

# BAPT MIDLANDS GROUP WORKSHOP

## “DEPTH TYPOLOGY: AN INTRODUCTION”

LED BY RICHARD OWEN (INTJ)

HELD ON TUESDAY, 17 OCTOBER, 2017

REPORT BY HEATHER FLACK, RUTH PICKLES, CHARLES WORTH

Richard Owen has come to psychology by an unusual and interesting route, via chemistry and music. He came to the Myers Briggs® group by a more prosaic route, via the London tube and the main line to Birmingham. The aim of his session was to introduce us to “Personality Parts”, his take on “Depth Psychology”, the extended Psychological Type theory credited to John Beebe and later named by Mark Hunziker.

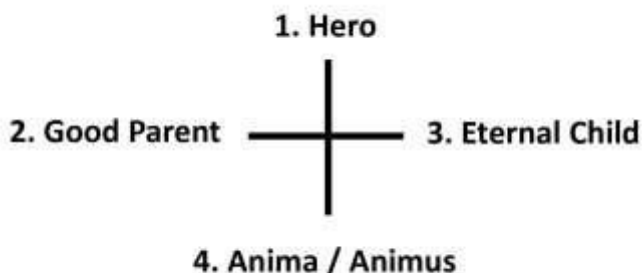
He explained that we tend to focus primarily on the E/I, S/N, T/F and J/P dichotomies whereas, following Jung, we should see the functions and their orientation as primary – the Se-Ni, Ne-Si, Te-Fi and Fe-Ti. He emphasised that these function attitudes are dynamic processes; they define WHAT we do or attend to.

He sees type psychology as a developmental pathway. We all share the same set of potentials, but our differing Psychological Types will mean our overall paths vary.

Whereas function is WHAT we do, Richard introduced us to John Beebe’s theory on the archetype as the WAY we do it. He illustrated this by means of a cross. At the top is the hero (our dominant function) and at the bottom is our anima/animus (our inferior); this is the ‘spine’ - how we relate to self. The cross bar is the ‘arms’ - how we relate to others - to the left the good parent (our auxiliary) and to the right the child (our tertiary).

Richard sees the mind/psyche as a process – a verb not a noun, intangible and energy-based. To illustrate the difference between conscious and unconscious attention, we did a mindfulness exercise where we were supposed to concentrate on our breathing, but we were asked to note to where our mind occasionally wandered. The wandering is the effect of the ‘auto pilot’ and Richard suggests we spend a lot more time on our auto pilot than we realise, thus running the danger of overriding where we intentionally seek to direct our attention.

Multiplicity means we are not a single unified self or personality - part of me thinks one thing, while another part thinks something else. Richard is trying to build a working model of the structure of the mind based on multiplicity and the position of Type within it.



*The Spine and The Arms*

In the second part of the morning we moved on to some examples of how all this works out in practice, taking as example the third archetype – the Puer/Puella, Eternal Child. This included looking at Icarus, Michael Jackson, Amy Winehouse and Peter Pan (yes, they all have something in common!). There was not really enough time to follow this through, so we agreed we needed a return visit to allow further exploration of this model. In the meantime, thanks go to Richard for his challenging approach.