



APT*i* 2022  
Winter Conference  
Virtual Edition

**Themes:**

- ❖ *Jungian Perspectives*
- ❖ *Type and Brain Science*
- ❖ *Type for a New Generation*

*February 25-26, 2022*

*Recordings made of all sessions.*

*You don't have to miss a thing.*



Association for Psychological Type International



## Letter from the President

On behalf of the APTi Board of Directors it is my pleasure to welcome you to our 2022 Winter Conference.

The mission of APTi is to advance the responsible, constructive, and ethical use of personality type through education, training, research, networking, and community.

After being postponed by the global COVID-19 pandemic, this conference gives APTi the opportunity to further our mission by coming together to share with you the newest thinking and insights in the world of type as well as an opportunity to engage with each other across continents, time zones and generations.

As we look to the future of type we hope you enjoy exploring Type and Brain Science, Jungian Perspectives, and Type for a New Generation.

On behalf of the board, I extend APTi's thanks to each of our keynote speakers and presenters for sharing their insight and perspectives with us. Additionally, as APTi is an all-volunteer run organization, I would also like to personally thank my fellow board members, the conference committee, and all of the volunteers who so generously gave of their time, expertise, and determination to put this conference together.

Tim Beggs,  
APTi President

### **APTi Mission Statement**

The Association for Psychological Type International, an international membership organization, promotes the practical application and ethical use of psychological type. We link members and others interested in type with opportunities for continuous learning, sharing experience, and creating understanding and knowledge through research. We are committed to sustaining a vibrant learning community that welcomes practitioners and type enthusiasts of all generations and backgrounds.

# APTi 2022 Winter Conference February 25-26

## Topics:

Type and Brain Science  
Jungian Perspectives  
Type for a New Generation

## Keynotes:

John Beebe  
Joel Mark Witt & Antonia Dodge  
Dario Nardi  
Linda Berens



Cost is \$150 for APTi members and \$235 for non-members  
(includes one-year membership to APTi)

**Virtual! (Wear your PJs)**



## Event Overview

Timeline	Friday, Feb 25, Saturday, Feb 26
11:45 am ET	Login into session
12:00 pm ET	FRI: John Beebe SAT: Dario Nardi
1-1:30 pm ET	Q&A with Speaker
1:30 pm ET	BREAK
1:45 PM ET	Login into session
2:00 pm ET	Set of 3 Concurrent sessions
3:00-3:30 pm ET	Q&A with each Speaker
3:30 pm ET	BREAK
3:45 pm E T	Login into session
4:00 pm ET	Set of 3 Concurrent sessions
5:00 pm ET	Q&A with each Speaker
5:30 pm ET	BREAK
5:45 pm ET	Login to session
6:00 pm ET	FRI: Joel Mark Witt and Antonia Dodge SAT: Linda V Berens
7-7:30pmET	Q&A with Speaker
7:30 -7:40 pm ET	Closing

### APTI 2022 Winter Conference Schedule

*All sessions will be live. Video recordings will be available to all registrants afterward.*

Eastern Time Zone		Friday, Feb 25		
11:45-12:00	<b>Login and Welcome</b> <i>Please start logging in by 11:45.</i>			
Presentation 12:00-1:00 Live Q&A 1:00-1:30	<b>John Beebe</b> <i>Are Situations Type-Specific?</i>			
1:30-2:00	<b>BREAK</b>			
<b>Track:</b>	<b>Type and Brain Science</b>	<b>Jungian Topics</b>	<b>Type for a New Generation</b>	
Presentation 2:00-3:00 Live Q&A 3:00-3:30	<b>ROY CHILDS</b> <i>From DNA to the Big Bang:            how is that possible?</i>	<b>Carol S. Shumate</b> <i>Projection: Who Projects            What and Why</i>	<b>Rob Toomey</b> <i>Born in the Year 2000</i>	
3:30 - 4:00	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	
Presentation 4:00 - 5:00 Live Q&A 5:00-5:30	<b>Dick Thompson</b> <i>The Brain, Type, and            Stress: Introducing            Your Evil Twin Skippy</i>	<b>Vicky Jo Varner</b> <i>Jung, Art, &amp; Typology</i>	<b>Angelina Bennet</b> <i>Bringing Type to the            Post-COVID Generation</i>	
5:30-6:00	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	
6:00 -7:00 Live Q&A 7:00-7:30	<b>Joel Mark Witt and Antonia Dodge</b> <i>Sharing Your Knowledge in a Podcasting and YouTube World</i>			

Eastern Time Zone		Saturday, Feb 26		
11:45-12:00	Login and Welcome			
Presentation 12:00-1:00 Live Q&A 1:00-1:30	<p style="text-align: center;"><b>Dario Nardi</b> <i>Brain, Subtypes, and Type Development Over a Lifetime</i></p>			
1:30-2:00	<b>BREAK</b>			
<b>Track:</b>	<b>Type and Brain Science</b>	<b>Jungian Topics</b>	<b>Type for a New Generation</b>	
Presentation 2:00-3:00	<b>Mina Barimany</b>	<b>Steve Myers</b>	<b>Meghan LeVota</b>	
Live Q&A 3:00-3:30	<i>Developing A Developmentally-Informed Type Model</i>	<i>The Untapped Potential of Psychological Types</i>	<i>Typology Online: The Call for Complexity in a Digital World</i>	
3:30 - 4:00	<b>BREAK</b>			
Presentation 4:00 - 5:00	<b>Rebecca Sarver</b>	<b>Kevin Kell</b>	<b>Carol Linden</b>	
Live Q&A 5:00-5:30	<i>Your Best Self is Not All in Your Brain: Leveraging Type and Your Body Brain</i>	<i>Where Insight Fears to Tread: Using Typological Active Imagination in Clinical Therapy</i>	<i>Navigating Generations in the Workplace</i>	
5:30-6:00	<b>BREAK</b>			
6:00 -7:00				
Live Q&A 7:00-7:30	<b>Linda Berens</b> <i>From Then to Now and Why</i>			
7:30-7:40	<b>Closing</b>			

# Jungian Topics



**John Beebe**



**Carol Shumate**

**Vicky Jo Varner**



**Kevin Kell**



**Steve Myers**



Keynote

Topic



Description

John Beebe, MD

Professional  
Bio

## *Situations: Are They Type-Specific?*

Typology is an aspect of the individuation of people that allows them to deploy consciousness in the face of challenging situations without compromising their right to choose how to do so. We all know, however, that individuals are often as limited as liberated by their type preferences. What if situations themselves are just as type-biased, that is, demanding the deployment of specific function-attitudes, regardless of who encounters them? This might explain why we have each evolved an entire set of type preferences associated with the different roles in each us we might be called upon to play when meeting different situations. John Beebe will address this possibility, which opens the door to a new consideration of the typology of situations as a factor driving the evolution of consciousness itself. In his view, this may explain the many unusual combinations of function-attitudes that more and more people find themselves having to use today to get by, as they strive to deal with an increasingly complex world.

**John Beebe, MD**, is the creator of the eight-function, eight-archetype model of psychological types. A Jungian analyst and past president of the C. G. Jung Institute of San Francisco, he is the author of *Energies and Patterns in Psychological Type: The Reservoir of Consciousness* and co-editor, with Ernst Falzeder, of *The Question of Psychological Types: The Correspondence of C. G. Jung and Hans Schmid-Guisan*. John has spearheaded a Jungian typological approach to the analysis of film and has written the preface to the Routledge Classics edition of Jung's 1921 book, *Psychological Types*.

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Description

## *Projections: Who Projects What and Why?*

Jung observed that our shadow is that which others see in us but which we ourselves cannot see. Projection is a common response to the shadow. In projecting, we displace qualities we dislike in ourselves onto others, and then we punish them for being like us. We all live in delusions of our own making, but there is a solution. In helping us identify how we experience the eight Jungian functions, Beebe's eight-function model shows us what we project onto others and what they project onto us, giving us a glimpse of this final frontier of consciousness.

This session will describe generally what different types tend to project onto each other and will analyze a contentious argument to illustrate how individuals' play "function ping-pong" with each other. As a result, someone using the emotional energies of one archetype will awaken the same archetype in the other.

Carol Shumate,  
PhD

Professional  
Bio

**Carol Shumate, PhD**, has taught the course on psychological type at Pacifica Graduate Institute since 2013, when she co-taught it with analyst John Beebe. Her book *Projection and Personality Development via the Eight-Function Model* (Routledge 2021) uses Beebe's eight-function/eight-archetype model to illuminate the unconscious aspects of psychological type. She launched the journal *Personality Type in Depth* in 2010, and in 2020 helped launch the Depth Typology Center, created to archive scholarly resources at the interface of depth psychology and psychological type. She has spent most of her career in higher education, writing, teaching, and delivering curricula that convey complex concepts in simple ways. Her recent articles include "The Eightfold Way of Teaching Psychological Type," *Journal of Analytical Psychology*, December 2021; "Convergence: Academic Psychology Meets Jungian Typology" coauthored with Richard Owen, *Personality Type in Depth*, December 2021; and "Changing the Dictates of Inherited Mentality," *Granite*, European Academy of Sciences of Ukraine, December 2021.

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## *Jung, Art, and Typology*



Description

Jung overtly linked typology to artwork, both in his own creations as well as the creations of his patients. Jung and his followers were keen to understand the typological qualities that can be detected in artwork as generated by the unconscious via dreams or active imagination. Several hypotheses have been put forward since Jung's time about how to "type" works of art, and there is a large collection of patient artwork in the Jung Institute of Zurich. This presentation seeks to share some of the ways in which artwork may be understood typologically and provides some experiential practice at "typing" artwork. Attendees are invited to bring a few sheets of printer paper and some simple drawing supplies – colored markers, pencils, crayons, or watercolors (nothing fancy!) so we can try our hand at linking art to typology.

Vicky Jo Varner,  
PhD

Professional  
Bio

**Vicky Jo Varner, PhD**, Vicky Jo Varner, PhD, obtained her doctorate in Depth Psychology from Pacifica Graduate Institute. Formerly a faculty member of the University of Philosophical Research, she has taught courses and delivered presentations on Jung's typology through the Association for Psychological Type International (APTi), the British Association for Psychological Type (BAPT), and the Australian Association for Psychological Type (AusAPT). She is currently senior copy editor for "Psychological Perspectives," a leading Jung journal associated with the Los Angeles Jung Institute. As a Professional Certified Coach (ICF, CPCC, PCC, JCDC), she conducts guided type discovery experiences for individuals, couples, and corporate teams. Her website is [DrVickyJo.com](http://DrVickyJo.com).

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# *The Untapped Potentials of Psychological Types*



Description

In 1921, *Psychological Types* was the cornerstone of Jung's new theory of analytical psychology. However, within a few years, Jung began to realize that his theory was being misunderstood and the central message of his book being overlooked. As a result, he let it slip from the center of his thinking. He replaced his theory of opposites with alchemy – culminating in *Mysterium Coniunctionis*. He developed his philosophy in a collaboration with Wolfgang Pauli – culminating in *The Interpretation of Nature and the Psyche*. His disdain for the popular reading of his book became so strong that, by the time he got to the 1950s, he refused to meet Isabel Briggs Myers, refused to help a PhD student doing research using the MBTI and, when asked about the 'American' interpretation of typology, Jung declared 'God preserve me from my friends, with my enemies I can deal alone'.

Steve Myers,  
PhD

This presentation will start by looking at some of the key differences between Isabel Briggs Myers' and C.G. Jung's views of *Psychological Types*. It will then examine the messages that Jung was concerned were being overlooked and see how they apply to the contemporary issue of increasing political polarization. This will include research that puts Jung's overlooked theory to the test. The presentation will conclude with some ideas on how we can develop from a perspective based solely on Myers-Briggs theory to begin to realize the potential that has lain hidden within *Psychological Types* for more than a century.

Professional  
Bio

Steve Myers is a Visiting Fellow at the University of Essex. He has a Masters in Jungian and post-Jungian Studies and a PhD in Psychoanalytic Studies on a Jungian theme. He is author of *Myers-Briggs Typology vs Jungian Individuation: Overcoming One-Sidedness in Self and Society*. He is a former consultant who used typology in his practice, and the co-creator with Roy Childs of the *Type Mapping System*, a set of questionnaires that are based on typological theory.

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Description

## *Where Insight Fears to Tread: Using Typological Active Imagination in Clinical Therapy*

Active imagination and typological interpretation are indispensable therapeutic tools for finding passages where lack of insight or avoidance would otherwise lead to a dead end. Such techniques address some of the unique challenges that arise with facilitating individuation in clinical therapy such as balancing teaching with discovery, guidance with self-direction, and conceptualization with experience. Typology and active imagination empower clients to take more ownership over their healing and psychological development.

Kevin A. Kell,  
LCSW

Professional  
Bio

**Kevin Kell, LCSW**, is a psychotherapist with The Center for Change & Healing, a private practice serving the greater Chicago area. Kevin works with individuals, couples, and families struggling with a wide variety of mental health challenges. He graduated summa cum laude in psychology from Lewis & Clark College in Portland, OR, and has two master's degrees, one in social work from Loyola University and one from Pacifica Graduate Institute. He is currently pursuing doctoral studies through Pacifica as well, where his dissertation focuses on the interconnections between the psychology of individuals and their surrounding natural environments. He is a classically trained bass vocalist and a student of Russian and other languages.

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**Keynote:**



**Dario Nardi**



**Roy Childs**

# Type and Brain Science

**Dick Thompson**



**Mina Barimany**



**Rebecca Sarver**



## Keynote



Dario Nardi,  
PhD

## Topic

# *Brain, Subtypes, and Type Development Over a Lifetime*

## Description

How do we change over a lifetime? Type development seems to happen in two ways. One way is a natural unfolding or emergence of functions, tensions and reconciliations such as the mid-life crisis. A second way is how we express our type due to environment, from our upbringing to career and more. Neuro-imaging of people of the same type, across different age brackets, careers, and nations, suggests four broad patterns or variants of each type. We explore these four: Dominant, Creative, Normalizing and Harmonizing. Knowing these helps overcome type stereotypes, better coach clients especially around career issues, and bridge cultural differences. Along the way, we will also look at demographic trends in the data, such as how brain wiring changes with age, and how that relates to the overall life-long journey and type development.

## Professional Bio

**Dario Nardi, PhD**, focuses on neuroscience, personality, and body-mind practices. He was certified in type in 1994, and his books include "Neuroscience of Personality", "Jung on Yoga", "8 Keys to Self-Leadership", and "The Magic Diamond" among others. He uses EEG for brain-imaging and created the CPA, a highly validated assessment of the 8 Jungian functions. For more information, see [www.DarioNardi.com](http://www.DarioNardi.com), [www.RadianceHouse.com](http://www.RadianceHouse.com), and [www.Keys2Cognition.com](http://www.Keys2Cognition.com).

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## *From DNA to the Big Bang: How is that Possible?*



Description

Neuroscience is becoming more and more compelling. It seems that by mentioning the hypothalamus or results from MRI scans this increases credibility and, perhaps, convinces many people too readily that our arguments are based on sound science. In the extreme this implies that 'we are our synapses'. This talk will suggest that this is just as much an unverified assumption as 'we have a soul' – and that the mind/body problem is still unresolved. It will use examples to explore the limitations of correlational 'results' and then describe how reframing personality as an evolving dynamic – just as Jung proposed – the neuroscience 'evidence' has a long way to go. It will go on to explain how the psychometric approach to personality is too general and too limited and that a more nuanced understanding of how self-report questionnaires need to ask more penetrating questions. One way to do this is using the 'four-selves model' to reveal people's internal dialogues which help to fit personality into the more fundamental concept of identity.

Roy Childs,  
PhD

Professional  
Bio

**Roy Childs, PhD**, is a Business Psychologist who works as a facilitator, coach, trainer and researcher. He combines a highly experiential approach with a clear practitioner focus. His background in psychometrics includes having worked with some of the best-known authors of personality questionnaires including Ray Cattell (16PF) and Will Schutz (FIRO). *With Team Focus he has developed a new range of instruments covering areas as yet untouched by psychometrics – until now.* Roy has worked with Psychological Type since the 1980's and was a founder member of the Myers-Briggs User Group. His combination of a psychometric background with extensive practitioner experience gave him a valuable insight into the strengths and weaknesses of both MBTI and other questionnaires which he has used to develop a new approach to the use of Type called Type Mapping. Roy runs the widest range of BPS recognised qualifying courses in the UK and his publications include "the Psychometric Minefield", "Emotional Intelligence and Leadership", "Coaching with FIRO Element B".

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Description

Professional  
Bio

Henry L. (Dick)  
Thompson, PhD

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## *The Brain, Type, and Stress: Introducing Your Evil Twin Skippy*

This presentation, beginning with the cosmos and rapidly zooming down to the human brain, explores how the brain, personality, and psychological type are changed by stress. The journey will travel through various levels to help us understand the source of our “Evil twin Skippy.”

**Henry L. (Dick) Thompson, PhD**, is a speaker, consultant, CEO, and researcher, known not only to the type community for his research and publications, but also to the EI community and to the veteran community for research on stress on the battlefield and his work on suicide prevention with the military, veterans and first responders.

Psychological type theory is an integral part of Dr. Thompson’s work and ongoing research. The [CommunicationWheel®](#) is just one of many useful tools he has developed to facilitate the use of psychological type in organizations. He has served on the boards of both APT Georgia and APTi. He is a frequent keynote speaker and presenter at international conferences, is the author of numerous psychological type articles and books, and has won various APTi awards, including the prestigious **Mary McCaulley Lifetime Achievement Award** for work with the Myers-Briggs Type Indicator® assessment.

Dr. Thompson’s work and ongoing research with emotional intelligence (EI) are internationally known in the EI community. His innovative approaches to EI research, training, certification, feedback and materials development make him a highly sought-after EI speaker and consultant. He is the leading researcher on the interaction of EI, stress and leadership. He has pioneered the Tandem Model of using the EQ-i® 2.0 and Mayer-Salovey-Caruso Emotional Intelligence Test® (MSCEIT®) in combination. His research continues to explore the validity of EI models, EI and stress, IQ, leadership, role in success models and the relationship of EI to other models and building Stress Resilient Emotional Intelligence™.



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Topic



Description

Mina Barimany,  
PhD

Professional  
Bio

## *Empirical Research on Jung's Dynamic Model*

Take a deep dive into the empirical research on the mental functions from 2017 and 2020 that presented a novel perspective on how personality develops across the lifetime. In this presentation, Dr. Barimany will discuss the significant findings of her research on personality development and their implications for priming and catalyzing human growth. She will also present a basic framework for using psychological type—in conjunction with other established modalities such as cognitive behavior therapy and psychoanalysis—as a formal psychotherapeutic approach for practitioners of all kinds.

**Mina Barimany, PhD**, is a psychotherapist, counselor educator, and researcher from Washington, D.C. Originally trained in family therapy, Dr. Barimany holds a master's degree in family therapy from Drexel University, a doctorate from George Washington University in counselor education and supervision. She joined Johns Hopkins University's faculty in 2019.

Dr. Barimany specializes in catalyzing major upshifts in development for individuals, couples, and mental health professionals in order to improve quality of life, optimize performance, and cultivate a sense of fulfillment. Her research focuses on adult development over the lifespan. Dr. Barimany is also an expert in clinical supervision and trains several resident therapists at her practice located in Washington, D.C. and Salt Lake City, UT.

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## *Your Best Self is Not All in Your Brain: Leveraging Type and Your Body Brain*



Description

This session is designed for individuals and practitioners who, even if not scientists, are interested in seeing a methodology built on a foundation of type and brain science that addresses gaps found in many approaches to change and development. Nurturing the Embodied Self, Cognitive Self, and Connected Self enables individuals to access their best self: the you who is able to access your full intelligence to take the most adaptive action possible for you.

Rebecca Sarver,  
PhD

Professional  
Bio

Full intelligence includes both the head brain and the body brain. The most adaptive action is a considered reaction rather than a habit or a knee-jerk reaction. Possible for you means within your available skillset, talents, and knowledge. A toolset will be shared, much of which can be implemented immediately if desired. The underlying methodology will be explained so attendees can make their own decisions on what might work for them.

**Rebecca Sarver, PhD**, Founder & Owner, A Different Path Consulting LLC, is a People Development Practitioner. She earned her PhD in Interdisciplinary Studies with a concentration in Ethical and Creative Leadership from Union Institute and University and her MEd from Xavier University. She is a certified MBTI practitioner and past member of the Greater Cincinnati APTi chapter. She has studied with Linda Berens and is a certified InterStrength Self-Discovery Practitioner. She integrates models from thought leaders across many fields, such as Embodiment, Trauma and Healing, Complexity Science, Adult Development, and Neuroscience, in addition to Type. She approaches type and brain science from a practitioner's perspective, doing secondary research, developing a model, and then trying it out in group and individual settings to see what works.

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# Keynotes:



**Joel Mark Witt  
& Antonia Dodge**



**Linda Berens**

# Type for a New Generation



**Meghan LeVota**

**Rob Toomey**



**Carol Linden**

**Dr. Angelina Bennet  
& Gareth English**



## Keynote



Joel Mark Witt  
and  
Antonia Dodge



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## Topic

## Description

## Professional Bio

# *Sharing Your Knowledge in a Podcasting and YouTube World*

The internet is forcing type communities to change & grow... fast. On one side, we see a seasoned generation of type professionals who have spent years refining their knowledge and wisdom. On the other side are young people eager to express and share their newly discovered love of type on every major social media platform.

Young people are excited about type and want to talk about it on podcasts, YouTube videos, and Facebook posts. But often these new “influencers” are unaware that typology is a mature discipline with years of research, development, and commerce baked into its ethos. *How do we preserve what has come before while adapting to the changing new media landscape?*

In this presentation, Joel and Antonia guide us through the practical steps they’ve used to bridge this gap. As podcast hosts, they will peel back the curtain of new media to showcase ideas you can use in your practice whether you are just getting started or have been teaching type for decades.

**Joel Mark Witt and Antonia Dodge** are podcasters, entrepreneurs, personal development coaches, and personality typology experts who have consulted with companies like Zappos, Oracle, Amazon, American Express, CNN, and many others. Through their Profiler Training Course, they have taught hundreds of students, including CEOs, coaches, investors, and law enforcement agents, to use their unique conversational typing method and help others uncover their best-fit Myers-Briggs® personality.

Joel and Antonia also host the popular Personality Hacker podcast. Each episode is a conversation that gives you permission to be who you truly are and helps you create awareness around how you are wired so that you can design a custom personal growth path for your life. They live in Pennsylvania with their daughter Piper.



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Description

Rob Toomey

Professional  
Bio

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## *Born in the Year 2000*

Do younger generations actually have shorter attention spans... or are they just more selective about where and how they spend their time? With the flick of a finger, modern learners can switch from listening to you ... to checking their email (or seeing how many likes their most recent Insta post has gotten). The topic of personality type is complex and can be difficult to get across in any context to the most avid learner. This becomes dramatically more challenging when we are competing against other distractions and entertaining options.

This interactive session will explore the ways the type community can most effectively engage with and hold the attention span of younger generations of learners. How can we use technology to distribute our collective knowledge over a longer timeframe in smaller bursts of learning? How can we emphasize practicality and immediate relevance in our delivery? How can coaches and facilitators keep in mind type differences when delivering insights to their clients?

**Rob Toomey, BA and JD**, is a dynamic facilitator and coach who works with leaders around the world. In the past 17 years he has delivered sessions to more than 60,000 participants, primarily within large multi-national firms. Sessions are designed to teach the unique skill of determining the personality type of others based on clues in behavior – with the goal of adjusting one’s communication style accordingly. These skills provide greater influence, leadership, engagement and ultimately drive real business results. More than 180,000 people have benefitted from the TypeCoach online tools. Rob was previously a corporate attorney in Boston for five years. He received a B.A. from Trinity College in Hartford, CT and holds a J.D. from Boston University School of Law.



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Carol A. Linden

Topic

## *Navigating the Generations in the Workplace*

Description

Generation-bashing has been going on in the media and in the workplace for years. This is not just about hurt feelings. These differences can cause productivity issues, lack of trust, stress, job dissatisfaction, and employee turnover. Once you think of these generational perspectives as *lenses*, it's obvious how your experience with type can help you help clients, as well as yourself, navigate generational differences in the workplace. The key is to combine knowledge of generational perspectives, frameworks from Type, and core principles of emotional intelligence, so that you can help others, and yourself, overcome generational roadblocks.

Professional  
Bio

**Carol A. Linden, MBTI Master Practitioner**, is an NSA professional speaker, author, and team and management trainer. She worked in the corporate world for two decades, moving from team leadership and management into coaching and training managers and teams how to communicate and work effectively across natural differences. She has also taught Type, Temperament, and Interaction Styles at Wake Technical College. The opportunity to help adults *play well with others* gets her out of bed in the morning.

Carol has been involved with APTi for 20 years, beginning as the RPT-APT chapter president and program chair, going on to chair the APTi conference in 2007 in Baltimore and now the 2022 conference. She serves on the APTi board and is Editor of *The Bulletin of Psychological Type*. Carol has spoken at eight conferences and many APT chapter events, published five professional articles, and written a book for job seekers. She is currently pursuing InterStrength Certification under Linda V. Berens.

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Description

Meghan LeVota,  
MS

Professional  
Bio

## *Typology Online: The Call for Complexity in a Digital World*

The digital world is becoming more and more complex. When we talk about typology online, this is bigger than just talking about specific social media platforms — these platforms are also shaping our psyche, and culture. With social media beginning to replace real-life connection and the rise of remote work, the way we communicate as a species is transforming. With these new tools come ethical challenges, as well as opportunities.

This talk is an overview of what's going on in the communities of personality enthusiasts online, and opens the door for discussion: how can we make the most of these digital changes and keep type alive for generations to come?

**Meghan LeVota, MS**, a digital native herself, discovered personality type online as a teenager and has been studying it (formally and informally) for a decade. With a background in journalism and digital multimedia, Meghan recently graduated with a Master's in Organizational Psychology to pursue her love of type. With more than 2 million lifetime views on YouTube and experience moderating online Facebook groups, Meghan has seen the good, the bad, and the ugly of typology online. She is currently working on season 2 of her podcast Psyche Design and is focused on writing about how to use typology for one's individuation journey. Meghan is a certified typology practitioner through TypePro and has studied cognitive dynamics and essential motivators under Linda Berens.

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## *Bringing Type to the Post-COVID Generation*



Description

Five years ago we started with the idea of training Type experts completely remotely. It was a first back then. Now everyone's doing everything remotely. So what have we learnt about the use of Type online and about the online community of people who are interested in Type? Attendees will have the opportunity to hear about our experience of training hundreds of people worldwide to be Type experts, to share their experiences of working with Type online, and find out what we envisage the future of Type training could be.

Angelina Bennet,  
C.Psychol. Dprof.  
Gareth English,  
C.Psychol.

Professional  
Bio

**Angelina Bennet, C.Psychol. DProf.,** is a Chartered Occupational Psychologist with over 20 years' experience of using Psychological Type. She worked as an MBTI® qualifying trainer with OPP, from 2002 to 2016, and was the President of the British Association for Psychological Type (BAPT) from May 2011 to April 2017. Angelina is qualified in MBTI® Step I and II and is one of a select number of practitioners in the world qualified to use the MBTI® Step III. Angelina has expertise in Type Development and is the author of 'The Shadows of Type: Psychological Type over Seven Levels of Development'. She has worked with a wide variety of organisations and has been a keynote speaker at many global conferences. Qualifying people in the use of Type, she co-directs Type Pro Ltd with Gareth English,.



**Gareth English, C.Psychol.,** as a business psychologist, works with clients to support them in understanding why people – staff and customers alike – behave as they do. Gareth supports Type Pro's clients in achieving their business objectives by applying his understanding of what really drives people in business. Gareth has extensive experience of working with a variety of global organisations and industries, including financial services, motor manufacturers, high-tech start-ups, telecommunications, pharmaceuticals, public sector and professional services. He co-directs Type Pro Ltd with Angelina Bennet, qualifying people in the use of Type.

APTi 2022  
Winter Conference  
February 25-26, 2022



Association for Psychological Type International

## Keynote



Linda V. Berens,  
PhD

## Topic

# *From Then to Now and Why*

## Description

In 1970's, I was the new kid on the block in the type world. Now I'm part of the old guard wondering about a whole new world of type influencers and type enthusiasts. Our session together closes this groundbreaking conference where the old and the new meet. What do we, as type practitioners and enthusiasts, need to learn from this journey? What do we want to be the outcomes in the future for type? What changes might each of us need to make in order to see the changes in the world that many of us hope type awareness can bring about?

## Professional Bio

**Linda V. Berens, PhD**, serves as co-founder, lead architect of certification, model development and transformational change programs for InterStrength. Our mission is to help others transform conflict, embrace and realign with internal and interpersonal strengths, eliminate negative stereotypes and encourage growth producing shifts. Linda is a human and organizational development practitioner who has been studying typology since 1974 and teaching professionals since 1982. She has helped countless individuals and teams recognize their strengths, transcend their weaknesses, and work more efficiently together. She has developed a rich, integrated look at individual differences through the Integral framework and using multiple lenses. Linda is recognized internationally for her innovative contributions to the field of psychological type and for developing user-friendly training materials for practical application of understanding individual differences. She is the creator of the popular Interaction Styles model and co-creator of the new Intentional Drivers model. These practical lenses help us understand each of the 16 types. She also is known for her refinements of Keirsey's temperament theory in her work on Essential Motivators. The author or co-author of multiple books and training materials, she holds a license as a California Marriage and Family Therapist and a doctorate in psychology, she also holds certification as a *Holacracy Facilitator* and in *Integral Transformative Leadership* from Pacific Integral and the LIOS Graduate College at Saybrook University.

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