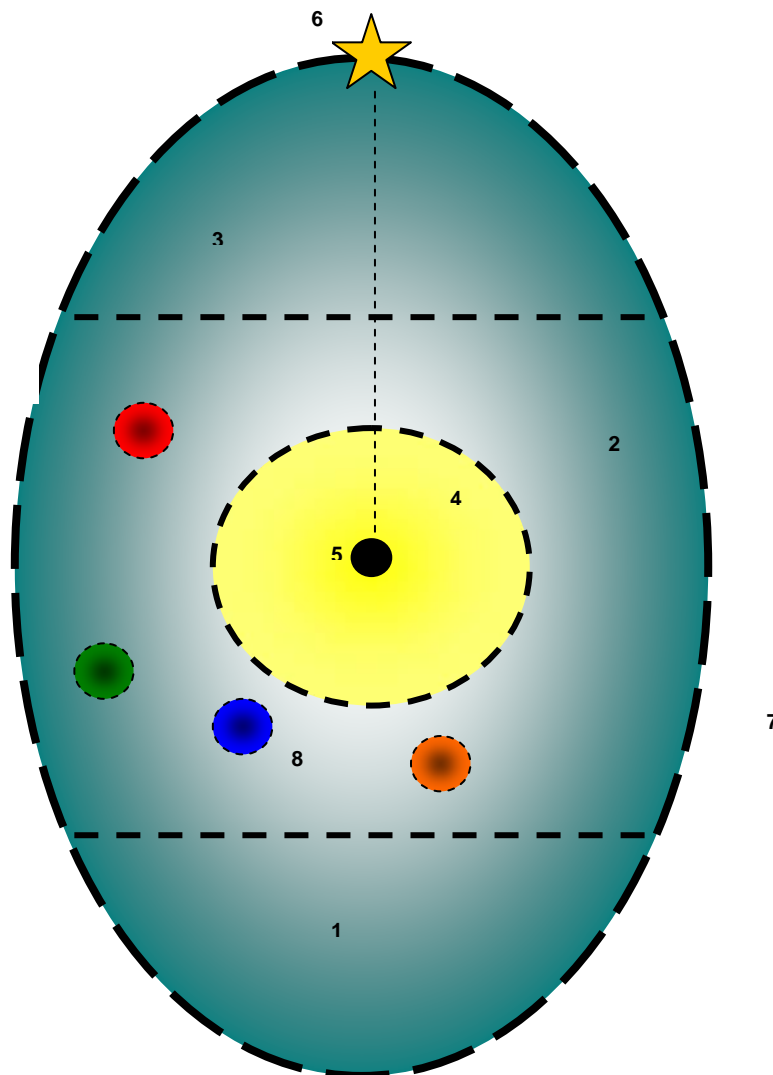


## Psychological Type & Psychosynthesis

Psychosynthesis is a psychological and transpersonal approach to developing self awareness and maximising potential developed by Roberto Assagioli. Much of Assagioli's work was based on Jung's models as well as those of Abraham Maslow and others. Assagioli represents the human psyche in what he calls the 'egg diagram' (see below). Assagioli's egg model provides a more simplified and comprehensive map of the psyche compared to Jung's and, in addition, it provides a conceptual image to help 'visualise' which parts of an individual we may be accessing or seeing when we are working with them in coaching or therapy.

### Assagioli's 'Egg Diagram'

1. Lower Unconscious
2. Middle Unconscious
3. Superconscious
4. Field of consciousness
5. Personal Self, or 'I'
6. Transpersonal Self
7. Collective Unconscious
8. Sub-personalities

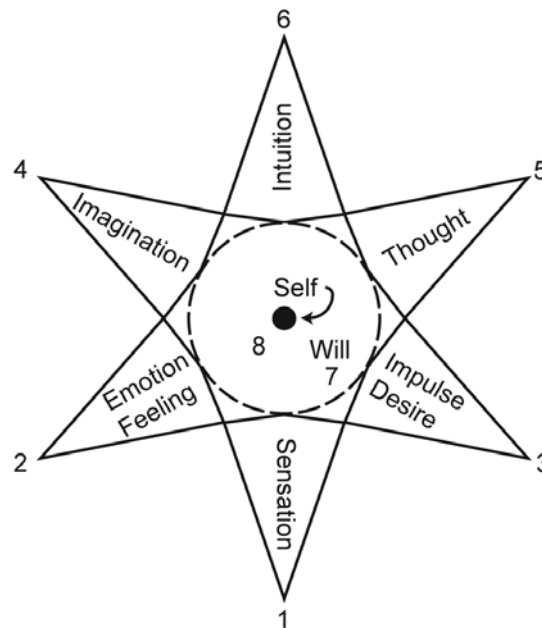


### Jung-Myers Connections

1. Shadow/negative aspects
2. 'Autopilot'
3. Untapped Potential
4. Ego awareness
5. Operating ego
6. Transpersonal Self
7. Collective Unconscious
8. Persona(s)

Holding this diagram in mind whilst working, the coach can be more conscious of the fact that they are aiming to expand the field of awareness, bring the 'I' into conscious awareness and access aspects of the middle unconscious. If they are working transpersonally, they may actively and more consciously try to access the superconscious, and if they are working on issues of identity and authenticity, they may more directly work with the concept of sub-personalities.

Assagioli related Jung's model of the preference functions (sensing, intuition, feeling and thinking) to his theory of the functions of the will, i.e. the will is expressed through these functions. (For an explanation of the Will, see Psychosynthesis). He also added two more functions; Imagination (mental imagery) and Impulse/Desire (the desire for an externalised object or concept) and depicted this in his 'Star Diagram'. Assagioli suggests that these six functions interact with each other, however through more deliberate use of the will the individual is able to more consciously use these functions to their best advantage.



*Assagioli's 'Star Diagram' showing the functions of the Will*

The functions of Imagination and Desire/Impulse have a place in the dynamics of the psyche and in the therapeutic/coaching techniques that can be used for developmental work, they are fundamentally different to the original four functions suggested by Jung in that they are not distinct cognitive styles.

I Potential have combined psychological type with psychosynthesis and the **Path to Insight** levels of ego development to create a unique and in-depth approach to working with type – **'The Shadows of Type'**.