



Come and join us for three unmissable days of Discussion, Insight, Networking and Development at the 2016 BAPT Conference

BAPT PROGRAMME OVERVIEW

Susan Nash – Program Chair

I am very excited to tell you more about the upcoming BAPT Conference on April 7-9, 2016 in Missenden Abbey, Great Missenden, Bucks. We are again lucky to host a global range of speakers from New Zealand, Australia, the USA and Europe and as well as our local experts.



This Conference will provide a great diversity of content, as well as opportunities to mix and mingle with other type enthusiasts.

In addition this Conference will also offer;

- A bonus **FREE session on Thursday morning**, facilitated by **Susan Nash**, to give greater insight into **whole type pattern** and the integration of temperament, cognitive processes and Interaction Style.
- All participants will be able to take the **MBTI Step II Assessment at no charge** and receive feedback.
- Dario Nardi will be offering one-on-one brain imaging sessions (at an additional cost).

Now let me share the highlights about our plenary sessions (with more details in articles in later pages) and an overview of the three tracks of concurrent sessions exploring many facets around the subject **Re-Energising Type – Powerful Perspectives for Life**.

BAPT 2016 Conference Programme Overview

PLENARY SESSIONS

Thursday April 7, 2016 1:00 pm– 2:30 pm: How to Make Type Sticky for SUCCESS

Our kick-off speaker is **Jane Kise** who will be describing how to make type “sticky” using interactive exercises and facilitation tips. Based around the acronym SUCCESS (focusing on Simple, Unexpected, Concrete, Credible, Emotional, and using Stories) we will explore how the right facilitation can make type stick for groups of one or a thousand, for type-alike and type-diverse gatherings, for participants of any age. These techniques can help audiences to internalize type while also avoiding type bias and stereotyping.

Jane is Past President of APTi and globally published author of more than 15 books about personality type.



Thursday April 7, 2016 5:00 pm – 6:30 pm: MBTI Step II: The Journey Continues



Our second plenary session will be presented by **Penny Moyle** and **Betsy Kendall** of OPP . This session will introduce the MBTI Step II assessment, including the opportunity **for all conference delegates to receive their own MBTI Step II Interpretive Report**, which includes valuable information about key areas of application: communication, change, conflict and decision making. For those who are already familiar with Step II, there will be an opportunity to learn about new tools and techniques for bringing the MBTI Step II to life such as a Team Type Profile. (Those registered for the 2016 conference will be invited to complete the Step II questionnaire ahead of time, online.)



Friday April 8, 2016 9:00 am – 10:30 am: Re-Energizing the Brain at Midlife

Our kick-off speaker for Day Two is **Dario Nardi** who will be describing how to use the knowledge of how the neocortex works to explore how we can re-energise ourselves.

Do you or those you know need a change? After a decade or two in a career, community or relationship, why do most of us feel an itch? Is it midlife? And what can we do about it? Brain research suggests people develop skills and habits throughout life, with our brain wiring linked to personality, upbringing, and career. This presentation touches on the value of:

- “Slowing down” to give time for our brain to respond in less-preferred ways.
- “Shifting gears” to allow the brain to respond at a different “frequency”.
- “Acknowledging the Unconscious” by attending to the needs and dreams of our “hardwired” self in the limbic system and its conflicts with our conscious brain.
- “Making space” in our daily lives for elements of the unconscious to emerge, via our opposite type.
- “Practicing habits” with specific activities linked to flow and competence with the 8 Jungian functions.



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Friday April 8, 2016 5:00 pm – 6:30 pm Survival Games Personalities Play



Our closing speakers for Day Two are **Susan Nash** and **Sue Blair** author of **The Type Trilogy Puzzle** and several other publications.

Based on **Survival Games Personalities Play** by Eve Delunas, this session will explore the psychological games that may arise when a person's needs are not being met or they don't feel safe in a situation. The dysfunctional behaviour that results is related to their personality type and specific intervention strategies are needed to stop the games.



In this session we will look at what causes psychological games for different types and the various ways these games may manifest. We will also look at practical ways to intervene to end the game play while maintaining the relationship. There will be some presentation of theory and experience as well as two interactive group exercises. There will be an opportunity to share experiences, for those who wish to. This session is useful for anyone, but is particularly useful if you work in counselling, coaching, management, teaching or team building.

CLOSING PLENARY SESSION

Saturday April 9, 2016 2:30 – 3:30 pm Re-energising Type Development for Ourselves and Our Clients

Once we know our Type, what do we do with it? Many of us find out our Type and then find comfort in seeing how that Type explains our reactions, perceptions and certain behaviours. We may consider how we can adapt in certain situations and 'flex' our Type to help relate better to others. We may consider how our own Type impacts others. But where is the actual Type Development?



In this session Angelina Bennet will guide us as we re-visit Jung's ideas about the development we can experience within our own Type as we progress through his stages of Differentiation and towards Individuation. We will explore ways in which we can facilitate Type Development both for ourselves and for our clients. Parallels will be drawn between Jung's ideas on Type Development and the Ego Development theories of Jane Loevinger and Susanne Cook-Greuter, and some practical ways to apply this for personal growth will be considered.

Following on from the closing presentations given by Ann O'Sullivan and Sally Campbell at our last two conferences, I will be echoing the message that in order to work well with others using Type, we need to keep re-visiting our own relationship with Type and re-energising our own Type Development journey.

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BONUS SESSION

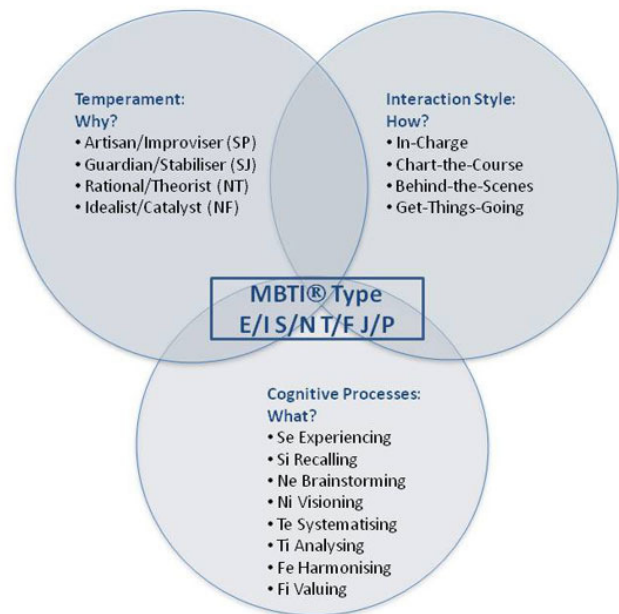
Thursday April 7, 2016 10:00 – 12:00 Exploring Whole Type Patterns with Susan Nash

Psychological type represents more than just the “four letter code” - the combination of the four preferences (E/I, S/N, T/F, J/P). In this BONUS session we will preview the “three lenses of type”. Several of the plenary and concurrent sessions will reference these models so this will provide valuable background information for those not familiar with this content.

First we will review Temperament which is defined as a pattern of needs, values, talents and behaviors that underlies our way of acting and being in the world.

Next we will review the Interaction Style framework, articulated by Linda Berens, which describes a pattern of energy, pace, movement linked to inner drives and beliefs which can help to explain how we engage with others to get our core needs met.

Finally we will review the Jungian function-attitudes which underlie the MBTI assessment, and which help to explain the type of information we innately gravitate towards and the criteria we naturally tend to use to make decisions. This content has several relevant applications including stress management, coaching and leadership.



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CONCURRENT SESSIONS

Thursday April 7, 2016 3:00 – 4:30 pm Unpacking the Boxes: Moving Type Practitioners into a More Conscious Space

Katherine Hirsh will introduce the Contextual Coaching framework to show how we can develop more expertise in type practitioners. For many of us, using type feels effortless, making it hard to reflect on why new practitioners are struggling apply type concepts well. Even more difficult is helping them to see that they “don’t know what they don’t know” and persuading them to fill these knowledge gaps. We will work with Susan Nash’s enhancement of the Conscious Competence Ladder to explore how an Interaction Styles™ approach may help us to meet new learners where they are and coach them to new levels of performance, making our whole community more successful and perhaps even better respected.



Thursday April 7, 2016 3:00 – 4:30 pm: The Culture We Live in: What’s Type Got to Do With it?

Don Dangremond will lead us through an exploration of the culture we live in and what has type got to do with it? Too many people know type only for its potential to individuals. But doesn’t type also play a major part in defining society, including recurring social problems? If you have wondered about that, then come and listen in. If you have some ideas, then come on in and share them. You will leave with an increased understanding of the impact of type on our lives and the larger community.



Thursday April 7, 2016 3:00 – 4:30 pm Using Temperament to Re-Energise



Anne Bulstrode and **Susan Geary** will explore how the application of temperament theory can be used to re-energise and revitalize your life. In the fast paced world that we live in today, it is easy to get ground down by the many competing priorities and responsibilities in our lives. This highly interactive session will give you the opportunity to determine how temperament theory, through the use of Personality Dimensions © can help you re-vitalize your life. We will use the temperament theory lens to help you understand your predominant temperament and clarify what de-energizes you. We will then examine how to bring vitality and renewal back into your life.



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Friday April 8, 2016 11:00 am – 12:30 am Walk this Way!

Andy Cole will lead us through a fun and experiential journey about the lessons we can learn about type from the typical movements we make. We are all personologists - we read meaning into the actions of other people all the time. Why wouldn't we? It's a basic social need to get along with each other and get ahead for ourselves. We also know how quickly bias can interfere with the way we interpret behaviour. We get stuck in the ways we think about and describe each other. We'll tell ourselves we are being objective based on sound observable evidence. But we are just as likely to have made a big inference based on hardly anything. Maybe just the way someone walked or a gesture they made. It also seems that the way we describe behaviour follows a pattern. And this pattern might just have a relationship to type. Want to find out how this works and ways to include movement analysis in your thinking and training? Come along and listen to the research story and join in with our field experiment!



Friday April 8, 2016 11:00 am – 12:30 am: Recognizing Jung's 8 Functions in the Real World



Have you ever...

- gotten exhausted from reading convoluted function descriptions?
- felt like you were drowning in type words?
- come across conflicting function definitions and felt confused?
- had clients misunderstand what the 8 functions are?

To address this need, **Vicky Jo Varner** and **Robin Wiley** have developed a program entitled "Can You Spot It?" which incorporates many images and videos — it's an audiovisual immersion into the 8 functions. In this session we'll explain how it was developed and have you experience a portion of it.



Friday April 8, 2016 11:00 am – 12:30 am: Heartmath

Sarah Perrott will introduce tools and techniques for building personal resilience. You know what it feels like when you are in 'the zone' and know that you are performing to the highest level that you can? This workshop will help you to understand what happens when you are **not** in that place, but, under pressure and reacting to circumstances. You will learn how to recognise this quickly and make different choices to bounce back to better functioning - fast.



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Friday April 8, 2016 1:30 pm – 2:30 pm: Building Working Alliances through Psychological Type

Przemyslaw Duchniewicz will explore how to use the knowledge of psychological type to build more effective working alliances including the extent of responsibility for both parties, the extent to which the client or the coach/counselor sets direction and the duration working partnership. The following models will be incorporated into the discussion:



- Ego Adaptative Capacity
- Anxiety as signal emotion
- Patterns of defences we put into operation to prevent being closer to others
- Psychological types concept based on MBTI process approach in MD and Intensive Short Term Dynamic Psychotherapy practice
- Role of time in between sessions

Friday April 8, 2016 1:30 pm – 2:30 pm: “Feel the passion and fall in love again”. Professional leadership, using the Jungian Type”



Drs. Ignas Jansen and Ir. Erwin Joosten will describe the “Implementation” program they run at the University of Applied Sciences of Arnhem/Nijmegen which teaches the students the theory and practise of ‘change management’ by doing. They would like to share experiences and lessons learned, both positive and negative, from introducing Jungian typology into the curriculum.



Friday April 8, 2016 1:30 pm – 2:30 pm: Superhero Training School

David Hodgson will share the results of his work with primary school children across the UK showing them how to apply personality type preferences to control and direct their energy, creativity, empathy, focus and learning. The results have been surprising and moving. By describing NLP’s meta-programs and the big five personality traits, via Jung’s model, as ten Super-Hero skills; that can be learned and collected by children, like Scout or Brownie badges, children (and adults) learn how to be their best.



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Friday April 8, 2016 3:00 pm – 4:30 pm: Emotional Intelligence for Life: The Interaction Styles Perspective

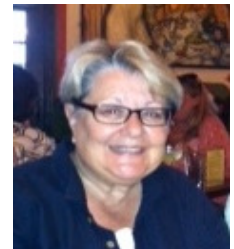


Being able to make choices about our behaviour – what we do, say, think and feel – is key for happiness in life. We know that EQ (emotional intelligence) is just as important as IQ.

The interaction style lens is a practical model for understanding some of our unconscious behaviour and developing more emotionally intelligent choices about how to react. In this workshop **Catherine Stothart** will run an activity to explore how the interaction styles lens can help you to manage interactions with others in more socially intelligent ways.

Friday April 8, 2016 3:00 pm – 4:30 pm: Who are Artisans and Why Aren't they Here?

Often at conferences, workshops or other type related events the four Artisan (SP) types are a little difficult to find. In this session **Maryann Sutherland** will help us experience the world of the Artisan through movie, fictional TV, reality TV, video, Ads or U Tube clips. Using type we are able to get a deeper understanding of where the Artisans are, how they are relating to those around them and how all that fun, spontaneity and love of freedom is adding to our communities. Only when we truly understand where our missing Artisans love to be, can we reach out to find and invite them to join this very important journey!!!!



Friday April 8, 2016 3:00 pm – 4:30 pm: Using Image metaphors to Introduce Type Dynamics



Cindy Stengel Paris will guide us through a “How To” session for Type practitioners. It will address the dilemma that so often confounds practitioners – that is, how to introduce people who are new to Type to the deeper underpinnings of Jungian theory, but in a way that is both easy to deliver for the practitioner and simple for clients to understand. She has created a solution to this age old practitioner dilemma –Eight Jungian Function Image Metaphor Cards™. The visual impact of the Images, together with the text of the cards, helps participants to quickly see the importance of Type Dynamics without lengthy explanations

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Saturday April 9, 2016 9:00am – 10:30 am: Re-Energizing Type by Recognizing the Transcendent Function



In *Psychological Types*, Jung describes five functions (not four) and it is the often-overlooked fifth function that leads them somewhere new. If one goes beyond the restrictions of one's type, and engages with the *transcendent function*, then this leads to greater maturity and a new energy or purpose in life. In this session **Roy Childs** will look at how to use type in a more Jungian style. It will use the map and compass of type to navigate between who you are, what you do, who you want to become, etc. It will also introduce Jung's transcendent function and show how to develop away from being 'a type' and towards becoming someone who is unique.

Saturday April 9, 2016 9:00am – 10:30 am: Building Capacity in the Muslim Community through Values-Based Personal Development Programs



Dr Akber Mohamedali and Maria Pattinson will introduce you to World Federation Leadership Development Programme which is a values-based program that aims to achieve transformational development in individuals. through increasing their awareness of self, of others and of the political/social/spiritual organization that supports the community across the globe.



Since 2013, Temperament and Interaction style has been employed as a way to increase understanding of self and value differences in others. This paper discusses the early findings that this new strategy is having on community development in the areas of volunteering and teaching in schools and Sunday school settings. The paper will also share the methodology that is being used to evaluate impact.

Saturday April 9, 2016 9:00am – 10:30 am: It's About Time: How Different Types Interact with Time

We all talk about the past and future, but different types start at distinct places in the timeline and attach unique significance to the past, present, and future. In this lively and interactive workshop, **Markey Read** will explore why some people are "always early" and others are "always late;" why some people seem to only talk about how "we did it in the past" and others want to "create a compelling vision for the future" before taking action. By identifying the type development patterns in how various types orient to time, we can demystify the triumphs and trials of professional development and access new ways to support individuals in identifying positions within organizations where they can truly be Heroic.



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Saturday April 9, 2016 11:00 am to 12:30 pm: Learning Puzzle



Maryann Sutherland and **Sue Blair** are both committed to use knowledge of type in enhancing learning effectiveness. This workshop explores the learning needs and teaching tips for each type preference as well as specific needs for different types when learning is challenged. Participants will experience learning strategies and gain an understanding for how different challenges effect learning and behaviour. This workshop is for all people who learn; for ourselves, for those we teach, and for our children and grandchildren.



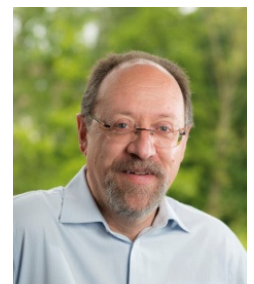
Saturday April 9, 2016 11:00 am to 12:30 pm: Type and Physics of Universe

Richard Owen will explore why psychological functioning seems to be split into 8 functional components. Why do these parts focus on the specific areas of experience that they do? Is human psychology just an arbitrary product of evolution, or is there something more universal behind it? This talk draws together his own thoughts on this fascinating area, synthesised from studying classic and post Jungian models of Type (including the work of John Beebe) and the ground breaking theories of unified physics from Nassim Harramein and others.



Saturday April 9, 2016 1:30 pm – 2:30 pm: Judging and Perceiving: So Important and So Misleading

Jean Luc Dupont will explore the widely misunderstood Judging and Perceiving Preferences. How often have you been confronted with participants in your workshops stating: “I hate to be late”, “ I am always on time”, “ I have to be organized” and yet sometimes some of these people have a Perceiving Preference. In this workshop we will go back to the basics: review what J and P really are and see which influences this preference can have on the way we tend to communicate, to manage conflicts. We will also review how the preferences for an internal or external orientation of the perceiving and judging functions influence the expression of our type.



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Saturday April 9, 2016 1:30 pm – 2:30 pm: Principles of Parenting and Partnering



In this session **Ben Lowater** will introduce participants to a range of principles of personal relationships based on the work of relationship experts such as Stephen Biddulph ('The secrets of happy children') and John Gottman ('Why marriages succeed or fail', 'Principia Amoris'). It will then introduce participants to the Temperament lens of type and show how each principle of personal relationships can be greatly enhanced by viewing it through a type lens. By using both theoretical models (including my own *Personality Parenting* © model) and practical case studies, participants will leave the session with a range of new perspectives on how to increase harmony in the home for both themselves and their clients and how to adapt their parenting style to suit children of all types.

Saturday April 9, 2016 1:30 pm – 2:30 pm: Measuring the Success of your Career Development Program

How do you prove you are making an impact with your career development, coaching or training programs? What can you measure to prove you are making a difference? In this session **Sandra Stroope** will share her experience launching a career development program for a Fortune 500 company using the *MBTI* and other assessments and tips and techniques to measuring the overall success of a type-related program.

