

## PROGRAM AUTHOR AND PRESENTER



### About Michael Shahan, L-MFT

*Practicing at Moss and Main Therapy Group, Kansas City*

- Licensed Marriage and Family Therapist
- Master in Family Therapy from Friends University
- iEQ9 Integrative Enneagram Accredited Practitioner
- Enneagram Specialist, Coach, and Consultant

"When I first became a therapist, I felt ready and equipped with many theories and concepts of the human mind. But as I met with clients, I started realizing I needed more practical tools to help them heal in the way they wanted to. I found myself wishing I had a map of who they are so I could really see and help them. [The Enneagram gave me that map!](#) With this tool, I'm able to get deeper insight into each client as an individual. It helps connect the dots between a person's past and present, while outlining a healthy growth path for the future."

**6 NBCC Clock Hours**  
will be offered for  
completion of the program

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Michael  
**SHAHAN**

*Enneagram for Therapists Course has been approved by NBCC for NBCC credit.*

*Michael Shahan Therapy is solely responsible for all aspects of the program.  
NBCC Approval No. SP-4300.*

## Enneagram for Therapists Course

6 Weeks

Live Training on Tuesdays  
Full-Length Workbook

Get a deeper understanding into your clients as individuals and use practical Enneagram tools to help them carve out a healthy path toward personal growth.

#### Program registration requirements:

Purchase of Course Registration is required at MichaelShahan.com. No prerequisites required to register.

## Course Objectives

Learn to comfortably and effectively utilize the Enneagram similar to any other modality you use in your practice.

- Develop a deep understanding of each Enneagram number.
- Utilize your own Enneagram number in the context of your profession.
- Recognize behavior patterns in your clients.
- Personalize guidance to each client.
- Utilize advanced Enneagram theories to guide clients toward growth.
- Effectively teach clients how to use the Enneagram in their own life.
- Effectively combine the Enneagram with other modalities.

### Module 1: Understanding the Enneagram and Why it Works as a Therapy Tool

A deep dive into the purpose/foundations of the Enneagram, and the Centers of Intelligence.

#### Students will learn:

- The history and effectiveness of the Enneagram
- Foundational concepts and key vocabulary
- The importance of the head, body, and heart centers (Centers of Intelligence)

### Module 2: Attachment, Childhood Wounds, and the Enneagram

Connecting the dots between a person's childhood experiences and their adult fears, motivations, and behaviors, is key to carving a path toward growth.

#### Students will learn:

- The relationship between Attachment wounds and the Enneagram.
- How to connect childhood events to adult patterns, even if their subtle.
- Strategies for helping clients find compassion for their past.

### Module 3: Enneagram Discovery Work

A comprehensive self-discovery journey and an advanced look at the three subtypes within each Enneagram number.

#### Students will learn:

- How to apply the foundational concepts learned in the previous modules to Self-Discovery Journey.
- Each number's Idealized Aspect, Passion, Fixation, and Common Tendencies with new perspectives.
- How to identify subtypes and countertypes in themselves and their clients.

### Module 4: Moving Toward Growth

Entering more advanced concepts of the Enneagram, we discuss the cognitive and emotional quadrants of the higher self vs personality, the Access Points and growth side effects for each Enneagram number.

#### Students will learn:

- Each number's Holy Idea, Fixation, Virtue, and Passion
- To use Stress, Growth, and Wings as Access Points
- The side-effects of moving toward growth for each number.

### Module 5: The Enneagram and Your Personal Therapy Practice

Practical advice for therapists based on the strengths and challenges of their own Enneagram number. We discuss common tendencies and steps to growth based on a client's Enneagram number.

#### Students will learn:

- How to best utilize their own enneagram number as a therapist
- To recognize client patterns and tendencies based on Enneagram number.
- To deliver personalized support to each client.
- Advanced Enneagram theories to guide clients towards growth.

### Module 6: Using the Enneagram with other Modalities

Integrating the Enneagram with other therapeutic modalities, we discuss how to use the Enneagram with Cognitive Behavioral Therapy, EMDR, Polyvagal Theory, and Internal Family Systems.

#### Students will learn:

- How the Enneagram overlaps with other modalities.
- What fight and flight modes, and safe and social modes look like for each Enneagram number.
- Common negative cognitions for each Enneagram number.
- Trauma-informed practices for EMDR and the Enneagram.
- Advanced Enneagram theories to guide clients towards growth.