

## **Enneagram 4(a): Resources for my Journey**

**Friday 20<sup>th</sup> – Sunday 22<sup>nd</sup> January 2012**

*Led by the Emmaus House Team*

This course deals in some detail with the defence mechanisms that pertain to each type. They are said to be “the guardians or enforcers of the fixation” mainly because they keep our unconscious protective habits in place. They serve to mask the perception of pain which we all seek to avoid. These strategies keep our self-idealizations safe and thereby prevent us from detecting our particular bias or projection. However, since they show up at crucial break-through moments of our lives, they could lead us to the threshold of real contact with our inner selves and other people.

As well as this serious psychological work of challenging our defence mechanisms in order to create more appropriate flexible responses, there is also the spiritual side to be considered. Since God loves every space, what implications has this for our spiritual journey?

We offer some suggestions and hope many more may arise.

**Ann O’Sullivan** first met the Enneagram during a sabbatical in 1979/80. A few years later she began teaching in a didactic form with three others. In 1995, she qualified to teach the Enneagram in the Narrative Tradition after training with Helen Palmer and David Daniels. She has continued, developing a series of workshops and retreats, and also supervises those in training prior to qualification. Ann brought the MBTI® into the UK in 1980 and has been using it consistently over the past 25 years. She has taken it to people in many countries and brings to it a wealth of understanding and practical use. Her interest is in Jung’s theory, and people’s development on their life’s journey. She is a member of the Training Faculty of OPP (Oxford Psychologists’ Press), training on the sponsored professional workshops at Emmaus House in Bristol as well as working with registered practitioners. She offers individuals time both through coaching and spiritual accompaniment.

**Michael Healy** has been teaching the Enneagram for a number of years. Having been fascinated by finding out more and more about the system, he decided to take the opportunity offered by the training programme with Helen Palmer and David Daniels. He completed his training in the Narrative Tradition of the Enneagram in 1993 and continues teaching whenever he can with the various groups at Emmaus.

**Pre-requisites:** Participation in fore-running Enneagram courses; a clear knowledge of one’s own personality type and beginning to understand Sub-Types; a real desire to find a spiritual path.

**Start:** 6.30 pm on Friday with Supper **Finish:** With lunch on Sunday

**Cost:** £145/£110 non residential