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Many strong values and assertions of the past have played a significant role in shaping societies, cultures, and individual lives for centuries. However, when it comes to subjects like women's rights and mental health, these ideas can often get complex and lost in translation. Linda LaCount, a retired artist, pursued a life of personal growth and authenticity by rebelling against traditional social norms for women.

The sun-kissed neighborhoods of 1970s Palo Alto were filled with excitement as the whimsical sound of Sunday church bells echoed through the air. Linda LaCount, a happily married 24 year-old dressed up her two daughters to go to church with her husband. From the outside, she appeared to be the epitome of the ideal mother. She demonstrated an image of contentment, embracing the societal norms of the housewife. Raised in a household where weekly church rituals were as routine as dinner, this was merely routine. Pray before dinner, before bed, and go to church on Sundays.

Unfortunately, growing up in environments like this seemed to contribute to the extreme stigmas associated with mental health and traditional women's values. Growing up, Linda believed she was depressed. Instead of being able to utilize the resources that we have today, you were forced to turn to god to help fix yourself. "Because in the culture I grew up, a prayer should have been the answer or, you know, your faith will bring it out" (LaCount). The 1970s were also known for "blaming psychiatry for being repressive, coercive, and more damaging than helpful to patients" (Rössler). Additionally, Linda was an ambitious individual, primarily indirectly through her husband, as suggested by LaCount's reflection; "But I think I also was searching. I was searching for something. I think I was probably

lonely.” Her ambitions were shaped by societal norms, as she expressed a desire to fulfill traditional roles as a housewife and volunteer. She explained that her upbringing didn’t provide her with the skills to pursue a career outside the home, emphasizing her proficiency with typewriting as her primary skill. This ambition, intertwined with her journey, would later influence the dynamics within her marriage and contribute to the conflicts that arose.

In Linda’s own words, she expressed a desire to embrace traditional roles, aspiring to be a housewife and community volunteer. She remarked, “Well, that was my goal, just to be a, you know, a housewife.” She appoints this mindset to be raised thinking she didn’t possess the proper skills to work in the world. Having grown up around many intelligent people from the Bay Area, Linda felt a feeling of wanting to be with smart people. “And yet I never felt smart.” (LaCount).

One day, as she was speaking with her neighbors who were former Stanford psychology students, they referred her to a program called Arica. The Arica School originated in 1950s when groups of philosophers formed to discuss and study the theory and methods of a man named Oscar Ichazo. Ichazo’s main theories are “Protoanalytical Theory, System and Method” (more commonly known as “Protoanalysis”). From the late 1950s to 1980, the term protoanalysis was misunderstood to be much narrower and was referred to specifically as a name for one of Ichazo’s theories of ego fixations, based on the Enneagram of Personality. “Every person is a unique representation of their type based on their own identity, culture, and experiences, yet the motivations and patterns of the nine types remain consistent” (“A Tool for Personal and Collective Transformation”)

. Oscar Ichazo is also extensively praised across the Arica Institute, having been awarded a research grant from the U.S. National Institute of Mental Health.

The Arica website outlines its programs as pathways to unlocking spiritual and transcendental knowledge, ultimately leading to higher levels of happiness, equilibrium, and understanding

(www.arica.org/trainings). But how did these broad ideals translate into daily changes and practices for participants? After joining a 3-month long experiment from Arica, participants meditated together, did movements, and sat in mudras having group discussions. As part of the process, participants were frequently encouraged to open up about personal experiences, even about topics that might have been considered sensitive. LaCount recalls, "...you had to talk about these embarrassing things. And so you didn't have many secrets anymore." The culture of open communication fostered an environment of trust and transparency, allowing participants to embrace vulnerability and rid themselves of perceived barriers. Recent research from The American Psychological Association reveals how the process of sharing secrets activates brain regions associated with reward and relief as if our minds recognize the therapeutic value of unburdening ourselves (Weir)).

They also changed aspects of their life such as nutrients, leaning towards a more vegetarian diet, and focusing on probiotics such as yogurt and sprouts. Linda also began to surround herself with new literature, including the *Ms.* magazine, founded by Gloria Steinem. It discussed many important women's issues such as raising kids without parental sex roles and allowing women to tell the truth about their abortions. It also featured many important feminist figures such as Sylvia Plath, a famous poet and writer. LaCount states she was exposed to things she had never experienced before: "What I learned is to have experiences that nobody in my family had ever talked about."

As she gradually reduced her church attendance in place of pursuing Arica, she began to realize some disparities between herself and her husband. Yearning to bridge the gap, she encouraged him to join her in attending, hoping for shared understanding and new connections. "So we'd have we could talk the same language or have the same experience." (LaCount) As she began to attend programs regularly, she could no longer ignore the growing divide between her evolving values and her family's established beliefs. One pivotal moment came when she did an exercise at her neighbor's house, sent to spend two days isolated in a room with only white walls. Her daughters stayed right next door with their father. This

experience highlighted the widening chasm between her and her family, foreshadowing the conflicts that would ultimately lead to their divorce.

Following her divorce, Linda was left to navigate the unfamiliar territory of single parenthood and adulthood. She began to have more time to focus on herself and discover her true values. Without the pressures to chase after the traditional markers of success, she could redefine what mattered most to her. She had more time to explore her interests such as art and cooking, and she began to pursue a more authentic life. This may be seen in the societal eye as a **lack of ambition**. Ambition, which is a driving power behind human achievement, is ingrained into the societal norm of being successful. Ambition is often credited for human developments whether it be space exploration, the invention of the wheel, or Benjamin Franklin with the key and a kite.

As she pursued an authentic life through creative avenues, she also experienced a transformation in the social aspects of her life. Growing up in the Bay Area, she always felt the pressure to surround herself with people deemed 'smart' by societal standards. This desire had been implanted in her where intelligence was often correlated with success and worth. However, as she matured and embraced her journey of self-discovery, Linda realized the limitations of this mindset and began to value diversity and perspectives in friendships. Through these, she realized she had discovered new sources of inspiration, learning, connection, and growth on a deeper level than she had ever experienced before. Her daughter, reflecting on Linda's journey, encapsulated this sentiment: "From watching my mom change, I learned it's important to be true to yourself and do what makes you happy, even if it's different from what everyone else is doing" (Patron).

In short, Linda's journey of self-discovery and authenticity has led her to a profound realization: peace is the ultimate goal. As she navigated the clashing opinions of her childhood and broke free from society's norms, she found comfort in embracing simplicity, creativity, and genuine connections. As she

learned to acclimate to this new way of life, she reflected on what it's like to be open about mental health, when it was so stigmatized in the 70s. "But it's normalized. I guess it is normal. Yes, it's scary. I mean, because obviously during the time it was like not I would never I would never have thought that was an option for me" (LaCount). Linda's story reminds us of the power of authenticity and the value of finding peace within ourselves amidst life's challenges.

Citations:

The Narrative Enneagram. "The Enneagram." The Narrative Enneagram Organization, 2020, www.narrativeenneagram.org/the-enneagram/.

Oscar Ichazo. "Meditation. Physical Exercise. Dietary Guidance, Enneagrams." Meditation. Physical Exercise. Dietary Guidance, Enneagrams., 2015, www.arica.org/trainings.

Rössler, Wulf. "The Stigma of Mental Disorders: A Millennia-Long History of Social Exclusion and Prejudices." EMBO Reports, U.S. National Library of Medicine, Sept. 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC5007563/#:~:text=Overall%2C%20the%201960s%20and%201970s,condensed%20this%20attitude%20against%20psychiatry.

Weir, Kirsten. "Exposing the Hidden World of Secrets." Monitor on Psychology, American Psychological Association, 11 Sept. 2020, www.apa.org/monitor/2020/09/hidden-world-secrets.

Note on the use of generative AI:

I used ChatGPT4 in the process of writing interview questions, creating my outline, drafting an anecdotal lead, and editing my profile article for clarity, better integration of quotations, and help to make a sentence flow better. Here are the prompts I applied and how/why I used the results:

- "Integrate this quote " _____ " into this paragraph " _____ ".

- Although I knew where I wanted my quotes to go, I struggled with transitioning into them, so I utilized chat GPT to add a better flow to my writing.
- “Help this paragraph flow better, and add a transition word at the beginning.”
 - I felt like many of the transition words I was using were basic, which brought the overall level and quality of my work down significantly. I was able to find better transition words. I would also use chat GPT to rearrange my ideas, sometimes it would also give me sentences that would fit better in between two ideas for a more seamless transition.
- I also utilized AI to help my Nut Graph be more concise. I felt as though the flow of it was not as smooth as I wanted, and although I was able to express my ideas correctly, I felt as though it could have been expressed more clearly and sounded “fancier” in a way.
- Some of my paragraphs I entered into chat GPT after I had already written them, and asked “How can I make the ideas in this paragraph be expressed more clearly?” The responses often gave me synonyms for words that I had expressed repetitively, and I was able to remove a lot of sentences or add new sentences into places that needed them.

PROFILE DOCUMENTARY ARTICLE RUBRIC:

	Level 1	Level 2	Level 3	Level 4
Angle	No angle present. Generic summary of interviewee’s life. Information dominates the profile, boring the reader. Or, information is missing or inaccurate. No clear sense of character and present-day importance in the context of a	Angle is present but reflects a fairly obvious perspective of the interviewee. Profile lacks balance between information and entertainment. One of the following is unclear: a sense of their character or their present-day importance	Angle communicates the journalist’s perspective of the interviewee, although it could be more distinct, allowing for a more interesting (informative and entertaining) picture of interviewee’s character and present-day importance in the	Angle communicates the journalist’s distinct perspective of the interviewee, sustaining an entertaining & informative profile that illustrates the interviewee’s character and present-day importance in the

	researchable issue.	in the context of a researchable issue.	context of a researchable issue.	context of a researchable issue.
Profile Structure	No clear profile structure. Existing parts don't connect in a logical way, making the profile difficult to follow.	Profile structure is somewhat apparent, but some parts are missing. Feels too summarized. Needs more anecdote/story and quotation/dialogue to define the narrative arc.	Profile structure is complete and easy to follow, but could be better arranged to enhance reader's experience. Somewhat effective use of anecdote/story and quotation/dialogue. Narrative arc is present but has some weaknesses.	Profile structure is organized professionally, enhancing the reader's experience. Highly effective use of anecdote/story and quotation/dialogue to create a compelling narrative arc.
Style	No literary devices or significant details are used. Paper may read like an obituary or a Wikipedia page. Vocabulary is overly simplistic or vague, with no attention to purpose/audience. Title is missing or plainly inappropriate.	Language is fairly plain, with some specific details about the interviewee, but more/varied details and literary devices needed. Portrait of interviewee seems incomplete. No central metaphor present. Vocabulary may reflect a couple instances of specificity or sophistication, but it largely lacks attention to purpose/audience. Title doesn't creatively reflect the profile's angle / argument or is unengaging or inappropriate for the audience.	Obvious thought has been put into the use of diction, imagery and detail to portray star interviewee creatively, although the central metaphor needs to be more clearly developed to communicate writer's angle. Vocabulary occasionally reflects attention to specificity and sophistication, although it could be improved in consideration to purpose/audience. Title is appropriate for the audience but could more creatively reflect the profile's angle / argument.	Obvious thought has been put into the use of diction, imagery and detail. Central metaphor is well developed, communicating the writer's angle. Overall, stylistic choices give the profile a fresh and original creative texture. Vocabulary reaches a level of specificity and sophistication that is appropriate for the purpose and audience of this article. Title reflects the profile's angle / argument in a creative way that's both engaging and appropriate for the audience.
Research	Writer doesn't rely on an interview transcript and/or there is no indication of secondary research.	Writer makes limited use of interview transcript(s) and secondary sources. Interview testimony	Writer makes satisfactory use of at least 2 interview transcripts and 4 secondary sources,	Writer makes intelligent use of at least 2 interview transcripts and 4 secondary sources.

	No indication of research-backed questioning. Or, three or more research sources do not pass the " CRAP Test ."	prompted by research-based questions is vague. Not a clear sense of an informed angle, although a view of the subject's character is certainly present. Or, two research sources do not pass the " CRAP Test ."	although some interview testimony or secondary source material may be either overused or too limited. Interview testimony prompted by research-based questions is apparent, but could create a clearer sense of an informed angle. Research sources generally pass the " CRAP Test ," although one may be questionable.	Effective use of interview testimony prompted by research-based questions gives the reader a clear sense of an informed angle. All research sources obviously pass the " CRAP Test ."
MLA Format and Citation	MLA format/style has not yet been applied.	MLA format, Works Cited page, and/or in-text citation are not close to meeting MLA standards.	MLA format, Works Cited page, and/or in-text citation are nearly perfect by MLA standards.	MLA format, Works Cited page, and in-text citation are all perfect by MLA standards.
Mechanics	Writing obscured by spelling, grammar, and punctuation errors.	Writing contains some errors that affect the reader's understanding.	Writing contains a few errors, but not at the expense of understanding.	Writing is polished, free of spelling, grammar, and punctuation errors.