

The Enneagram: A simple tool to open doors in client treatment

The Enneagram is an elegant and well-developed map of consciousness that is being adapted by therapists, counselors, spiritual directors, and coaches for use in private practice. Clinicians can use the Enneagram to support their clients' journey towards wellbeing and health, as well as to better understand themselves in relationship with their clients.

This presentation demonstrates how to use the Enneagram model to guide the clinician in self-awareness so they can transform themselves and their clinical style. With an integrated understanding of their own Enneatype, clinicians can then introduce this tool to clients to help them deepen their capacity to identify self-defeating patterns that, unaddressed, can lead to relapse, as well as cultivate their inherent gifts that can lead to integration, wholeness, and sustained recovery.

This lively and interactive workshop will introduce the nine different Enneagram personality styles, then explore ways to determine an individual's Enneatype. The presenter will present case studies, and then role-play with an audience member how to identify their dominant Enneatype. Plenty of time will be woven throughout for Q & A and discussion.

Participants will:

- Be introduced to key characteristics of the nine Enneagram personality types, noting how addictive patterns present in each type.
- Be introduced to how to use the Enneagram Inquiry Narratives to determine one's dominant Enneagram type.
- Practice applying these models to guide sessions with clients, as well as to further personal and professional development.