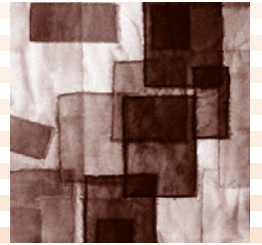


Introduction to Type[®] Dynamics & Development



Exploring the Next Level of Type

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CPP, Inc.

Mountain View, California

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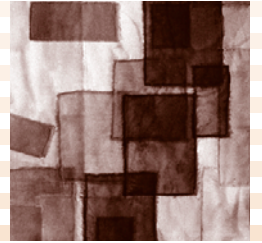
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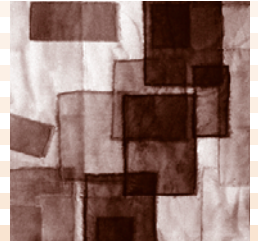
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Introduction



I have looked at the world from the standpoint of type for more than fifty years and have found the experience constantly rewarding.

Isabel B. Myers, *Gifts Differing*

Looking at the world from the standpoint of type provides a framework for deeper understanding of oneself and others. *Introduction to Type® Dynamics and Development* is a map for exploring the deeper levels of psychological type and is intended as a companion to *Introduction to Type®*.

Introduction to Type® Dynamics and Development is for you if you have

- Been introduced to psychological type
- Taken the *Myers-Briggs Type Indicator®* instrument and clarified your preferences
- Developed some understanding of how differing preferences impact your personality and your interactions with others
- Wanted to move toward the next level of type understanding and use

The next level of exploration consists of two general areas of type theory:

1. **Type dynamics** is the basic structure that opens the door to a three-dimensional and more accurate picture of each type. Type differences are more complex than the characteristics associated with each preference. The *interaction* among the preferences is the key to understanding type at a deeper level.
2. **Type development**, which is based on type dynamics, suggests the probable path of development and

growth for each type. Jung's theory of psychological type includes a model of development you can use to better understand people, as well as to consciously foster your own and others' potential for growth and development.

The dynamic nature of the human personality and the developmental model underlying psychological type are the elements that keep types from being static boxes into which individuals are fitted. These dynamic elements are why looking at the world through the lens of type can be constantly rewarding—even after fifty years.

Introduction to Type® Dynamics and Development is divided into three parts.

- The first part introduces the dynamic view of type and provides examples to expand understanding of how different types function. It includes a summary of each dominant function, highlighting the differences that result from whether the dominant function is extraverted or introverted.
- The second part introduces Jung's model of lifelong development and then applies it to common developmental patterns through examples. This section includes a discussion of the effects of environmental influences on development and concludes with important cautions for using the Jungian model.
- The third part of this book provides practical applications of Jung's model. The self-assessment questions, strategies, and activities to explore and experience non-preferred functions were developed in workshops on type development, midlife transition, and in people 60 years and older. This part will be particularly useful for people in a transition or growth period, as well as for those who work with them.