

The Enneagram for Therapists

September 29, 2008

October 20, 2008

November 10, 2008

Monday Evenings

6:30pm - 9:00pm

Workshop taught in the Narrative Tradition by:
Jane Welzel, LPC Certified Enneagram Teacher

- ◆ Description of the Nine Types
- ◆ The Basic Proposition of Each Type
- ◆ Communication Style of Each Type
- ◆ Working with the Types
 - What to do
 - What not to do
- ◆ Central Theme for Development for Each Type

Cost: \$75 for Series or
\$30/session

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What is the Enneagram?

The Enneagram is a personality system that describes nine distinctly different patterns of thinking, feeling and acting.

Each of the nine Enneagram types is predicated on a fundamental belief that influences ones thoughts, feelings, and behaviors.

Knowing your Enneagram personality type gives you an awareness of the core beliefs, focuses of attention, coping strategies, and biases you have unconsciously been assuming are required for survival and satisfaction in life.

When ones satisfaction and/or survival becomes threatened, people tend to react and respond in an unconscious, habitually learned way.

Once you understand the perspective of your type, you can consciously observe your thoughts, feelings, and sensations.

What is the Narrative Tradition?

"The Enneagram of types is part of an oral teaching tradition. The material is best transmitted by seeing and hearing groups of people of the same type speak about their lives. A group of the same type can initially appear to have nothing in common, because the viewer is paying attention to their differences in sex, age, race, profession, and personal style. When your attention moves beyond surface cues, you can recognize type by falling into an appreciation of the aspirations and the difficulties that the members of a type all share. The world looks very different to each of the nine, and by lending yourself to the way that others feel within themselves, you can shift out of your own point of view into a true understanding of who the people in your life actually are, rather than what your ideas about them might lead you to believe. By lending yourself to the ways of others, a sense of compassion for their situation opens. When you see the world through the lens of a different mind, you are immediately made aware that each type is limited by a systematic bias. It is important to stress the ways in which people are different from each other, because so much of the suffering that we experience in our relationships is caused by the fact that we are blind to their point of view. We simply do not appreciate the reality of others with whom we live and work. In this process, each type speaks for themselves as both witness and teacher."

Helen Palmer