

# The Practical Enneagram

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## Contents

<i>Editor's Comment</i>	2
<i>Therapeutic Metaphor and the Enneagram</i>	3
<i>The Three Instinctual Biases and Operating your Enneagram-Services Business</i>	7
<i>The Enneagram Challenge: Profound Simplicity</i>	11
<i>Interviews</i>	14
<i>Edition Glossary</i>	20

## Enneagram teacher pioneers Object Relations Matrix

Belinda Gore PhD has published her eagerly anticipated book on [Object Relations](#) and the Enneagram.

The teacher, psychologist and author has been intently involved in Object Relations for decades. Through her work, Belinda has pioneered an Enneagram matrix of Object Relations ('the Matrix').

The Matrix attempts to describe each Enneagram type's 'relational blueprint', i.e. their historical pattern of relating which is

carried into present-day interactions.

The Matrix offers a way for students to embark on an inquiry into how frozen -in-time patterns manifest themselves in their relationships with significant others.

The applications of the Matrix continue to evolve, as Belinda shares in this interview.

Belinda also explains how the Matrix was developed, along with some basic foundational concepts.

**Rezzan Huseyin ('RH'):** Belinda, congratulations on publishing your book, '[Finding Freedom \(Understanding Our Relationships Using Object Relations and the Enneagram\)](#)'. I am eager to continue making my way slowly through this important perspective on the Enneagram.

I'm aware that, in addition to your work as a psychologist and years of teaching the Enneagram,

[\(Continued on page 14\)](#)

## Teaching duo continue to refine Process Enneagram-based vertical development Model

Internationally recognized Enneagram teachers, Beatrice Chestnut PhD MA and Uranio Paes MM, continue to refine the CP Levels of Awareness Model ('the Model'), their vertical map of development which uses the Enneagram symbol to track levels of awareness.

Author, psychotherapist, coach and business consultant, Beatrice, and Enneagram facilitator, coach and organizational consultant, Uranio, who together run CP Enneagram Academy, have been teaching their students the Model since 2019. Here, we discuss how the Model developed, and some of the questions that it generated in me.

**Rezzan Huseyin ('RH'):** I haven't quite forgotten the excitement I experienced when you presented your vertical development model in the Providing Practical Enneagram Solutions Workshop I attended in 2020. At that time, I was aware of other vertical models (for example the [Enneagram Institute's Levels of Development](#)) but yours was the first, and remains the only, instance I saw of a detailed and explicit account of the things that need to happen at each stage of awareness in order to 'go up' a level in awareness. And not just for the nine types but for the 27 [Subtypes](#), making it very granular.

For readers who aren't familiar with the Model, can you describe it?

**Beatrice Chestnut ('BC'):** The Model is a guide to the inner work a person needs to do, viewed through the Enneagram map, to go from a lower to higher level of awareness,

Most people know that the nine types express a kind of 'horizontal map' of personality types — nine personas or defensive 'false selves' — that we identify with, but need to move beyond (or dis-identify with) in order to grow.

[\(Continued on page 18\)](#)