

NEWS
Jan-Mar 2009

Australian Association for Psychological Type Inc

From the President

Welcome to the first issue of AusAPT News for 2009. And a warm welcome to Brian O'Donnell as the new editor of our quarterly newsletter.

AusAPT is back in action for another year. In these pages you'll find reports of recent regional and national events, along with a preview of activities coming up in the months ahead. Late last year we took our first step into delivering events for AusAPT members via teleconferencing. Having grown up in regional Australia, I'm acutely aware of the need to make our services accessible to all of our members, regardless of where they live. December's teleconference with **Katherine Hirsh**, reported below, drew participants from all over Australia, as well as from New Zealand. Now that we've proven the medium, we'll be offering further teleconference events this year. Thanks to **Anne Russell** for making it all possible.

Speaking of New Zealand, our Kiwi cousins are holding their national conference in Auckland from 4 to 6 September. Its theme is '*Actively Promoting Type in Leadership*', with presenters including **Jane Kise**, **Linda Berens** and **Katherine Hirsh**. Discounted earlybird registration is available until 15 May. More information from www.nzapt.org.nz or info@nzapt.org.nz.

I urge you to support our New Zealand colleagues, as they did with AusAPT's national conference in 2006. On this side of the Tasman, we plan to revert to our biennial schedule with a national conference next year.

More information on AusAPT's program for 2009 will be published on our web site www.ausapt.org.au, and in the next issue of AusAPT News. I look forward to seeing you at one of our events this year.

Philip L Kerr

National President, AusAPT Inc

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EXPANDING KNOWLEDGE – SHARING EXPERIENCE – ENRICHING NETWORKS

AusAPT & NZAPT members Teleconference

Last December AusAPT initiated a 'members only' audio teleconference with Katherine Hirsh as the presenter and her topic: **Enriching Your Practice: Ideas Inspired by Jung's Life**.

The pre-course advertising said:

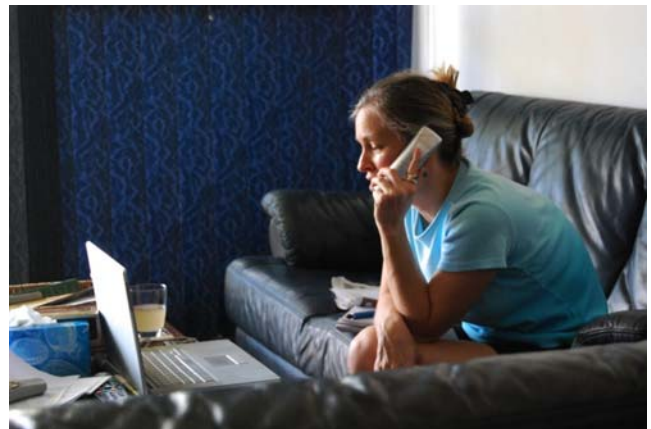
Enriching Your Practice: Ideas Inspired by Jung's Life

Are you curious about how Jung's life influenced his techniques? Is one of your goals to help people make the most of their understanding of, and experiences with, Psychological Type? Join Katherine for a review of several crucial events in Jung's life and an introduction to several facilitation methods inspired by these events. During the teleconference, she will explore the application of these methods to issues such as leadership, work relationships and career development in practice contexts like coaching, team building and counselling.

Attend this teleconference to hear about several engaging ways to build on your participants' knowledge of Psychological Type, make your sessions more meaningful and their impact longer lasting and have more fun in the process! This will be an inspiring session!!

Conference participants received pre-reading and the opportunity to do an activity prior to the teleconference. This provided the basis from which individuals became involved in their personal journey during the hour of the teleconference.

NZAPT joined us in this venture and a total of 65 people registered for the teleconference. A number of people had prior commitments and had the choice of listening to the audio later. The Members section of the AusAPT website has the audio recording of the teleconference and it is available to listen to at any time. If you want Katherine's article, which accompanied the teleconference, please send an email to Anne@RussellSynergies.com.au



Katherine Teleconferencing

Here are some comments from teleconference participants:

- *I felt it was an invaluable experience. I had a real sense of participation that dramatically enhanced what I was able to get from the pre-conference material, though I got an enormous amount from that.*
- *The teleconference is a great way for members like me who live in rural areas to be able to have some involvement with AusAPT.*
- *Although I had a positive expectation (or I would not have signed up) I really did not anticipate getting as much out of this experience as I did. It is huge! And naturally, I'm interested in participating in anything else that might come up. My PC verified Murphy's Law 15 minutes before the start – but I sorted it in time. Many sincere thanks to everyone who made this event possible. I have been enriched by it.*

We really appreciated the professional support from Nigel Russell of Nomad Meetings (see NoMad Meeting website if you know anyone who would like to learn how to run all kinds of meetings at a distance - www.nomadmeetings.com - NoMad runs an enormously valuable international program)

The next AusAPT/NZAPT 'members only' teleconference with Ingrid - and her topic: Practical Applications: Using Personality Type with other Tools was on 4 April.

On 27 June Linda Berens will present an AusAPT/NZAPT teleconference.

So ensure your membership is current and encourage your colleagues to join AusAPT to enable them to participate in these exciting sessions. Check out the AusAPT Website to find out when these teleconferences are running. To register email: register@ausapt.org.au

Coming up in AusAPT's Review

In the September 2008 issue of AusAPT News, trainers were invited to participate in an international survey of type preferences and training styles. If you've been wondering what that survey found, you'll find the answer in the April issue of the Australian Psychological Type Review. 'Do trainers train in the ways that they like to learn?', asks Dr Clare Howard, convener of the London Type group. Clare reports that type preferences do indeed play a strong part in trainers' approaches.

Home-grown research also features in our April issue. Dr **Kim Cressman** presents the findings from her study of SF and NT women in midlife, undertaken in her Doctor of Counselling program at the University of South Australia. And **Ian Ball** revisits the Australian MBTI Data Archive to examine the striking gender differences in the frequencies of the function pairs and temperaments.

Reviewing the reviews of Baz Luhrmann's Australia, **Peter Malone** observes that the epic film polarised the critics: it seemed to be 'liked and disliked by the widest range of personalities'. **Meredith Fuller** continues her Workspaces series with insightful case studies of three authentic ISFJs: 'the service desk consultant, the model ship builder, and the chartered accountant'.

Dr **Delma Stormont** invites us to have a 'sensational time' with her 'very practical exploration' of extraverted and introverted sensing. INTJ Delma 'leapt at the opportunity' to devise a workshop to lead AusAPT's mostly intuitive members into the realm of the senses at Mount Tamborine in the Gold Coast hinterland.

Peter Geyer takes us to the top of the mountain, too, with his traveller's tale of his time in Switzerland, teaching type to hospitality students at Ritz University. Peter also freewheels on the theme of 'consuming decisions' in the worlds of business and politics.

All this and more in the Australian Psychological Type Review, coming your way soon.

Philip L Kerr

Editor, Australian Psychological Type Review

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News from the Regions

Queensland

Your Committee has been busy behind the scenes with a strategic planning session to consider the survey input you have given us for what interests you. We are keen to provide a variety of opportunities to cater for different needs of members. Meetings will be held at various times during the year: Saturday afternoon, a week day and an evening. The request for a working week session came from people who are supported by their organisation for Professional Development programs and others who have families and are not free during weekends and evenings.

Your input to the AusAPT Queensland strategy is always welcome.

Do you know of, or indeed do you have access to, a great venue which we might use for meetings? Perhaps you know a particular person who would be a great presenter for us, or you might like to request a particular speaker... Please tell us.

Some of your committee members are also giving their time to support the National AusAPT committee with various Professional Development sessions available to Queensland members. This will widen horizons and provide additional input as we explore national and international approaches to understanding Type.

Hope you can join us for some of these events:

Workshop Strategies for Introducing Type - Facilitator Tools and Tips

Saturday 23 May 9:00 - 1:00 in Brisbane)

Sarah Holmes will lead an action packed morning of demonstrations and activities with people who use type in their working environments. You will come away with resources and experiences you can use the next day! This practical session will provide opportunities for newly accredited people to ask questions and find out how to get started introducing Type with family, client or work colleagues.

There will be facilitation guides and handouts, demonstration of processes and activities to get the learning across to workshop groups and other relevant environments.

F.A.C.T. Fine Art of Clarifying Type

Teleconference Saturday June 27 (10am EST)

Linda Berens will help someone clarify their type through the Temperament lens of Type. You can listen to her questions, hear the responses and then understand what is going on in Linda's mind as she tells us about her thinking and how she integrates several models in the process of assisting someone to clarify their Type.

Are there Overlaps between Enneagram and Jungian Functions?

Thursday 16 July 7:00 -9:30pm (in Brisbane)

Delma Stormont, a qualified Enneagram and MBTI practitioner and Interstrength trained, will compare and contrast differences and integrations between these instruments. When would she choose to use one instrument in preference to another?



The Communication Zone for Leading High Performing Teams

Wednesday 9 September (time TBA) (in Brisbane)

Linda Berens will provide a stimulating experience for facilitators and their clients, and anyone who is in a leadership position or interested in leadership. At the end of this one day program the final hour will be for Type professionals to explore the theory behind what happened during the day.

Please contact any member of the committee for additional information - Jill Thomas, our treasurer, is the person to talk with regarding registrations:

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Victoria & Tasmania

The committee at present looks like this:

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Vice President and Secretary

Bronwyn Rachor

Treasurer

Mark Toner

Committee members

Marian Power

Helen Glass

Colin Abbott

John Moore

President – Victoria & Tasmania

New South Wales & ACT

Conflicting commitments have prevented the NSW region being very active in the first quarter of 2009, but they hope to regroup in April and see what can be done to get things on track again.

Peter Bartos

President – NSW & ACT

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Western Australia

WA has also had a quiet time of late - but had a burst of activity following the visit to Perth of Anne Russell and Dan Foster to deliver the Interstrength 4 days of training for a group of 18 at the Edith Cowan University at the end of last year.

The training was well received by all who attended. For those like me who had undertaken the Myer Briggs training in the past, the interstrength training provided greater understanding of preferences as opposed to those gleaned from MBTI alone. For experienced practitioners, and novices alike, it provided a set of tools that had great workplace and personal application. Some of the attendees are still exploring these tools in relation to past experiences with the Myer Briggs Type Indicator, which is a good thing as this promotes deeper exploration and questioning of all tools and their application. From this I am sure greater understanding and learning will emerge.

With the rush of the end year and then the beginning of a new year the WA group hasn't met this year as yet. This will change with ideas of a book club and exploring type through walking, ideas to be implemented to engage WA members in the deeper understanding and promotion of type.

Helen Carter

President

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From the Editor

Thanks to the President for his kind welcome and thanks to Nicole Bray and Sue White for helping me with the initial set-up for the role of newsletter editor. I hope they have fingers crossed for me. ☺ But I should hasten to say that my wife Lucy is also a major contributor to this work and pretty much everything else for that matter!

I belong to several organisations that depend on volunteers to keep functioning and in the case of the Canberra Society of Editors, I am currently the secretary. One of the problems such organisations face is that they often rely heavily on a few people to do the bulk of the work to keep the organisation going.

Therefore I would like to encourage all members to contribute to the newsletter in whatever way they feel they would like to, by emailing me. For example, new members might like to provide suggestions about what would be helpful to them in learning more about Type and how to apply it in different contexts.

Seeing the world from the perspective of Type, I'm sure we each have so many experiences, insights and anecdotes that we could usefully share with others in the Type community. So just to get the ball rolling...

Recently Lucy and I were visiting family in WA and I was chatting to one of my nieces about brain development in babies—Alison is a health professional who has three young children, so she is very interested in this subject. She showed me an article that I'm sure everyone in AusAPT would also be interested to read, so here is the link. I would welcome feedback about your reactions!

<http://www.fcs.uga.edu/ext/pubs/chfd/FACS01-1.pdf>

Brian O'Donnell

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AusAPT Web News

To log on to the **Members Only** section, take the following steps:

- Click onto the AusAPT site - <http://www.ausapt.org.au/>
- On the bottom left-hand corner of the page, you will find the member log-in space
- Key in your email address. Make sure it is the one you have given AusAPT as part of your membership details
- Key in your membership number. If you don't know your membership number, (most of us don't,) click on Lost Your Password. You will receive an email with the number within a few minutes.
- You will then arrive at the member welcome page and be invited to proceed to the members area

To change your password, click on **View your profile** in the left hand menu. In this section, you have the option of updating any of your details, including your password.

We welcome feedback about AusAPT News. Please forward feedback to the AusAPT News Editor via newsletter@ausapt.org.au



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