



The Myers-Briggs Type Indicator® (MBTI) is the most widely researched personality instrument in the world. By answering a series of questions, individuals learn about themselves and those they interact with. Results provide a description of a person's strengths and growth opportunities. A variety of individuals have found this tool useful including, parents dealing with children's behaviours and also those working in teams by understanding those with whom they work. Live Well Services utilizes MBTI in individuals in our intensive outpatient program who find it helpful in their recovery process.

MBTI is based on Carl Jung's work on how we view and interact with the world. It provides a model that differentiates preferences and behaviours while providing insight into our subconscious or 'shadow-self' as described by Jung.

Live Well Services, Inc has a Master Practitioner of the MBTI and can administer both the Step I and Step II to individuals and groups. Combined with therapy the MBTI is a powerful and useful tool in achieving therapeutic goals in treatment.

