

Meet Richard Hendrickson

I was deeply touched and honored by Adam Frey's kind words at the last BAAPT meeting (Nov 8, *Spirituality and Typology*) and by Julie Wright's invitation to be interviewed for the new Newsletter. Both said, "BAAPT is more than its programs, we want it to be about its people too." Cool!

Julie asked: *What started your interest in Type and why have you had such passion for type in general and BAAPT in particular?*

Having INFP preferences, I'll start in the middle of my story, and maybe get back to the beginning later on.

Like so many others, I discovered type when I was in a crisis I didn't recognize, and in multiple transitions I never expected.

At mid-life, my marriage was coming apart, our two children were leaving for college in the east, the house we were remodeling in Berkeley, with me as electrician, was taking a toll on all, and I was offered a promotion to what should have been my dream job: Director of the Thailand program of the educational foundation I had worked for the last 16 years. I turned the assignment down, as gradually I realized that after years of traveling and working abroad, I was more interested in an inner journey and discovery of self.

I left the foundation (this was mid- 1980s) and looked around for what else to do, joined a job-search group, helped others write their resumes, got good feedback on that, and discovered there was a whole field called Career Development. One could now get a Masters in it at JFK University in Orinda, CA. I signed up (Bill Bridges, author of *Transitions, Making Sense of Life's Changes*, was my first professor).

Of course in Career school, one is introduced to the MBTI® right away. Luckily for me, a Qualifying program was being offered on the campus of USF in San Francisco (we believe it was the first such training offered in the western United States). It was conducted by Mary McCaulley (Isabel Briggs Myers' associate, and co-founder of CAPT and APT) and Rachel Fitzgerald.

Rachel lived in the East Bay, as did I, and she became a good friend and my lifelong mentor in all things typological.

Immediately after qualifying to purchase the MBTI®, I attended an early meeting of a group that met at what was then Notre Dame College in Belmont. Bill Yabroff led a workshop on Carl Jung's concepts of Introversion and Extraversion that is still a vivid memory. There I also met Eleanor and Roy Woenne, Chuck and Kathie Kallander, and others who became the founders of BAAPT.

I was hooked on typology, with still lots to learn, but I also discovered there was the field of Organizational Development, with an interest group called the OD Network, a Training and Development group that met regularly (ASTD), and a Career Development Association. I took classes on OD at the California Institute of Integral Studies in the Haight, classes on Training at UC Extension, classes on Adult Development and Jungian theory at San Francisco State, and for a time joined the OD Network. You could say I OD-ed on CD, OD, AD and ASTD. ***In the end, the group that had the most soul, the most intellectual curiosity, and the most integrity in the pursuit of self-discovery and personal / professional development was BAAPT.***

Starting here, my memoirs will have a chapter about joining the first elected **board of BAAPT** (1984), meeting Karen and Dave Keefer, Linda Miller, Barbara Jennings, and joining with Janet Germane to propose a standing Program Committee and a Professional Resources Committee for BAAPT (at least the Program Committee is still standing!). These folks, along with Rachel Fitzgerald, Mark Shumway, Tereza McNamee, Sharon Richmond, Jennifer Selby Long, Sandra Nelson, Tom Pinkel, Liz Ratcliff, Renee Baron, Elizabeth Wagele, Paula Swanson, Jeanie Hagen-Greene, Pat Marshall, Evelyn LaTorre, Mary Lynne Schoenbeck, Ken Liberty, Regina McMenemy, Daniel Oppenheim, John Parker, Tom & Gina Snyder, Hwa Seong Oh, Carolyn & Carl Janson, Diane Weston, Rob Weston, Chris Larsen, Nancy Merchant, Michael Murphy, Becky Witter, Tina Issenman, Ann Schafer, Roxanne Kichar, Barbee Seymour, Diane Schaffer, Bert & Carole Hughes, BoniFacio Valadez, Deeann Bruno, Michelle Henry, David Petrovay, Emily Girault, Vicky Jo Varner, Judy MacLaren, Marcia Girardi, Phyllis Kraft Sherlock, Sandi Goldman, Sarah Sharman, Carl Cheney, Sherry Lund, Thuan Bui, Rob Devine, and at least two dozen more leaders have become lifelong friends.

Then there are the **speakers**. At Rachel's suggestion, I attended meetings of the C.G. Jung Institute in San Francisco. When I heard Dr. John Beebe say that Jung didn't intend Extraversion and Introversion to be used as nouns or names for types of people – they are adjectives describing the orientation of the functions – I invited him to speak at BAAPT. The rest is a rich history of a close and vital learning relationship between John, BAAPT, the Sacramento chapter, and many other APTi entities that now includes Adam as one of our favorite trainers as well.

Rachel was BAAPT's first guest speaker, Linda Berens was the next, Sandra Hirsh, Allen Hammer, Chip Clark, Otto Kroeger, Margaret Hartzler and husband Gary, Gordon Lawrence, Alan Brownsword, Susan Brock, Naomi Quenk, Linda Kirby and Nancy Barger, Donna Dunning, Leona Haas, Judy Robb, Julia Mallory, Meg Ellis, Susan Nash, Dario Nardi (did you know that Susan Nash and Dario Nardi are currently working on a book together?), Elizabeth Murphy (introduced to BAAPT by Karen Keefer), Angelo Spoto (another of Rachel's recommendations), Danielle Poirier, Jeanne Kummerow, Laurie Lippin, Wendy Horikoshi, Ray Linder, Bob McAlpine, Linda Ernst, Susan Gerke, Judah Pollack, Mike Shur, Patrick Kerwin, Sterling Bates – this is only a starter list of BAAPT's early and more recent trainers.

These are examples of the type community, authors, trainers, and BAAPT members that one gets to know on a personal basis simply by **becoming a BAAPT volunteer or joining a committee or the board**. Trips to the airport, a meal, setting up for the meeting, helping with publicity are all part of learning about the many models of “type,” and being a member of the BAAPT family.

BAAPT, and now the Sacramento chapter as well, have become like a third family for me. The first was my family of origin -- great parents and grandparents, uncles and aunts; the second was the family of my wife and an amazing son and daughter – now with spouses and a son and daughter each of their own. The adults all use type knowledge, more or less, to improve our communication and mutual understanding to this day.

The third “family” is made up of close friends met through BAAPT and CCC activities, with new ones all the time! It’s a rich and wonderful life!!!

Watch for a forthcoming history of BAAPT – the first 30 years, and an RH memoir, due out in the spring...

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Advocate for Introversion in general, and Feeling, Thinking, Sensing and Intuiting persons from all cultures, orientations, and parts of the world.

- *Richard is a Career Counselor and Certified Professional Coach*
- *MA, Career Counseling, JFK University*
- *Certified Coach through the Coaches Training Institute (CTI), San Francisco and San Rafael*
- *Fulbright Scholar in Southern Thailand, through Sloan School at MIT, Cambridge, MA (1959-60)*
- *Graduate Student in Political Science, MIT-Harvard joint program in International Communication*
- *Minor in History of South and East Asia, Harvard University, Cambridge, MA*
- *Instructor in Political Science, Survey Research, and Asian Studies at Amherst, Smith and Mount Holyoke Colleges, Western Massachusetts (1960-62)*
- *Left teaching to get married and accept position at The Asia Foundation, San Francisco (1962)*