

# Seminars, Courses, & Workshop Descriptions

## ENNEAGRAM



The **Enneagram** enlightens us to the psychological dynamics in our personality and the spiritual longings in our soul. Each of the nine types has its own strengths, challenges, vulnerabilities, and lens through which they view the world. The Enneagram helps us realize who we are and how to make sense of the often perplexing behaviors of others. Participants will be facilitated in using the Enneagram in practical ways to better communicate and understand our loved ones and our colleagues.

Bob is an **Enneagram Institute Certified Enneagram Teacher** with over 350 hours of training and education in the intricacies of the Enneagram. In addition to Riso-Hudson ([Enneagram Institute](#)), Bob has also studied with Claudio Naranjo, Thomas Condon, and Sr. Marion Bellotti. NOTE: Some seminars and courses may be taught jointly with **Joan Reese, PhD.**, who has a similar background in Enneagram study.

### Enneagram Level I: Personality Typing (15 hr Seminar)

**Pre-requisite: None**

The Enneagram is an ancient symbol that enfolds a personality typology. This workshop introduces the participant to the Enneagram personality typing system and how it can be used for self-awareness and to encourage spiritual growth and psychic healing. The emphasis will be on the fundamental elements of the Nine personality types and discovering your Enneagram personality type. Content areas addressed include: The Triads (Thinking, Feeling, & Instinctual) and the Wings; Parental Orientation; and Stress & Security Points. Discovering your personality type will begin a fascinating journey that will be helpful on many different levels. It will enable you to better understand yourself and those with who you are in relationship, overcome negative patterns, and encourage self-growth & transformation.

### Enneagram Level II: Advancing Self-Awareness (15 hr Seminar)

**Pre-requisite: Level I**

This seminar builds off the information in Level I, which is a pre-requisite. *Advancing Self-Awareness* focuses on how to best use the Enneagram to manifest the positive growth necessary for actualizing your potentialities. The content focuses mainly on the nine Levels of Development and how to use them to better know **“Who You Am!”** The Instinctual Variants, Harmonic Groups, and Identification of Your ‘False Self’ are also studied.

## **Enneagram & Relationships (15 hr Seminar)**

**Pre-requisite:** Basic knowledge of the Enneagram necessary

Either an introductory course (Level I) or extensive reading of Enneagram literature is required as a pre-requisite to this workshop. Relationships can be the most gratifying – and the most exasperating aspects of our lives. Relationships are not limited to spouses, lovers, and family – they extend into the workplace and have a considerable impact on our professional lives. The better we understand ourselves & the people in our lives, the more satisfying and productive our relationships will be.

## **Enneagram for Professionals (20-30 hr Seminar)**

**Pre-requisite: None**

This seminar includes a 10 hour intensive introducing the Enneagram and the remaining 20 hours on applying it to specific clientele. It is for those professionals who can use the Enneagram to help others better understand themselves in order to achieve their goals and manifest happiness in their lives. Participants are usually groups of similar professionals: **psychotherapists, counselors, and hypnotherapists; HR and EAP personnel; and/or life coaches and executive coaches.** The Enneagram system can provide coaches and helping professionals with significant insight into their clients' behavior patterns and can be employed to help make substantive shifts in both attitude and actions.

## **Enneagram & Personality Psychology 599/499**

**45 hr/ 3 cr hr College Level Course**

**Pre-requisite:** Introductory or General Psychology

**Who Should Take This Course:** Psychology students, coaches, and helping professionals interested in personality and positive self-growth.

- This course is presented at the graduate/undergraduate level (599/499).
- This course will be available OnLine in the Summer of 2013.
- This course may be available for College credit. Please contact [bob@nextstepfacilitations.com](mailto:bob@nextstepfacilitations.com) for details.

### **Course Description**

This course introduces the student to the concept of the Enneagram as a comprehensive personality typing system and as a tool for self-awareness. It begins with the history and evolution of the modern Enneagram and its psychological foundations. It presents the nine contrasting world views of the Types along with their particular strengths and unique challenges. The course examines the relationship of psychological constructs contained in the theories of Jung, Horney, and Maslow to those of Enneagram progenitors Ichazo and Naranjo. Methods of engaging the Enneagram are examined for personal application for both psychological and spiritual growth.

## Course Objectives

Upon successful completion of this course, the participant will be able to:

- Recount a brief history of the Enneagram
- Evaluate the Types of individuals
- Learn self-observation and attention practices
- Recognize the cognitive-emotional structure of the Types
- Predict how different Types will respond to stress
- Utilize the Enneagram as a tool for self-awareness
- Differentiate the Levels of Development for the Types
- Examine the psychological underpinnings of the Types, Triads, and Groups
- Compare the Ego defenses employed at different Levels of Development
- Assess the significance of the Enneagram for spiritual growth