

# A Type Toolkit for the Sandwich Generation

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## Where we are headed

This workshop is designed to make your parenting journey more surefooted, intentional and regenerative by:

- Valuing caregiving and self-care as sources of wisdom that deepen empathy and intimacy and forge a new sense of identity and self-direction
- Broadening your coping repertoire by applying type development theory, for example, tapping into non-preferred functions as a source of strength and renewal
- Analyzing parenting challenges – illness, grief, shifting roles, finding balance - in relation to personality type, self-awareness and cultural archetypes

## Create two images

**What does a parent look like?**      **What does an orphan look like?**

## Our engagement with archetypes of care giving and receiving care

- Active
- Dormant
- Shadow
- Allergy

## Dormant archetypes

- A dormant archetype is one that you have not yet needed to call upon in your life. The basic reaction to a dormant archetype is "unemotional and disinterested." (Pearson & Marr, 2007)

## Shadow archetypes

- A shadow archetype typically arouses an energetic, negative response. These are archetypes that are "actively disown[ed]" and thus more likely to be expressed in negative, immature, unconscious ways (Pearson & Marr, 2007).

### Allergy archetypes

- An allergy refers to archetypes that may have been “overused in the past” such that the individual has a strong aversion to their expression by self and/or others (Pearson & Marr, 2007).

### Compare the energy of two archetypes

#### What does your parent energy look like?

- Active
- Dormant
- Shadow
- Allergy

#### What does your orphan energy look like?

- Active
- Dormant
- Shadow
- Allergy

### Who are the sandwich generation?

They are people challenged to reconcile the needs of family, career and self - “sandwiched” between competing demands pulling them in different directions

In other words, they are “orphans” struggling to parent themselves, their parents and their children (and perhaps their grandchildren, too)

Why is type a good tool for meeting the challenges of the sandwich generation?

## At a practical level

Understanding self and others makes you more effective at caregiving. Consider the Alzheimer's Association's top 5 tips to support sandwich caregivers, type can help you with all of them:

- Take care of yourself
- Maintain good communication
- Seek support
- Talk to your employer
- Know you're doing your best

SOURCE Alzheimer's Association - NYC Chapter  
http://www.alz.org/nyc

## And developmentally

At midlife, the psyche is letting us know that we need to start nurturing our orphan (non-preferred) Processes and Orientations, even as we continue to build the strength of our parent (preferred) Processes and Orientations

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<h3>Does your parent image look like this?</h3> <p>To be a good parent, I feel I must be</p> <ul style="list-style-type: none"> <li>• whole</li> <li>• strong</li> <li>• wise</li> <li>• connected</li> <li>• assured</li> <li>• giving</li> <li>• proud</li> <li>• leading</li> <li>• conserving</li> <li>• altruistic</li> <li>• calm</li> <li>• careful</li> </ul>	<h3>Does your orphan image look like this?</h3> <p>Yet inside I feel I am</p> <ul style="list-style-type: none"> <li>• broken</li> <li>• weak</li> <li>• naïve</li> <li>• alone</li> <li>• tentative</li> <li>• taking</li> <li>• ashamed</li> <li>• following</li> <li>• rebelling</li> <li>• selfish</li> <li>• anxious</li> <li>• fearful</li> </ul>
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## Conscious self-care

**In your group:**

- Reflect on a time when you took responsibility for your own well-being in order to have the ability to care for others most effectively.
- What kind of caring can you offer yourself now? It may help to think about how your preferred (parent) Processes and Orientations can work in service of the needs of your non-preferred (orphan) Processes and Orientations
- Be prepared to share two ideas for aware and empowering self-parenting with the larger group and describe how this might reduce stress and foster type development

What does parenting look like from a position of empowerment and self-awareness rather than one of guilt or martyrdom?

<h3>Instead of "either-or"</h3> <ul style="list-style-type: none"> <li>• whole-broken</li> <li>• strong-weak</li> <li>• wise-naïve</li> <li>• connected alone</li> <li>• assured-tentative</li> <li>• giving-taking</li> <li>• proud-ashamed</li> <li>• leading-following</li> <li>• conserving-rebelling</li> <li>• altruistic-selfish</li> <li>• calm-anxious</li> <li>• careful-fearful</li> </ul>	<h3>Look to "both-and"</h3> <ul style="list-style-type: none"> <li>• growing</li> <li>• vulnerable</li> <li>• full of wonder</li> <li>• collaborative</li> <li>• open</li> <li>• accepting</li> <li>• humble</li> <li>• engaged</li> <li>• unique</li> <li>• grateful</li> <li>• excited</li> <li>• hopeful</li> </ul>
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The reexamination of one's former life, and the shift in orientation that results from it, do change the past in a very real sense. The actual events cannot be undone. However, the value we place on them, and the deeds that will now emanate from them, can actually transform what had been defects, into the seeds for future growth.

*Cast in God's Image*  
Rabbi Howard A. Addison

