



# Three Keys to Self-Understanding: An Innovative and Effective Combination of the Myers-Briggs Type Indicator Assessment Tool, the Enneagram, and Inner-Child Healing

By Pat Wyman

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## **Three Keys to Self-Understanding: An Innovative and Effective Combination of the Myers-Briggs Type Indicator Assessment Tool, the Enneagram, and Inner-Child Healing** By Pat Wyman

Self-discovery can be an elusive process. Some people never fully express their true personalities because of obstacles from the past. Others float through life with a set of defense mechanisms that seem adequate until something happens to shake that pattern. In her groundbreaking work, Pat Wyman combines three psychological techniques to create a successful method of personal integration. The foundation of the work is a comparative exploration of how the Myers-Briggs Type Indicator® instrument, the Enneagram, and Inner-Child Healing can assist in self-discovery. In the end, it is a strikingly honest and poignant study of how a remarkable group of people dealt with tragedy and abuse, and how they achieved healing through intense introspection and the use of these three modalities. Courageous clients share their stories, poems, artwork and letters, which are interwoven throughout the author's in-depth explanation of how to guide clients through this process.

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### **Editorial Review**

#### Review

Three Keys to Self-Understanding is a groundbreaking, highly illuminating, and warmly approachable work on the subject of healing. Wyman has effectively blended two personality theories, Psychological Type and the Enneagram, with the very different Innerchild Theory to create what may be the most comprehensive model on healing that is currently available. With her use of nonclinical language, liberally spiced with delightful wit and humor, she has proven that authentic and correct psychological information can be made available to anyone who really wants to take the healing journey. --Pat Ryan, Clinical Social Worker and MBTI® Practitioner

#### About the Author

Pat Wyman, LPC, has a Masters in Education-Counseling from the University of Missouri St. Louis, is certified for Myers-Briggs Type Indicator (MBTI), is an Inner-Child Therapist in private practice and a certified hypnotherapist. She is trained in the Enneagram, imaging, and Neurolinguistic Programming. Pat has also served as consultant to various business and ministry groups, and presented workshops for corporate teams, small companies, ministry groups, faculties and retreats. She has presented workshops at the International Enneagram Conference, a variety of MBTI regional and international conferences including the MBTI Clinical Conference and the National Wellness Conference. She has published articles in the Enneagram Monthly, Dream Network Journal, Bulletin of Psychological Type, and the Journal of Psychological Type. She is an adjunct faculty member of Rockhaven Ecozoic Center and a former faculty member of the Center for Applications of Psychological Type (CAPT). She is an adjunct faculty member of APT, teaching an online course, and actively involved in spreading type knowledge in Saudi Arabia.

### **Users Review**

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#### **Kathleen King:**

This Three Keys to Self-Understanding: An Innovative and Effective Combination of the Myers-Briggs Type Indicator Assessment Tool, the Enneagram, and Inner-Child Healing book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is information inside this publication incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. That Three Keys to Self-Understanding: An Innovative and Effective Combination of the Myers-Briggs Type Indicator Assessment Tool, the Enneagram, and Inner-Child Healing without we understand teach the one who examining it become critical in contemplating and analyzing. Don't become worry Three Keys to Self-Understanding: An Innovative and Effective Combination of the Myers-Briggs Type Indicator Assessment Tool, the Enneagram, and Inner-Child Healing can bring if you are and not make your tote space or bookshelves' turn into full because you can have it in your lovely laptop even cellphone. This Three Keys to Self-Understanding: An Innovative and Effective Combination of the Myers-Briggs Type Indicator Assessment Tool, the Enneagram, and Inner-Child Healing having very good arrangement in word along with layout, so you will not sense uninterested in reading.

**Alfonso Unruh:**

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