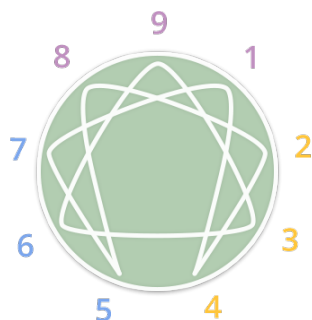


THE ENNEAGRAM DEFENSE SYSTEMS OF THE 9 TYPES

THE GUIDE TO A DEEPER INNER WORK

A 3-day workshop with *Peter O'Hanrahan*

10-12 JUNE 2023, SINGAPORE



The enneagram is a great map of human psychology which describes nine personality types with both their strengths and challenges. Now, 45 years after the first public classes, people around the world are using it to become healthier and more balanced, to develop their full potential, and to build better relationships. The system is not only descriptive, it also brings specific suggestions for how each type can focus on the goals and methods that are most important for their development. Any system of personal or professional growth becomes more effective when it's adapted to each of these nine psychological structures.

However, one of the most brilliant and useful parts of the enneagram is less well known. These are the nine defense systems. Each personality type has a specific set of defenses which are there to protect us. Although we are not limited to just one defense mechanism – we can use any of them – one of them is more closely associated with our type. In fact, the defense mechanism appropriates the strength of our type and diverts this capacity to keep us safe, or at least to keep our ego intact. Unfortunately, they also keep us stuck in our type patterns and form barriers that separate us from others and separate us from our inner selves. It is the most reactive and automatic part of our type and it creates big resistance to change. But it is there for good reasons. We need some defenses in this world to protect ourselves, at least short of being enlightened.

The goal of this work is not to get rid of our defenses but to learn to protect ourselves without shutting down our hearts and bodies. We do not easily disarm our defenses, but a commitment to personal growth makes a huge difference. The good news is that the Enneagram provides an instruction manual of sorts. At first, we are not able to change things as we might wish, but we send a signal to the authentic part of ourselves and also to others: we know we are more than

our type structure. The defenses are part and parcel of our type structure. Our defenses are here, but we are not completely controlled by them.

In this advanced workshop, we will learn about the defense system of each enneagram type through presentation, small group work, and panel interviews. Participants will need to know the basics of the enneagram and their type.

Who should attend:

- People who want to take the enneagram work to a deeper level on their path of growth.
- Therapists, coaches, and spiritual directors who want to work more skillfully with a variety of clients. “The key to unlocking growth is in the resistance.”

You will learn:

- How to recognize your defenses, what they are protecting, and how to loosen them with method, practice, and support.
- How the three parts to the defense system fit together – the idealized self, the avoidance pattern, and the defense mechanism.
- How the defenses are accompanied by patterns of body armor: chronic tension or numbness, and holding one’s breath.
- Why the defense mechanisms use the strengths of the lead center - head, heart, or body.
- How to use the Law of Three, working with the forces of initiating, resisting, and harmonizing.

Date and time: 10 – 12 June ; 9am to 5pm

Location: Visual Arts Centre; 10 Penang Road #01-02 Dhoby Ghaut Green (above Dhoby Ghaut MRT Station, Exit A & B) Singapore 238469

Cost: **Early Bird Fee** (before 15 April 2023): **\$1,300**

Normal Fee (15 April 2023 onwards): **\$1,500**

Peter O’Hanrahan has been working with the defense systems as a counselor, body therapist, and enneagram teacher since first learning the enneagram in 1978. He started training for the Palmer/Daniels Enneagram Professional Training Program, now the Narrative Enneagram, in 1998 and has brought this training and his own workshops to countries on six continents. For an article on the defense system visit: <https://theenneagramatwork.com/defense-systems>