

## Confidential Psychological Evaluation

### **Identifying Information**

Name: *Christopher Fluitt*  
Age: *43 years (at testing)*  
Date of Birth: *December 22, 1979*  
Gender: *Male*  
Ethnicity: *Caucasian*  
Examiner: *Garrett L. Woods, Ph.D., ABPP*  
Referred by: *Christian Church (Disciples of Christ) in the Southwest*  
Date of Examination: *March 6, 2023*

### **Testing Instruments & Procedures**

Mr. Christopher Fluitt was referred to The Center for Integrative Counseling and Psychology by the Christian Church (Disciples of Christ) in the Southwest to complete a psychological evaluation as a prerequisite to pursuing ordination within that denomination.

The following sources of information were utilized in the present evaluation:

*Clinical interview with Dr. Woods*  
*Minnesota Multiphasic Personality Inventory – 3<sup>rd</sup> Edition (MMPI-3)*  
*Personality Assessment Inventory (PAI)*  
*Strong Interest Inventory Profile (Strong)*  
*Wagner Enneagram Personality Style Scales (WEPSS)*  
*NEO Personality Inventory – 3<sup>rd</sup> Edition (NEO-PI-3)*

The interpretive information contained in this report should be viewed as only one source of hypotheses about Mr. Fluitt. This material should be integrated with all other sources of information in reaching professional decisions about him.

### **Background Information**

Mr. Fluitt is a 43-year-old Caucasian male living in Plano, Texas with his wife and 3 children. He described his relationship with his wife as “loving and trustworthy” and “very supportive.” He indicated that his oldest child is on the “Autism Spectrum” and struggles with “chronic pain, anxiety, and OCD.” Still, he asserted that his other children are “happy go lucky.” Regarding his family or origin, he asserted that his parents “were not happily married” and experienced a lot of conflict. Ultimately, they divorced when he left the household. Nonetheless, he asserted that his parents are “loving towards” him and he is able to maintain healthy relationships with them. As for social support, he described having adequate support resources in the form of his family and “friends in ministry.”

Mr. Fluitt indicated that he is currently a “minister, pastor, musician” for First Christian Church of Van Alstyne. He indicated that he has been involved in ministry “for

decades,” but is relatively new to his current denomination and is seeking to be ordained for ministry within his new denomination.

Mr. Fluitt reported a family history for anxiety and depression (even noting a great grandfather who apparently died by suicide). Regarding himself, Mr. Fluitt also reported a history of depression. He reported experiencing some suicidal ideation as a child (which he related to his experience of his parents’ conflict); however, in adulthood he described his depressive symptoms as a “mild funkiness” whereby he experiences some fatigue and apathy. Nevertheless, he denied any functional limitations as a result of these symptoms. Still, he denied any prior history of psychotherapy and/or psychiatric treatment. He credited his emotional resilience to an early experience of “the love of Jesus” that “came off the page” for him. No other relevant psychological/psychiatric, medical, or substance abuse history was indicated.

### **Mental Status Exam/Behavioral Observations**

Mr. Fluitt was interviewed using telehealth technology. His appearance was consistent with his stated age. He was dressed comfortably, but appropriately for his evaluation. He maintained good eye-contact during the intake interview and appeared cooperative and invested in the evaluation. Mr. Fluitt appeared quite friendly and rapport was easily established and maintained; he was on time for his scheduled appointment.

Mr. Fluitt’s motor activity was variable and appropriate. His speech was at an appropriate rate and volume. His mood was pleasant and interpersonal, and he demonstrated appropriate levels of affect during the testing. He was well oriented to person, place, time, and situation. He denied a history of visual or auditory hallucinations, and his thought content was free from loose associations, delusions, and paranoia. Thought processes were logical and coherent, and his attention/concentration appeared to be adequate. Further, he denied any current suicidal or homicidal ideation, thoughts, plans, or intent.

### **Test Findings**

The findings presented in this report reflect the point in time in which Mr. Fluitt responded to the inventories and will be summarized across the following domains: validity, perception, cognition, emotion, regulation, self, and relational/work and leadership capacity. The final domain will be discussed in greater detail as it is often found most helpful for those seeking ordination.

#### **Validity:**

All measures were administered and scored using standard administration and scoring procedures. Mr. Fluitt appeared to respond to all instruments in an honest and forthright manner. Overall, the results of the evaluation appear to be a valid representation of Mr. Fluitt’s current level of psychological functioning.

#### **Perception:**

Consistent with the clinical interview, Mr. Fluitt did not endorse any bizarre or peculiar

sensory experiences. His ability to accurately perceive stimuli in his internal and external environments appears to be generally consistent with that of the average person.

**Cognition:**

Similarly, Mr. Fluitt did not report or endorse any unusual or obsessive thoughts and appears free of any serious cognitive disturbances. Additionally, based on the clinical interview, Mr. Fluitt's intellectual capacity appears to be at least in the Average range.

**Emotions:**

Mr. Fluitt did not indicate or demonstrate any troubling affect of clinical significance during the current evaluation. He did not report or endorse responses indicative of feelings of depression/sadness, mania, or anxiety.

**Regulation:**

Mr. Fluitt's results suggest that he is a resourceful individual with adequate psychological resources to meet his daily stressors. With respect to anger management, he described his temper as within the normal range, and as well-controlled without apparent difficulty. Consistently, he denied any current substance abuse or dependency issues and denied any current ideation or intent for harm to self or others.

**Self:**

Mr. Fluitt's self-concept appears to involve a generally stable and positive self-evaluation. He is normally a confident and optimistic person who approaches life with a clear sense of purpose and distinct convictions. These characteristics are valuable in that they allow him to be resilient and adaptive in the face of most stressors. He describes being reasonably self-satisfied, with a well-articulated sense of who he is and what his goals are.

**Relational/Work and Leadership Capacity:**

*PAI & MMPI-3:*

Mr. Fluitt's interpersonal style seems best characterized as having an exceptionally strong need to be accepted by others. His commitment to acceptance may come at some cost to his individuality and/or creativity and he may seek to avoid conflicts in his relationships. Others may take advantage of his strong need to be liked, which may be seen as an invitation to exploit his trust. Nevertheless, at present, he perceives himself to have above average levels of social support with which to meet his interpersonal needs.

*NEO-PI-3:*

Mr. Fluitt is occasionally nervous or apprehensive, but no more so than the average individual. He seldom feels frustrated, irritable, and angry at others and he has only the occasional periods of unhappiness that most people experience. Embarrassment or shyness when dealing with people, especially strangers, is only occasionally a problem for him. He reports some difficulty controlling his impulses and/or desires, but he is able to handle stress as well as most people.

Mr. Fluitt is very warm and affectionate toward others and he usually enjoys large and noisy crowds or parties. He likely prefers to be a group leader rather than a follower. He has a high level of energy and likes to keep active and busy. Excitement, stimulation, and thrills have great appeal to him, and he frequently experiences strong feelings of happiness and joy.

In experiential style, Mr. Fluitt is generally open. He has an average imagination, but only occasionally daydreams or fantasizes. He is particularly responsive to beauty as found in music, art, poetry, or nature, but may tend to compartmentalize his feelings and emotional reactions (emphasizing the role of his thoughts). He enjoys new and different activities and has a high need for variety in his life. He is interested in intellectual challenges and in unusual ideas and perspectives, but may be more conservative in his social, political, and moral beliefs.

Mr. Fluitt tends to be cynical, skeptical, and may have a low opinion of human nature. Still, he is very candid and sincere and would find it difficult to deceive or manipulate others. He goes out of his way to be thoughtful and helpful to others and is quite generous. He views himself as an average person, neither better nor worse than others. Compared to other people, he is average in his concern for those in need, and his social and political attitudes balance compassion with realism.

Mr. Fluitt is reasonably efficient and generally sensible and rational in making decisions. He can be sloppy and disorganized, but he is reasonably dependable and reliable in meeting his obligations. He has a high aspiration level and strives for excellence in whatever he does. He is average in self-discipline and generally finishes the tasks he starts. He is reasonably cautious, and generally thinks things through before acting.

*Strong Interest Inventory:*

The Strong evaluation yields a theme code, comprised of a respondent's three highest General Occupational Theme scores. Mr. Fluitt's three highest scores (in order) were as follows: Artistic, Social, and Enterprising (Theme Code: ASE). Such scores suggest that Mr. Fluitt appreciates creativity and values self-expression. Moreover, he prefers to collaborate with others and places a strong emphasis on community building. Finally, he enjoys taking a leadership role whereby he can seek to motivate and influence others. Therefore, those interest areas ranked among Mr. Fluitt's highest were Religion & Spirituality, Athletics, and Writing & Mass Communications. Moreover, the occupations most aligned with Mr. Fluitt's interest were predominately technical or journalistic/public relations in nature—with a moderate-high correlation with the career domain of being a Religious or Spiritual Leader. Consistently, Mr. Fluitt's personality style, as revealed by this instrument, suggests that he prefers a balance of working with others as part of a team/working independently. Additionally, he prefers more formal academic learning environments and likely leads by directing and empowering others. Finally, he appears comfortable taking measured risks in pursuit of his goals.

*Enneagram:*

The Enneagram yields score-based "Types" that categorize interpersonal styles, interests,

and comforts. Mr. Fluitt's highest Type scores were as follows (in order beginning with the highest score):

- (1) Type 7, The Enthusiast
- (2) Type 8, The Challenger
- (3) Type 3, The Achiever

As the "Enthusiast," Mr. Fluitt is likely spontaneous, curious, optimistic, eager, and future-oriented. At his best, Mr. Fluitt is likely appreciative, thoughtful, accomplished, versatile, and passionate. Still the associated vulnerabilities are to be distracted, overextended, and demanding in pursuit of his goals.

As the "Challenger," Mr. Fluitt is likely strong, assertive, resourceful, pragmatic, and action-oriented. At his best, Mr. Fluitt can be empowering, inspiring and constructive. Still the associated vulnerabilities are to be overly confrontational and even, at times, defiant. He may present, at times, with a dominant personality that others may find intimidating.

Finally, as the "Achiever," he is likely ambitious, goal-oriented, organized, and effective in his work. At his best, he is likely intrinsically motivated, authentic and demonstrates a strong work-ethic. Nevertheless, he is vulnerable to set too high of expectations for himself and struggle to maintain a healthy work/life balance in pursuit of his goals.

### **Summary of Findings**

Despite his self-reported history of depressive symptoms, the current evaluation did not reveal any clinically significant mental health concerns or personality disorder issues that would negatively impact his capacity for ministry. Mr. Fluitt appears to be interpersonally motivated as well as quite driven to achieve his personal goals. While he demonstrates some interpersonal vulnerabilities that deserve continued monitoring (e.g., high need for acceptance), he appears to have a healthy awareness of his temperament and denied any resulting functional limitations. As such the current evaluator has "no concern" with Mr. Fluitt's pursuit of ordained ministry, as it relates to his psychological health.

### **Recommendations**

Based on Mr. Fluitt history, interview, and test results, the following recommendations are made:

1. It is recommended for him to remain intentional about seeking out mentorship and/or consultation with other experienced clergy members. It is common for those in helping positions to feel emotionally isolated which can increase one's vulnerability to burnout and/or lapses in judgement.
2. It is recommended that he continue to take opportunities to reflect on his interpersonal style. His more dominate and outgoing traits may be an effective resource for him to draw upon in leadership; however, without

proper balance these traits can leave him vulnerable to increased conflict and/or burn out. Finding effective ways to express and balance his needs for affection and acceptance with his ministerial responsibilities would likely enhance his natural capacity for relational ministry as well as increase his capacity to set appropriate boundaries around his workload and perceived responsibilities.

3. Similarly, while his more skeptical/cynical view of human nature does not appear to be limiting his interpersonal effectiveness, he may still benefit from continued understanding/awareness of this tendency. Such an outlook may reflect a natural temperament, or it may be associated with past interpersonal wounds and/or repeated exposure to the darker side of human nature. Seeking out ways to recognize and attend to these potential wounds and/or experiences would certainly serve to enhance his capacity for effective empathy and relational ministry.
4. Consistently, while no significant emotional concerns were identified during the current evaluation, given his self-reported history of depressive symptoms, it is recommended that he continues to remain purposeful about monitoring his psychological/emotional health. Seeking out additional resources, as needed, would ensure that his emotional needs are being adequately addressed (e.g., professional counseling, talking with his physician, etc.).
5. Moreover, it is recommended that Mr. Fluitt continue to be purposeful in maintaining his established self-care routines—including maintain a healthy support system as well as his involvement in activities that he finds enjoying and personally rewarding (as these are often neglected by those in the helping professions).
6. Finally, it is recommended that he review this report along with the summaries from the Strong Interest Inventory and the Enneagram with a mentor, spiritual director, and/or professional counselor to aid in his personal and spiritual development.

Thank you for this referral. Please do not hesitate to call with any questions or if any further assistance is required for this case. The undersigned may be reached at The Center, (214) 526-4525.



Garrett L. Woods, Ph.D., ABPP  
Licensed Psychologist #36783