



Academy of Intuition Medicine®

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Hello Students,

Francesca has asked me to address some general questions about the upcoming CPI seminar, the *California Psychological Inventory* (CPI), and the *Myers-Briggs Type Indicator* (MBTI). As you already know, it is our hope that the information you receive through the CPI seminar will provide new insight into your personality to assist you in dealing with the emotional material that inevitably comes up in the course of work at the Academy. In my professional experience, I have found that looking at the combination of CPI and MBTI results together greatly enhances self-discovery. I will explain this more fully in the seminar.

You will before the seminar have already taken the MBTI. The MBTI is a wonderful instrument, non-judgmental in its constructs, which takes into account the ways in which we perceive the world (including intuitive processes), and the ways in which we make decisions about what we perceive. The results are more complex than they seem at first blush. In the CPI seminar, we will spend some of the time (probably no more than an hour) looking at the types in a detailed way and discuss the importance of learning about one's own type for empathic self-knowledge and for understanding relationships with others. I will also answer the question: "How can two people who are the same MBTI type seem so different?"

The remainder of the seminar will be an introduction to the CPI, the purpose and psychology of the instrument, how the CPI measures "level of psychological integration," and why this is so important. The information presented during the seminar will greatly assist you in understanding your own CPI results. The last 60-90 minutes of the seminar will be for the actual administration of the CPI.

The CPI is a comprehensive psychological assessment instrument, the interpretation of which requires professional training and intuitive skills. The patterns and configurations making up the CPI profile will depict the unique personality of each individual. It will take about two weeks to process the CPI results. Then I will meet with each of you in a private session to go over your combined MBTI/CPI interpretation. The information you receive will be based on sound empirical research combined with intuitive perceptions, offered in a supportive, grounded atmosphere of

neutrality. You will receive a personal narrative report to take with you with information about the test results and their meaning. I want to assure you that your personal test results will remain confidential.

Again, the basic purpose of the seminar is to introduce you to the CPI as preparation for your individual session so that you can use the information to increase empathic understanding of your own personality. If you have any questions, I invite you to contact me via email (iparibm@socrates.berkeley.edu) or telephone (206) 463-0753. I look forward to meeting each of you at the CPI seminar. It should be fun!

With warm regards,

Pamela

Pamela Bradley, Ph.D.

Comments from students:

- I want to thank you for including Pamela Bradley's CPI class in the training. Although I wasn't clear at first what the intention of the class was, the class and individual session turned out to be very fun and rewarding for me on many levels. As I told Pamela, if I hadn't seen it myself, I would not have believed that a written test like the CPI could be so sensitive and accurate in assessing personality.
- I had a session with Pamela Bradley yesterday. Whoa! Honey!!! My head is spinning around like a top. I am sure glad I taped the session. I got a lot of information. Now I just need to decide how to deal with it. She said that when she saw my chart, she wanted to talk to me about my health based on several of my personality traits. The test results fit in perfectly with what has happened to me this week. Anyway, metaphors abound.....What Pamela said about me went hand in hand with my recent experiences of myself.
- I had my CPI result meeting with Pamela Bradley this weekend which was very powerful and enlightening and helped me to step even further into myself. I am happy that you made it a requirement as I wouldn't have chosen the seminar otherwise. I thought "oh, another of those tests where in the end I'll just nod and say, yep, that's me." - This one was truly different in that it brought me into much more peace and acknowledgement of myself and is helping me to embrace myself much more freely and confidently.
- Terrific. Pamela expertly laid out the results of the test and the meaning of the results. I found out a lot about myself as a result of Pamela's explanation of the results. Really amazing stuff. If you will, I now have an overview of my personality which can only add to my understanding and personal growth. It has given me a picture of myself so that I can understand and accept and love myself for who I am. It will help me I must say that I went in as a skeptic but now I am profoundly grateful that this class is part of the requirement for graduation.
- What I liked most about this class:
Learning about my personality tendencies and how these tendencies influence my perception and how I act in the world. This has already led and will lead to greater self acceptance and self understanding. I thought that I would be upset having my personality dissected into

graphs and scores -- as TS Eliot said "when I am fixed and wriggling on a pin." However, quite the contrary occurred. I find it liberating to know why (for example) I have never been able to maintain a "career track"! There are many more examples I could spout. What a great tool for self-discovery.

- The private session was most revealing. I found the groupings of information gleaned from the Q & A very insightful. I found Pamela to be a very sensitive person. She informed me of the things she could read about me in a way that was very respectful. I did not expect to have someone see into my being as much as the test allowed. Any process that leads to a greater understanding and insight into ones being is most valuable. The CPI was a revelation.
- I felt a rapport with Dr. Bradley upon our first meeting and admire and respect her work. So in going into the private session, my energy was open and receptive to the experience. Once again, I appreciated her compassionate and thorough manner as she methodically covered my personal CPI report. I found the information to be both resonating and interesting as we highlighted areas where I excelled and other areas I was not aware that I could build upon. It became a very personal experience for me as I could see how my past and potential future was reflected in the report, based upon what I was going through in my present life experience when I took the test. We were able to talk about some of what was going on for me and Pamela was very present. I started to see more dimension to the report the more time that we spent. All in all I found both the report and the time spent with Dr. Bradley an enjoyable and enlightening experience. I am already taking what I have learned and working into my future plans.