

# Type & Stress

<b>ISTJ</b>	<b>ISFJ</b>	<b>INFJ</b>	<b>INTJ</b>
<b>ISTP</b>	<b>ISFP</b>	<b>INFP</b>	<b>INTP</b>
<b>ESTP</b>	<b>ESFP</b>	<b>ENFP</b>	<b>ENTP</b>
<b>ESTJ</b>	<b>ESFJ</b>	<b>ENFJ</b>	<b>ENTJ</b>

## Type & Stress

Getting in & out of your inferior function

Presented by

**NAOMI L. QUENK, Ph.D.**

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Saturday May 31, 2008

8~ 4:30

At McMenemy's Kennedy School

Sponsored by Portland chapter APT

For more information

**[WWW.portlandapt.org](http://WWW.portlandapt.org)**

## NAOMI L. QUENK, Ph.D.

Naomi L. Quenk, Ph.D. is a clinical psychologist, author, researcher, consultant, and trainer in Albuquerque, New Mexico. She is a past president of the Association for Psychological Type (APT), and formerly its Director of Training. She is Vice-Chair of the Myers & Briggs Foundation and a trustee of the Myers-Briggs Trust. She has written numerous research and theoretical articles on psychological type, is author of *Beside Ourselves: Our Hidden Personality in Everyday Life* (1993), and its second edition, *Was That Really Me? How Stress Brings Out Our Hidden Personality* (2002); *In The Grip: Understanding Type, Stress and the Inferior Function* (2000), and *Essentials of Myers-Briggs Type Indicator Assessment* (2000), and *Essentials of Myers-Briggs Type Indicator Assessment* (2000). She co-authored several texts and computerized reports for earlier versions of Step II as well as the current *MBTI Step II Interpretive Report* (2001), and *MBTI Step II Profile* (2001). She is co-author of *Manual: A guide to the development and use of the Myers-Briggs Type Indicator* (1998), *MBTI Step II Manual* (2001), *Understanding your MBTI Step II results* (2002), *Working with MBTI Step II results* (2004), and *Facet Sayings and Songs* (2005). She co-authored two books with her husband, Alex T. Quenk, *Dream Thinking: The Logic, Magic, and Meaning of Your Dreams* (1995) and *True Loves: Finding the Soul in Love Relationships* (1997). She has been conducting workshops on various aspects of the MBTI nationally and internationally for many years and is actively involved in research, theory, and applications of the instrument.



Portland APT  
c/o Carolyn McCall  
1031 Unit C NE 90th Ave  
Portland, OR 97220-5746

Portland APT

Getting in & out of your  
inferior function

## Type and Stress



**Date: May 31 2008**

**Time: 8 ~ 4:30**

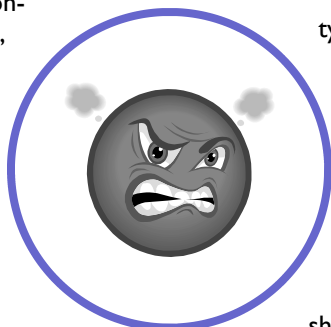
In the Portland Area

At McMenemy's  
Kennedy School

## TYPE AND STRESS

### GETTING IN AND OUT OF THE GRIP OF YOUR INFERIOR FUNCTION

Jung's theory predicts that when you are stressed, fatigued, or otherwise lose control of your conscious self, your typical, everyday personality is likely to change drastically, so you can be described as "out-of-character," "beside yourself," or "in the grip." People typically find such changes mystifying and upsetting, and wish to suppress and avoid them. However:



Out of character emotions  
and behavior

- Be able to figure out the form of each type's grip experience
- Learn how to recognize when others are in the grip and effective ways to help them

With this basic knowledge, you will join with others who have the same inferior function in an exercise where you will share:

In this session you will:

- Understand the basic Jungian principles and the principles of type dynamics that make such experiences inevitable for every type
- Learn how and why out-of-character, inferior function behavior is normal, necessary, and adaptive.

The triggers--what pushes your type into the grip

What you are like when you are there

How your type typically gets out of the grip and back to the dominant function

What your type typically learns from repeated grip experiences

#### PAPT Otto Kroeger Chapter Award Workshop

Doors open at 8:00 a.m.

Workshop begins promptly at 8:30 a.m.

Lunch, refreshment breaks and a copy of Naomi Quenk's book In the Grip are included in registration fee.

**Space is limited!**

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

Registration postmarked by April 15 will receive our early-bird discounted rate

7 CE Credits available for MBTI certification

McMenamins Kennedy School  
5736 NE 33rd Ave  
Portland, OR 97211

## Registration

	Cost	Enclosed
<input type="checkbox"/> Postmarked by April 15 --PAPT member	85.00	_____
<input type="checkbox"/> Postmarked by April 15—PAPT nonmember	110.00	_____
<input type="checkbox"/> April 16—May 23 PAPT member	100.00	_____
<input type="checkbox"/> April 16—May 23 PAPT nonmember	125.00	_____
<input type="checkbox"/> CE Credits (7) for MBTI certification	10.00	_____
	Total:	_____

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-mail \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

**Note: Payment must accompany registration.** We can only accept personal checks or money orders made out to the Portland Association for Psychological Type. The fee is non-refundable, although it is transferable to another person for this workshop. DEADLINE 5/23/08

**Please mail your registration and payment to:**

Carolyn McCall  
1031-C NE 90<sup>th</sup> Avenue  
Portland, OR 97220-5746

**If you have questions about the workshop contact:**

Carolyn McCall

E-mail: [cemccall@aol.com](mailto:cemccall@aol.com)

Home evenings: 503.408.9334

Or visit [www.portlandapt.org](http://www.portlandapt.org)

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