

# Development and personal growth group - A psychodynamic-analytical approach.

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## Abstract

Short-term analytical group interventions could support students or trainees (in social professions field) in order to enhance their personal resources and abilities reflected by the manner of using their psychological typology. A lack of empirical evidence regarding the effect on psychological type dynamic is a source of speculations in this field. The current study investigates, from an analytical psychology perspective, the impact of a short-term analytical group intervention program on psychological typology and personality traits (extraversion, neuroticism and psychoticism). The results provided by analyzing a sample of 69 participants revealed significant transformations of psychological type dynamics that reflect enhancing the intra-personal and inter-personal processes. The impact of this short-term intervention program on personality traits fell short of reaching significant level.

## Keywords

Analytical group, psychological type, individuation, personal growth, Singer-Loomis Type Deployment Indicator, Eysenck Personality Questionnaire.

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