

## **Clinical Case Study**

**Submitted to Prof. Leonard Yong in partial fulfilment for the award of**

### **CERTIFIED LPI PSYCHOTHERAPIST**

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## **Case Study 1: Leonard Personality Inventory**

Client's LPI Personality Profile: Neutral Expert

Client: **Case Study 1**  
Status: **Student/ Year 1/ Semester 2**  
Organisation: **XXXXX**

Gender: **Female**

### **Introduction**

Client is a first year student pursuing her Bachelor degree in Electrical Communication Engineering at UTAR. This course was selected by UTAR as she is an international student and there is a limited choice of undergraduate programmes offered for her. She completed her secondary school at Tenby International School at Malaysia.

The client is a quiet person. She prefers animation studies and likes to draw figures with the story line. She is a very good listener but does not like sharing her feelings or confiding with others because she is scared that once people see her vulnerabilities they will worry about her. Instead, she pours her private thoughts and feelings in her diary.

### **LEONARD Personality Inventory (LPI) results:-**

Openness: 72%    Neutral: 94%    Analytical 83%    Relational 52%    Decisive: 57%

### **(N) Neutral: Neutral Expert**

During this session, the client agrees that all the description is very accurate about her. She is a calm person, good listener, and patient. She is easily hurt by others especially those who do not understand her situation. Sometimes she will be lacked of confidence when the environment does not support her initiative and work. She desires for her values to be appreciated by others.

Furthermore, the client is very concerned about others' welfare and tries to adjust herself with others to avoid confrontation. She performs the best in a relaxed and friendly atmosphere. She also claims that she prefers to be a follower rather than a leader to maintain peace within her environment. She likes to tolerate and finds it difficult to say "no" to others as to preserve their feelings. It helps her to live harmoniously with others. Client admits that actually she is troubled by unplanned changes as she needs careful planning and more time to implement good work.

Additionally, client also agrees that she is an introvert and will shrink away from difficult situations.

### **Client's Strengths**

Client's LPI results show that her strengths are as follows:-

- She is a calm person when accomplishing her task.
- She tries to live in harmony with others.
- She does not like to be pushy and prefers more stable situation.
- She is accommodating to others' requests to live in peace and harmonious environment.
- She likes to do things in a way acceptable to others to avoid conflict.
- She is very concerned for the welfare of others.
- She prefers to be in agreement with others to keep a constant relationship with people.

### **Client's Weaknesses**

Client's weaknesses in her LPI profile are:-

- She needs acceptance from others to deal with the people in her surrounding
- Most of the time she lacks confidence when the situation contributes unplanned changes and also in difficult moments.
- She tries to avoid confrontations with others especially the people she attached with to ensure the stability and peacefulness of the relationship.

- She gets hurt easily by others when someone she trusts and is loyal to do not understand or empathize her during difficult situations.
- She tends to shrink away from difficult situations and ensures others do not sense her problem or sadness.
- She tends to compromise with others so as to avoid conflicts and maintain peace with her surroundings.
- She easily feels anxious when an unplanned situation happens or the desired result is not achieved.

**Client's feedback:**

Client scales this LPI result as 10 out of 10 points. Client agrees that she cannot be herself and make her own decision. Her attitude is that she is more concerned with others' welfare and is worried if no one accepts her. LPI result helps her to visualize and identify holistic development for her future improvements. The client agrees that on her relational personality she needs a better improvement as she is lonely in this university life. Besides, she is quite scared to make a decision and this attitude causes her to suppress her wishes of what she wants to be.

In addition, the client agrees that the emotional intelligence section is a great explanation to encourage her to handle her emotion effectively especially in her ability to say NO when necessary and to avoid negative and also distorted thinking on her own.

Client agrees that she is not creative enough to express herself and her ideas due to her fear of rejection by other parties. She also needs pre-existing ideas to work on in order to develop some creative work and is sometimes overtly cautious in responding to a new idea. She has a talent to create animation characters together with storylines but is scared on receiving the negative views from others.

Client agrees that she needs to improve in her willingness to take an unpopular decision and develop a more optimistic attitude to manage leadership role. But she still fears to be insistent and firm as a leader because she believes this will develop discord in the

working environment. She also agrees that she needs to take more initiatives and make a decision after getting a suggestion from every member of the group. Sometimes she will respond to others' actions to maintain the stability and avoid confrontation as this may lead to failure.

Client's LPI profile also helps her to identify her best strategies for her to overcome Stress and Conflict. The client is experiencing stress and is not sure to handle it. The client always feels that she has no control over her troubles and problems. When she first enrolled at UTAR, the education system was giving her a culture shock and the people to her are not as friendly as in her previous international school. She cannot accept the sudden change in her environment and feels rejected by others. Her family does not understand why she feels this way. She is scared to share her feelings and she does not want her family to be worried of her welfare. Through stated strategies from LPI result, client gets some insight and learns about the coping skills to overcome her stress and conflict.

**Counsellor's reflection:**

The client comes to meet the counsellor to address her situation due to her unbalanced emotions. Client needs some advice on self-knowledge to boost herself. Counsellor identifies that the client is facing culture shock and is not able to cope with the environment.

Firstly, client needs to develop her emotional intelligence, which is to boost her confidence and improve her risk-taking skills. She has some good qualities, for example to be a good listener, create harmonious environment but she is lacking self-motivation and self-actualization. During the explanation of 'The Self- Pity and Thankfulness Chart', counsellor identifies that the client is in the stage of self- pity that can lead to depression. Counsellor tries to guide the client towards self-exploration involving self-conceptualization. Counsellor also guides the client to embrace mindfulness, especially to be in the here and now where the client can identify her true inner feelings towards

herself. She is on a downward spiral to psychotic situation as no one supports her feelings and emotions.

Counsellor provides ideas and insight through her LPI interpretation and manages to highlight suggestions for the client to overcome her obstacles. This inventory helps her to mirror herself and visualize her abilities. It can help her to strengthen her rational thoughts.

Overall, the counselor manages to lead the client through the LPI result and motivates her to develop herself to see her capabilities. In this session, the client tries to see the positive rather than to blame herself for all problems. The client has potential to be self-driven but she must put more effort on her self- awareness.

Through this session, counsellor has determined that the client has been exposed to new ways to handle her problem. Simultaneously, the client obtains some knowledge to improve her life to be a better person.

## **Case Study 2: Leonard Personality Inventory**

LPI Personality Profile: **Decisive Decision Maker**

Client: **Case Study 2**  
**Student/ Year 1/ Semester 3**  
Organisation: **XXXXX**

Gender: **Female**

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### **Introduction**

This client is a first-year student pursuing Bachelor of Science (Hons) Quantity Surveying in UTAR. She finds herself passionate in wedding planning and event management and is not interested in Quantity Surveying field.

The client wants to identify her personality type in order to cope with her present situation. She wants to continue her studies as a wedding planner her mother does not agree with her decision. So she decides to follow her mother's intention and continue her study in quantity surveying. Meanwhile, the client has no interest in construction subject and cannot cope with most of those subjects. The client wants to explore herself especially about her personality type so that she can cope with the ins and outs in her life.

### **LEONARD Personality Inventory (LPI) results:-**

Openness: 54%    Neutral: 64%    Analytical 64%    Relational 62%    Decisive: 69%

### **(D) Decisive Decision Maker**

(D) Decisive Decision Maker

During this session, the client agrees that all the descriptions are accurate about her except for her strengths. She is a good planner in self-management. She easily becomes impatient especially with those who are very slow in doing a task. Sometimes she tends to be stubborn and gets angry quickly especially when things are done on time. The client

does not agree on her strength description as most of the time she feels uncompetitive and easily gives up especially in confrontation with others. She also looks weak if any unexpected situations happen.

### **Client's Strengths**

Client's LPI results show her strengths as follows:-

- She is a competitive person.
- She does not give up easily.
- She does not like to be weak.
- She is a decisive person.
- She strongly agrees on the statement 'get things done on time'.
- She is firm in dealing with others.

### **Client's Weaknesses**

Client's weaknesses in her LPI profile are:-

- She easily gets irritated by others
- She is hot-tempered and gets angered quickly when working together with mates/people if she finds them to be slow in completing a task.
- She tends to be a proud person sometimes.
- She will scold people and is aggressive in certain situations especially when she fails to achieve desired targets.

### **Client's feedback:**

Client scales this LPI result as 6 out of 10 points. Client mostly agrees on her weakness and does not agree on her strengths as she looks herself as weak and lack confidence when making a decision. Besides this, she has her own target or ambition toward herself and not to impose this to others. But she will be deeply disappointed towards herself if she misses the targeted goal. Most of the time the client encounters sleepless nights where she occupies herself by thinking of failures.

In addition, the client agrees on the emotional intelligence section that she needs to have more patience and speed up her competence to dealing with unexpected situations.

At this moment client expresses her creativity according to what is required in a situation. Sometimes she finds her ideas are bombastic and realizes that not everyone can follow her. So she needs to invest more time to address others' concern regarding her new idea.

She will help mold herself to her truest potential in her future organization as she realizes that she has the capability to handle risky projects and promote her leadership to drive others and self to succeed for the organization.

Client agrees that she needs to improve her tolerance towards the weakness of others and exercise more patience with others. She tries to work together with others and let go some power to others. She will promote healthy relationship by becoming more gentle and diplomatic when disagreeing with colleagues. She will work on improving her listening skill and practice consideration with others' suggestion so that she can be more optimistic in managing her leadership role. The client has no issue to enrich her interpersonal relationship as she can easily work together with anyone in her environment.

The client takes this LPI test in order to identify the approaches to overcome her stress and conflict. Client encounters a very deep stress with one of the papers during final examination period. She explains that she was insomnia for two nights. She tries to look for doctor's advice. She is prescribed with Nitrazepam pills. After consuming the pill (5mg, before sleep), the client finds that she is very calm and can study better. But she cannot fall sleep. She feels physically weak and emotionally disturbed due to her constant thinking about her result of the particular exam paper. Client's LPI profile helps her to identify the strategies to overcome Stress and Conflict. The client is experiencing stress and not sure to handle it. Client keeps thinking about how she cannot achieve good result this semester and it will stop her from moving forward. This stress blocks her from continuing her revision for other subjects. This always happens to her if she perceives that cannot get the desired results. Client agrees to accept the reality and there is no necessity to prove herself through constant achievement. She also believes that she needs to accept that life is like a wheel. She will also help herself to divert frustration and stress

into other activities. She will put herself in the 'here and now' moments in order to enable her to move to new thing/task rather than to keep on thinking about past events.

**Counsellor's reflection:**

Counsellor finds that client is facing an uncontrollable emotion that makes her distraught and loses focus in her final examination. The client is unable to accept her failure in the first place. She keeps thinking about past events where no amendments can be done. After she identifies her personality type, she feels that she starts to understand herself more especially on the details to handle stress. Counsellor discovers that the client needs some encouragement in her environment to normalize herself as most students also encounter similar problems and that it is the nature of life. Client is aware that she has been blaming herself recently and she wants to focus on self-management. In this session, it helps her to identify her capabilities and boost her eagerness to help herself to overcome her negative thoughts and impressions about herself.

### **Case Study 3: Leonard Personality Inventory**

LPI Personality Profile: Analytical Thinker

Client: **Case Study 3**  
**Student/ Year 2/ Semester 3**  
Organisation: **XXXXX**

Gender: **Male**

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#### **Introduction**

The client is a second-year student pursuing Bachelor of Engineering (Hons) Electrical and Electronic Engineering in UTAR. Clients' ambition is to become an engineer and gain family income.

The client wants to determine his personality type in order to cope with his interpersonal skills. He describes himself as reserved person. Even though he has a bunch of friends, he remains quiet during their gatherings. He is interested to get more friends but he also worries that he will lose his friends in the future.

#### **LEONARD Personality Inventory (LPI) results:-**

Openness: 71%    Neutral: 80%    Analytical 90%    Relational 38%    Decisive: 62%

#### **(A)Analytical Thinker**

During this session, the client agrees that all the descriptions are accurate about his personality. The client also agrees on his personality type. According to him, he does not communicate well with his parents since his young age. He lives with his grandmother and his mother. His parents were divorced when he was a toddler. His mother is very busy with her job as she is the breadwinner for the family. He always

takes care of his grandmother and completes his daily house chores. He knows that he has a communication barrier since young because he grew up having no time to play and socialize with his friends or cousins. This situation molds him into a task-oriented person.

### **Client's Strengths**

Client's LPI results demonstrate her strengths as follows:-

- He is very careful in choosing friends.
- He always makes sure to do the things correctly and neatly.
- He prefers to be more of a follower and writes down the things in detail.
- He is a very cautious person.
- He always investigates before believing any information.

### **Client's Weaknesses**

Client's weaknesses in her LPI profile are:-

- He worries too much about his life especially about his future.
- He also prefers to be a loner and an introvert to avoid confrontations.
- He is indecisive and does not seek help when necessary. Many of his friends and family members assume he is an independent person.

### **Client's feedback:**

Client scales the LPI result as 8 out of 10 points. Client mostly agrees on his LPI result. Due to his personality type, he is scared that he will lose his close childhood friend. He keeps on worrying about his future and wants to overcome his weakness. He finds it hard to make a decision as he needs to consider his family status and financial background. So he believes that this situation molds him to be extra careful and overtly cautious in every work. He is worried that he has to rely on his mother to overcome his family situation. Sometimes it makes him stressed and depressed.

During the session, counsellor explains the overall LPI personality type. He agrees that he needs to have a greater flexibility in problem-solving. Meanwhile, he wants to enhance his social skill such as to discuss his problem with others to get some alternatives and solutions. He wants to brace any challenges while he learn about himself so that he can be a decisive person. These will help him to be more optimistic in his life journey towards the future.

Sometimes his group members will nominate him as a leader. It will stress him as he needs to deal with his group members. The explanation in LPI gives him the insight that he needs to improve his leadership skills especially to be more enthusiastic when responding towards others' suggestion and learn to establish informal contact with his group members to enhance his interpersonal relationship. He will try to become a more extrovert person and will not impose his high standards to others.

Client agrees on the statement where he always views himself as an imperfect person. He finds himself to have many weaknesses that can be easily identified by others around him and worries himself over the situation. He needs more time to think of the matter to solve or overcome.

He admits that those suggestions will help him to overcome stress and refresh his mind. He will share his feelings with others in order to de-stress himself. He wants to be more flexible in every situation and accepts his imperfections. He will also try to develop his self-esteem and self-identity step by step.

**Counsellor's reflection:**

Client identifies his personality type for self-development. The client looks very refreshed after discussing with counsellor. He never shares his feelings with anyone since his parent's separation. He is losing himself and his capabilities throughout his growing stage. Counsellor directs him on his quality as stated in LPI. The client gets much insight to create self-awareness, especially when the client resists his opponent passively by silently refusing to do certain things. This makes him lose many friends in his

environment. He believes that LPI is able to direct him to the right way to deal with his obstacles and rebuild his strength to cope in his life.

## **Case Study 4: Leonard Personality Inventory**

Client's LPI Personality Profile: Analytical Thinker

Client: **Case Study 4**  
Status: **Student/ Year 4/ Semester 3**  
Organisation: **XXXXX**

Gender: **Female**

### **Introduction**

The client is a first-year student pursuing her Bachelor degree in Graphic design at UTAR.

Presently, she extends her academic study to one year as she keeps on failing in the same subject for 3 times. She feels stressed and worries about her completion of study. She cannot cope with stress and tends to procrastinate while doing other subjects' assignments. Sometimes she feels hopeless and useless in her life. Her self-esteem is decreasing daily.

### **LEONARD Personality Inventory (LPI) results:-**

Openness: 61%    Neutral: 72%    Analytical 76%    Relational 45%    Decisive: 54%

### **A) Analytical: Analytical Thinker**

During this session, the client agrees that the description is very accurate about her. She is a detailed person and she needs constant support from the environment. At this moment, she is lacking of friends' and family's support. Family members keep asking about the time she will finally able to complete her study because all of her friends had graduated two trimesters ago. She is easily hurt by others and tries not to share her feelings with anyone in her environment.

## **Client's Strengths**

Client's LPI results depict her strengths as follows:-

- She is a quiet and reserved person.
- She likes to do things correctly.
- She always carefully chooses her friend and does not easily believe anyone in her environment.

## **Client's Weaknesses**

Client's weaknesses in her LPI profile are:-

- She is not flexible and worries too much about the impact towards her.
- Most of the time client lacks confidence when the situation contributes unplanned changes or difficult moments.
- She is easily anxious and hurt by criticism from others.
- She is also not willing to share her feeling with others.
- She tends to shrink away from difficult situations and ensure others do not sense her problems.
- She feels anxious quite easily when an unplanned situation or desired results not achieve.

## **Client's feedback:**

LPI result allows the client to visualize and identify her personality. The client believes that the suggestions given from the LPI result are very helpful for her improvements. She realizes the importance of guidelines to improve her Emotional intelligence that she has been lacking since joining UTAR. She is always worried about unfavorable situations happening to her and tends to connect those situations with different matters entirely. This makes her become unproductive and prevents her from improving her studies. She agrees that she is the one that allows herself to be low EQ, causing her to sink lower in life. She finds her life dim and bleak, unlike those experienced by her friends. She agrees that she needs to improve her ability to handle worries. She also gives some alternatives

such as to discuss with the respective person about her problem to get some alternatives. She tries to look on her positive capabilities rather than blame herself for her failures. She is more focused on her improvement to cope with her daily routine. As she shares, she explains that she tends to procrastinate her work and she gets stressed as it nears the submission date. She confesses that this is the main reason she fails some subjects. She also agrees to seek for lecturer's consultation for advice on her subject matters. In this way, client can help herself to achieve in her academic and allow her to graduate soon. The client also understands that she needs to cope her stress by accepting her own imperfections and building her ability to gradually cope with unplanned changes or unpleasant situations.

**Counsellor's reflection:**

Client is found to be emotionally unstable and is actively thinking about situations that happened in the past. Counsellor tries to lead her to focus in the present by creating awareness on current matters and what she needs to achieve. Counsellor manages to direct her capabilities through LPI and provides some alternatives as emotional coping mechanism. She agrees that she manages to visualize her capabilities and LPI has helped her to correct herself so that she can manage herself in the current environment.

The client needs to develop her emotional intelligence in order to boost her confidence and to enhance her risk-taking skills.

Counsellor gives an explanation on The Self- Pity and Thankfulness Chart, where counsellor shows the client that she is in the stage of self- pity. Counsellor tries to explore her self- concept and also her current thought and guides client in the present moment to identify her true feeling towards herself.

Counsellor provides ideas and insight through her LPI interpretation and gets to highlight suggestions to overcome client's emotional barrier and views on her abilities. It can help her to boost her self-confidence.

In this session, the client tries to identify and be in tuned with her positive phase. The client discovers her potential to be self-driven but she needs constant emotional support to maintain her speed to reach her desired goals.

## **Case Study 5: Leonard Personality Inventory**

Client's LPI Personality Profile: Creative Imaginator

Client: **Case Study 5**  
Status: **Student/ Year 3/ Semester 3**  
Organisation: **XXXXX**

Gender: **Female**

### **Introduction**

The client is a final year student pursuing Bachelor in Communication (Hons) in UTAR. The client wants to know her opportunities according to her personality types.

### **LEONARD Personality Inventory (LPI) results:-**

Openness: 88%    Neutral: 79%    Analytical 76%    Relational 79%    Decisive: 71%

### **(O) Openness:- Creative Imaginator**

During this session, the client agrees that all the description is very accurate about her and her studies. She wants to know more about herself and her personality so that she can cope in her working environment in the future. She chooses this course in order to explore different types of tasks. She is not interested in doing routine job. She prefers on giving new ideas and also works on a different task. She enjoys sharing new ideas which can create a lively environment.

### **Client's Strengths**

Client's LPI results illustrate her strengths as follows:-

- She enjoys creating new ways to do things and tries to get the idea to solve a problem.
- She likes to contribute her talent in the artistic works and activities where she does not get bored easily.

- She agrees that she can produce a lot of different types of ideas and is very flexible in coping in any situations.

### **Client's Weaknesses**

Client's weaknesses in her LPI profile are:-

- She can work in the conventional setting but this does not give her the chance to work creatively.
- Sometimes she finds it hard to work as a team due to them being bothered and non-supportive of her ideas. It will lead to some arguments and misunderstanding.

### **Client's feedback:**

LPI result allows the client to visualize and identify her personality. The suggestions provided in the LPI result are very helpful to spearhead her improvements. The client realizes that she needs some ideas to improve herself to cope in future work especially on her strengths and weaknesses. Clients also agrees that sometimes she will bring shocking bombastic ideas that make others scared to work with her. It causes hard time to get group members to cooperate in executing tasks effectively. Additionally, her friends/group members will frown upon some of her ideas. Nevertheless, she manages to understand a few concepts through LPI, for example on getting advice to implement new ideas and trying to identify others' needs as well. She agrees that she lacks communication with her fellow members and this makes them easily misunderstand her. Apart from this, she realizes that she needs to explain her new ideas in detail to others in order to help them visualize and understand her way of thinking. It can reduce conflict among her team members. She acknowledges that she needs to accept some limitations and work within them and must be ready and welcome to others criticism. She must improve herself to the implications of adopting new ideas and more patiently listen to others while learning new things in a group setting.

**Counsellor's reflection:**

Client meets counsellor to identify her personality type and coping skills according to her personality type. She worries about her future working environment. In the session, counsellor has managed to lead and explain her personality type and also her coping skills. Counsellor has identified that the client has a conflict with her group members and needs some suggestions to overcome her situation in order to work with others effectively.

## **Case Study 6: Leonard Personality Inventory**

LPI Personality Profile: **Neutral Expert**

Client: **Case Study 6**  
**Student/ Year 1/ Semester 1**  
Organisation: **XXXXX**

Gender: **Male**

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### **Introduction**

The client is a first year student pursuing Foundation in Science in UTAR. Clients' ambition is to become an engineer.

Client has failed in a few subjects, especially in biology and chemistry. He identifies that he is not strong in these subjects. So he skips classes and gets barred for these subjects. He is confused with his choice of study. He is quite upset about his performance. His academic advisor refers him to attend this session. Counsellor asks his consent to take the LPI test to identify his personality and to establish his coping skills.

### **LEONARD Personality Inventory (LPI) results:-**

Openness: 87%    Neutral: 90%    Analytical 72%    Relational 84%    Decisive: 53%

### **(N) Neutral Expert**

During this session, the client agrees that most of the descriptions are accurate about his personality. The client agrees on his personality type. According to him, he lacks in initiating and bracing himself to handle challenging tasks. Sometimes he limits himself and stays in comfort zone. In other words, he does not dare to face the competitive environment.

### **Client's Strengths**

Client's LPI results show his strengths to be as follows:-

- He always accommodates others' requests and prefers to side with others' agreement.
- He always counts in others' feelings and tries to be a good follower.
- He will think well of the others' situation and consider their well-being.

### **Client's Weaknesses**

Client's weaknesses in his LPI profile are:-

- The client always shrinks away from the difficult situation and lack of confidence in himself.
- He also prefers to be a loner and an introvert to avoid confrontations and tends to compromise with others easily.

### **Client's feedback:**

Client understands the overall LPI interpretation. He is scared that he will be complacent and choose his comfort zone and in the end will not improve in his studies. He has supportive parents and they always give him a chance to improve himself. It causes him to be easy going in any situation. He also agrees that he is not a goal setter. He understands his need to avoid negative and distorted thinking and in his mind he must set a clear goal to achieve in his life.

He agrees that he needs to improve and develop more optimistic attitude. It can help to reduce crisis. He also needs to learn to adapt to new challenges in the environment.

Client easily lacks confident and may give in to any situation. He will look outward beyond his conventional learning and seek for assistance to cope doubts.

### **Counsellor's reflection:**

Client intends to identify his personality type to enhance his capabilities in his studies.

Client shows his interest to overcome his obstacles after discussing with a counsellor.

Counsellor directs his values stated in LPI. The client gets much insight to create self-awareness to cope in his study and improve his study skills. He identifies that LPI has managed to direct him to get alternatives to deal with his obstacles and rebuild his strength to cope in his study life.