

## **'It might be what I am': Looking at the use of Rorschach in Psychological Assessment**

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The paper emphasizes the importance of projective methods in psychological assessment and places these methods in the context of other psychological assessment instruments. The clinical status of Rorschach test and the administration, coding, structural summary and interpretation of Exner's Comprehensive System is discussed here. Two clinical cases following content analysis are also discussed in the paper.

### **Projective methods and psychological assessment:**

Projective techniques are powerful tools in the psychological assessment process, specifically in personality assessment (Marques, 1994). In my opinion, no psychological assessment is possible without the use of at least one projective technique. There are two opposite ways of thinking about the test situation, specifically, and the psychological assessment process, in general. One is based on a concern for the objectivity, avoiding anything that is subjective. There is a behavior that favors the use of instruments, considered psychometrically suitable. This attitude leads to see the person as a set of numbers resulting from intra-and inter-individual comparisons. On the other hand, we have a fundamental attitude of looking for the subjectivity and individuality of the person. The psychologist refuses any instrument which only aims to seek 'the objectivity' (Marques, 1994).

However, we must not forget that the ultimate goal of the testing is to get close to the "psychological truth" of the person who is being assessed, harmonizing and mastering theories and methods. The psychologist should not be merely a test user, but a kind of expert who decides what is needed and should be done in a particular case. Psychological assessment should allow a true interpretation of the data; it is not only a science, but also an art. In this regard, Cates (1999) claims that books and journal articles explore much of the science of psychological assessment. The role of inference and intuition is, at best, approached as something secondary. But the task of interpreting data in a meaningful, accurately and inclusive way, and the "transformation" of the results and their interpretation on something that might be useful to address the issues that triggered the assessment and the client needs, is still an art.

Still according to Cates, there is a growing need to increase the accuracy of the tests, which is observed through an increasing emphasis on validity and in the quality of the samples to obtain normative data. But this preoccupation should not, in any way, overshadow the need and importance of judgments and clinical knowledge; the art of assessment. The psychologist who performs the assessment must match clinical judgment and inference with test results. And, the projective technique is a privileged instrument in this direction.

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