

The Capital City Chapter–Association for Psychological Type Proudly Presents

Patrick Kerwin, MBA, NCC, MCC

Losing Your Grip: Type and Stress in 2009

Saturday, April 25, 2009 -- 9 a.m. to 12:30 p.m.

Nearly a year ago, when the CCC-APTi program committee was brainstorming topics for the 2008-09 season, the question that generated most discussion was: ***How can the MBTI® help us when we get stressed out and “lose our grip”?*** This was before Republicans or Democrats had chosen their presidential candidates or the economy had begun its current tailspin, but already there was a sense that environmental, infrastructure and security threats could not get much worse. Almost a year later, with economic and global safety still on shaky ground, we can be glad that certain CCC members called for the program that concludes the current program year.

Patrick Kerwin: “The MBTI® instrument has proven invaluable in helping individuals understand their ‘normal’ ways of being. However, in a world facing natural disasters, spiraling energy and food costs, depressed housing markets, job losses and other stress-inducing events, how can this system help us?”

In this workshop you will learn:

- **Common stress triggers for each of the eight Jungian functions**
- **Characteristics of each type when “in the grip”**
- **Strategies for returning to equilibrium**
- **How to apply this knowledge to yourself, your loved ones and your clients**

References: Carl Jung, writing about type development, said that certain stressors can push us into “the grip of [our] inferior function.” Naomi Quenk, PhD has written two books and a booklet expanding on this subject (*Beside Ourselves* [1993]; updated as *Was That Really Me? How everyday stress brings out our hidden personality* [2002]; and *In the Grip: Understanding type, stress and the inferior function* (2nd edition) [2000]; all from CPP, Inc., Mountain View, CA).

Patrick Kerwin (ENFJ) is principal of Kerwin & Associates in San Diego, California, specializing in organizational development and training, workshop design and delivery, and individual development. A Myers-Briggs Type Indicator® Master Practitioner, Patrick conducts the *MBTI® Certification Program* and works with corporate, educational and non-profit organizations on team-building and communication enhancement using the MBTI®. In addition, he conducts MBTI applications workshops on topics such as type and stress, type and conflict, and type and career development. He is the current President of SANDAPT, the San Diego chapter of the Association for Psychological Type International and is both a National Certified Counselor and Master Career Counselor.

CCC President, Tanis Toland will MC this program

WHEN	REGISTRATION	COST	WHERE
Saturday, April 25, 2009 9 a.m. to <u>12:30</u> p.m. On-site Registration & Cont. Breakfast begin at 8:30 a.m.	Pre-register now <u>and</u> arrive by 8:30 a.m. to guarantee your seat and a handout. To Pre-register contact: Saori Choulos at (916) 632-8591 or Richard Hendrickson at <u>Richard@richardworks.com</u>	CCC Members = Free Visitors = \$35 Students = ½ price (photo ID required) CASH or CHECKS only, please; pay at door OK Make plans now. Bring friends, family or co-workers	Sutter Cancer Center, 2800 L Street (at 29 th) Sacramento, 95816 ----- For Directions & Parking: Go to <u>http://www.ccc-apt.org/directions</u> “Old Tavern” parking lot is no more