

The Practical Enneagram

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The way we are going about typing is all wrong, says Enneagram author

Mistyping is a major issue in the Enneagram resulting in confusion and a devaluing of the map as an assist for growth, says Enneagram author and teacher John Luckovich.

John highlights several challenges contributing to the systemic problems with mistyping, some of which are old and some newer: that the nature of the personality is to hide; our tendency to categorize; the limits of language; the cultural idealizations of certain types; and narcissism.

"The Enneagram is useful because it helps us to see that which would otherwise remain unconscious within us. However, the personality resists bringing what is unconscious into awareness, because that would require the personality to change.

This means that when typing ourselves or when translating the Enneagram into descriptions, we are prone to errors and misunderstandings.

As a result, mistyping is a very common and wide-

spread issue within the Enneagram. It's a topic that tends to make people uncomfortable because of the tendency to feel identified with type. However, even the 'best' student of the Enneagram can mis-type for many reasons", the 'Instinctual Drives and the Enneagram' author shares.

According to John, much of the most cherished source material we have on the Enneagram is full of 'conceptual drift' — the

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"Trauma is more subjective than we generally think" — pioneer of trauma healing system

Research showing the variation among individuals in their responses to trauma is overlooked by most trauma therapies, according to clinical psychologist and author of 'Trauma into Transcendence', Dr Keith Witt.

The author, lecturer, and high profile member of the integral community, has developed a stage-based model for healing trauma.

In this interview, we speak about the model as well as parts work and the Enneagram.

Rezzan Huseyin (RH): Keith, I'm curious — how do you usually introduce yourself, given your various occupations and interests?

Keith Witt (KW): It really depends on who I'm speaking with. When I'm talking to someone like you, I'd say my primary identity is spirit coming through as Keith into the world. My incarnation has had all sorts of passions and fixations, and I've tried to manage them and stay true to my values as I've grown. There have been many developmental stages and journeys, but at my core, I'm spirit coming through Keith.

RH: I really like that answer. Let's talk about one of your roles. You've pioneered an approach to healing trauma that seems to challenge conventional modalities.

KW: One principle of integral theory is that everyone gets to be right, but nobody is right all the time. My approach to trauma doesn't reject other systems — it expands and contextualizes them.

What I noticed was that no one was describing trauma work as

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