men she likes. Moreover, Ellis' apparent comfort with the idea of Gloria (a woman, divorcee and single mother in the context of 1960s America) dating as many men as she likes until she meets the right one indicates a gender progressiveness and sexually liberatory attitude in Ellis. While Perls shames Gloria for her adaptive feminine constructs and Rogers indulges them, Ellis encourages Gloria to push outside of the expected behaviors of her sex/gender at the time.

Using the provided **Case Formulation Model**, I noted the following:

**Autonomy:** Gloria struggles with feelings around her actual autonomy as a single woman versus societal expectations of her as a divorced single mother.

**Connectedness:** Gloria wants to feel connected to her daughter, an eligible man, and all three of the therapists who interviewed her. Gloria also laments a lack of real connection with her father.

**Worthiness:** Gloria wants to feel worthy of others' love but struggles with mildly low self-esteem. She appears to know that others' opinions of her living authentically shouldn't matter, but they bother her, nonetheless.

**Limits and Standards:** Gloria is limited by genuine moral qualms in terms of parenting, as regards her dilemma with how much to tell her 9-year-old daughter about her sex life. Gloria has also self-imposed standards of behavior that she thinks are appropriate or desirable for a woman, such as acting aloof or ditsy on dates.