

**Record: 1**

**Title:** The utility of the Myers-Briggs perspective in couples counseling: A clinical framework. Williams, Lee. U San Diego School of Education, Marriage, Family & Child Counseling Program, CA, US

**Authors:** Tappan, Tracy

**Source:** American Journal of Family Therapy, Vol 23(4), Win 1995. pp. 367-371.

**NLM Title Abbreviation:** Am J Fam Ther

**Page Count:** 5

**Publisher:** United Kingdom : Taylor & Francis

**ISSN:** 0192-6187 (Print)  
1521-0383 (Electronic)

**Language:** English

**Keywords:** utility of Myers Briggs Type Indicator perspective on personality preferences, couples in therapy

**Abstract:** Discusses the usefulness of the Myers-Briggs Type Indicator (MBTI) of personality preferences (PPs) in couple therapy. The MBTI measures PPs on 4 dimensions: introversion/extraversion, sensors/intuitives, thinkers/feelers, and judgers/perceivers. The PP perspective can be used when couples get into conflict over personality differences and power struggles. Resulting polarization can be resolved by educating them on the PP perspective, depathologizing their differences, respecting each other's PP, finding a compromise, and being prepared for future stress. These guidelines can also be used in problems of personality similarities. The PP perspective facilitates communication between couples, especially introverts and extroverts, by helping them monitor each other, respect each other's needs, and develop a balanced personality. It is most effective with couples with low-to-moderate distress in their relationship. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

**Document Type:** Journal Article

**Subjects:** \*Couples Therapy; \*Myers Briggs Type Indicator; \*Personality Correlates

**PsycINFO Classification:** Group & Family Therapy (3313)

**Population:** Human

**Tests & Measures:** Myers-Briggs Type Indicator

**Format Covered:** Print

**Publication Type:** Journal; Peer Reviewed Journal

**Release Date:** 19960901

**Digital Object Identifier:** <http://dx.doi.org/10.1080/01926189508251367>

**Accession Number:** 1996-27779-001

**Persistent link to this record (Permalink):** <http://0-search.ebscohost.com.sally.sandiego.edu/login.aspx?direct=true&db=psych&AN=1996-27779-001&site=ehost-live>

**Cut and Paste:** <a href="http://0-search.ebscohost.com.sally.sandiego.edu/login.aspx?direct=true&db=psych&AN=1996-27779-001&site=ehost-live">The utility of the Myers-Briggs perspective in couples counseling: A

clinical framework.</a>

**Database:** PsycINFO