

Saturday, October 17, 2009

8:30 a.m. – 3:30 p.m.

[Oakland University](#) - Oakland Room in Oakland Center, Rochester, MI  
Includes Light Breakfast & Book. (Lunch on your own.) See map & directions on back.

How to thrive

# Stress and Change in Challenging Times

A Program by the Detroit Chapter of the Association for Psychological Type

With Linda V. Berens PhD

In this interactive and dynamic workshop, you will:

- ◆ Learn about your own and others' *Interaction Styles*
- ◆ Discover how stress and change affect you – and others
- ◆ Explore techniques to help yourself and others thrive in challenging circumstances
- ◆ Receive book, communication tips & handouts for reflection later
- ◆ Meet others with similar interests during the “lunch on your own”



Linda V. Berens PhD

Berens is Author/Co-Author of:

- ◆ The I in TEAM
- ◆ 16 Personality Types: Descriptions for Self-Discovery
- ◆ Understanding Yourself and Others®: An Introduction to the 4 Temperaments
- ◆ [Understanding Yourself and Others®: An Introduction to Interaction Styles 2.0](#)  
(Free to workshop attendees)
- ◆ Understanding Yourself and Others®: An Introduction to the Personality Type Code

Schedule

8:30 am  
Registration, light  
breakfast  
9 am  
Workshop begins  
12-1 pm  
Lunch on your own (Many  
[restaurants](#) nearby)  
3:30 pm  
Workshop ends

*Read more about this exciting program presenter on the next page.*

Early Bird Special (postmarked by Oct. 1)\*\*

- ◆ \$115 – includes \$20 discounted membership fee

Regular (postmarked by Oct. 10)

- ◆ \$125 – includes \$30 annual membership fee

\*\*For those unable to attend, here's another special early bird offer! Join DAPT now for only \$20. Just mail in your dues postmarked by Oct. 1 to the address below.

In a reciprocal arrangement, DAPT extends “member” rate of \$95 to members of other APTi local chapters.

- ◆ Payable to DAPT by check or cash to: DAPT, PO Box 531683, Livonia, MI 48153-1683
- ◆ For Early Bird Special rate, pay by Oct. 1; For Regular rate, pay by Oct. 10.



DAPT Oct. 17, 2009, Kickoff: Please complete below and send with payment. (Please print.)

I'm mailing this by Oct. 1; enclosed please find:

- \$115 (Includes workshop, book, communication tips card, discounted membership dues and light breakfast.)
- Sorry, I can't attend, but I'm mailing this by Oct. 1; enclosed please find:
  - \$20 (My annual DAPT membership at the discounted rate).

I'm mailing this by Oct. 10; enclosed please find:

- \$125 (Includes workshop, book, communication tips card, regular membership dues and light breakfast.)
- I'm a member of APTi chapter: \_\_\_\_\_ enclosed please find:
  - \$95 at the reciprocal chapter rate (Includes workshop, book, communication tips, light breakfast).

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

4-letter MBTI® Type: \_\_\_\_\_

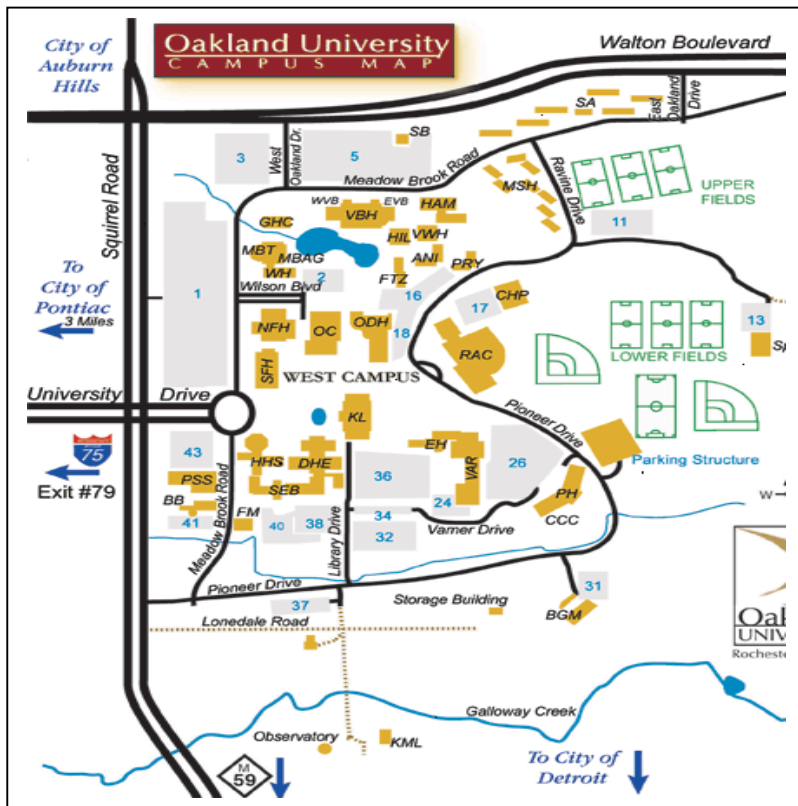
I need these CEUs (circle): APA NBCC MBTI

I am a member of APTi.  Yes  No

DAPT, PO Box 531683, Livonia, MI 48153. [Detroitapt@yahoo.com](mailto:Detroitapt@yahoo.com) 810-701-9005 (President Jenny LaChance) <http://www.greatlakesapt.org/detroit.shtml>

I am a member of local HRA Chapter: \_\_\_\_\_ . Please sign me up at the \$95 reciprocal rate.

8:30 a.m. - 3:30 p.m. Saturday, Oct. 17, 2009



## Location

### [Oakland University](#)

Rochester, MI

In the Oakland Room in the Oakland Center building (listed as "OC" on map.)

## Directions

Take I-75 to exit 79, and go east on University Drive to the main entrance of campus. Or take M-59 to the Squirrel Road exit, and go north to the main entrance of campus at the corner of University Drive.

## Parking

Gray, numbered areas on map are parking lots on campus.

## *Detroit APT Annual Kick-Off Event* Stress & Change in Challenging Times

## Program Description

In tough times, many report increased stress levels and difficulty, especially when change is out of their control. How might these factors affect you and others?

Internationally known author, speaker and thinker [Linda Berens PhD](#) uses her model of Interaction Styles, which are related to theories of temperament, social styles and Jungian typology, to demonstrate how Type preferences influence the way we interact with people. In this workshop, she'll discuss:

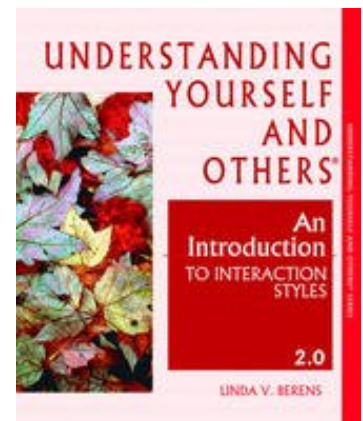
- ✦ How we prefer to interact under "normal" circumstances
- ✦ How we may interact when under a bit of stress
- ✦ What happens under extreme pressure?

One of the aims of the workshop is to understand yourself and others through interactions, and [Dr. Berens](#) has found that the information is appealing to those in the legal, education and medical professions, as well as counselors, clergy, managers and supervisors, consultants, organizational development specialists, professional trainers, human resource professionals, parents and anyone who wants to deepen their own knowledge about how they - and others - interact. (Organizers have applied for CEUs.)

## About the Presenter

**Linda V. Berens, PhD**, founded Interstrength Associates (formerly Temperament Research Institute or TRI) in 1988 to provide a source for solid information about individual differences. Now Interstrength Associates is a top source for research, education, applications and training support for the understanding of individual differences and change facilitation using applications of Temperament Theory, Jung's theory of psychological types and the Berens Interaction Styles Model. Interstrength Associates became internationally recognized as a provider of exceptional Myers-Briggs Type Indicator® Qualifying Programs as well as training in advanced applications of the works of Carl Jung, Isabel Myers, and David Keirsey.

Berens has been licensed in California as a Marriage, Family and Child Therapist (currently inactive status) and an Educational Psychologist. She has worked with the theory of personality types for more than 34 years. For 15 years, she has conducted extensive qualitative research into the characteristics of the sixteen personality types and the four temperaments. The result: an integration of the work of Carl Jung, David Keirsey and a theory of living systems into a methodology for helping people understand themselves and others. In her most recent work she has refined the popular social styles theory to see patterns of interaction styles. She has conducted thousands of training programs in this theory and its applications to counseling, education, career development and organizational development. She has qualified more than 2000 people to purchase the Myers-Briggs Type Indicator® assessment and is frequently called upon to be the consultant's consultant. She has trained and consulted with professionals in a wide range of companies. Berens is the author or co-author of multiple books and training materials, including the groundbreaking, web-based self-discovery process—Interstrength® CogBooks™.



Free with your registration!