



TRUE COLORS: KEYS TO PERSONAL SUCCESS

University of the Incarnate Word Osteopathic School of Medicine
Presenters: Dr. Christie Melonson, Director of Counseling Services
Dr. Stacy Waterman, Clinical Counselor

AGENDA

- True Colors History
- What are your true colors?
- Brightening Activities
- Blended Activities
- Application to real life
- Final Reflection/ Planning



OBJECTIVES

By the end of this workshop you should be able to:

- Develop a good understanding of the True Colors system for looking at personality types
- Understand how personality influences our perceptions, behaviors, thinking, learning and relationships
- Be able to apply your knowledge of the True Colors system to your life as a student in the DO program
- Use practical skills to facilitate better communication with future patients, faculty, administrators, and colleagues you may work with
- Understand the strengths and weaknesses of your color profile

ANCIENT CLASSIFICATION SYSTEMS



- Typologies are important for understanding people
- People & Elements:
 - *Earth*
 - *Water*
 - *Air*
 - *Fire*
- Connections to holistic healing
 - *Native American Medicine Wheels*
 - *Oriental Medicine*

TRUE COLORS HISTORY

400 B.C. Hippocrates – Four Types of Personalities

- Sanguine
- Choleric
- Phlegmatic
- Melancholic

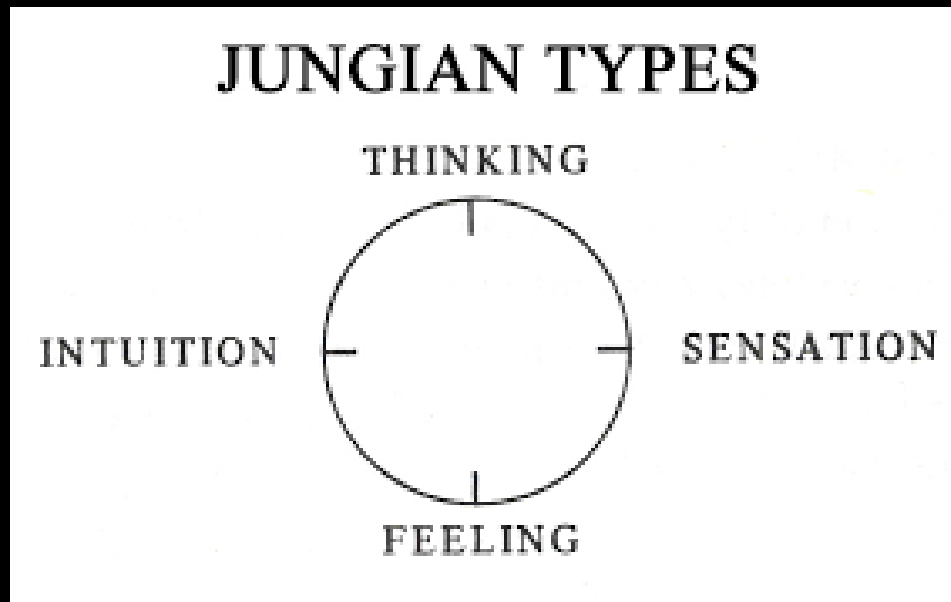


“Let food be thy medicine
and medicine be thy food”
– Hippocrates

PALEOSPIRIT.COM

TRUE COLORS HISTORY

1921 Carl Jung – Psychological Types



"Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity."

Carl Jung

TRUE COLORS HISTORY

1956 Isabell Myers & Katharine Briggs – MBTI



Isabel Briggs Myers
(1897 - 1980)

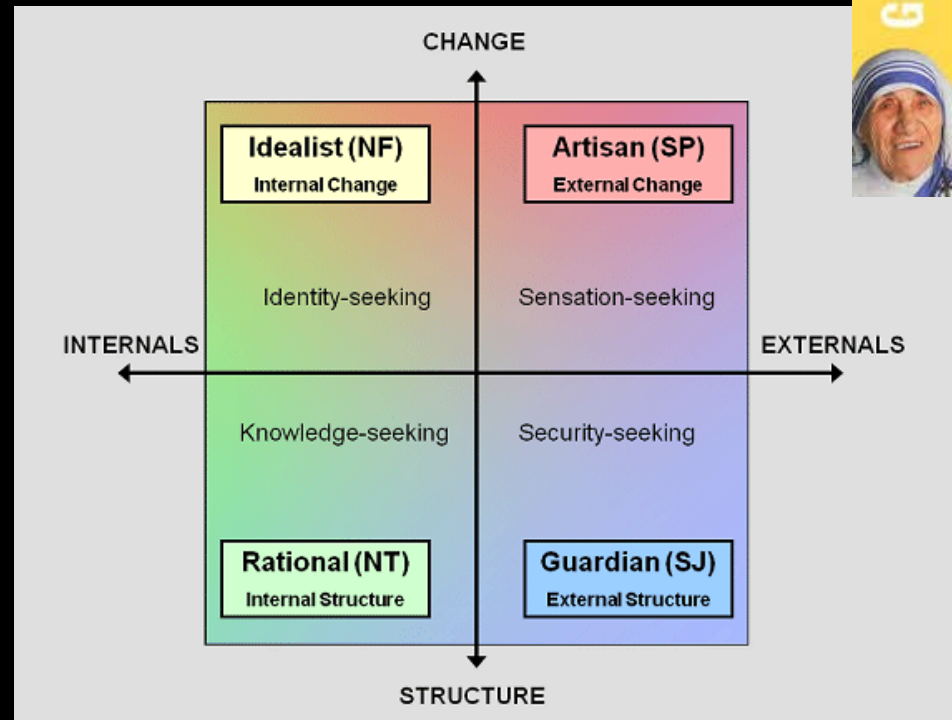


Katharine Cook Briggs
(1875 - 1968)

The Eight Preferences		
Where you prefer to focus your attention	E EXTRAVERSION People who prefer Extraversion tend to focus their attention on the outer world of people and things.	I INTROVERSION People who prefer Introversion tend to focus their attention on the inner world of ideas and impressions.
The way you prefer to take in information	S SENSING People who prefer Sensing tend to take in information through the five senses and focus on the here and now.	N INTUITION People who prefer Intuition tend to take in information from patterns and the big picture and focus on future possibilities.
The way you prefer to make decisions	T THINKING People who prefer Thinking tend to make decisions based primarily on logic and on objective analysis of cause and effect.	F FEELING People who prefer Feeling tend to make decisions based primarily on values and on subjective evaluation of person-centered concerns.
How you prefer to deal with the outer world	J JUDGING People who prefer Judging tend to like a planned and organized approach to life and prefer to have things settled.	P PERCEIVING People who prefer Perceiving tend to like a flexible and spontaneous approach to life and prefer to keep their options open.

TRUE COLORS HISTORY

1967 David Keirsey – Temperament Types



TRUE COLORS HISTORY

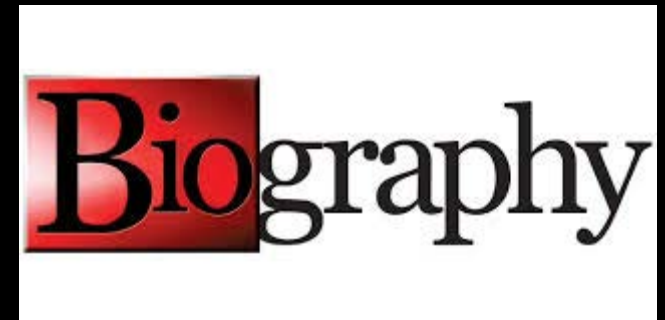
1978 Don Lowry – True Colors

“Successful people know who they are and what their True Colors are... when you know what your core values and needs are and feel good about them, you can perform at your highest potential in every area of life. And when you share a working, mutual understanding of other’ core values and needs, you have the basis to communicate, motivate, and achieve common goals with utmost dignity, efficacy, and mutual respect.”
-Don Lowry, creator of True Colors.



BIOGRAPHY ACTIVITY

- Imagine you have written a book that is about to be published
- Write a short piece about yourself that will appear on the book jacket under the title "about the author"
- You will have 10 minutes to do this activity



CARD SORT

- Please take your color cards and lay them face up on the table in front of you & listen for instructions



BRIGHTENING YOUR TRUE COLORS #1

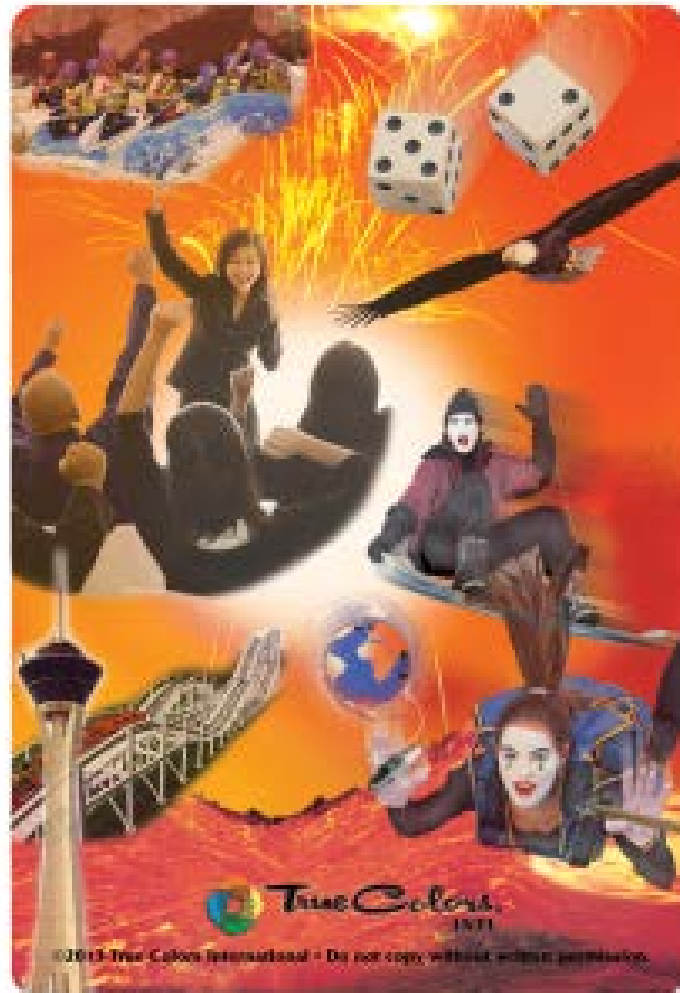
Goal: To understand yourself and learn about others

Process: Break into groups based on your BRIGHTEST COLOR

Tasks: In your brightest color group, please discuss & write down the following information:

- **What are your strengths, joys, values, & needs?**
- **What are your stressors & frustrations?**

Please be prepared to report out after everyone has finished*



Orange

- Skillfulness
- Freedom



ORANGE CHARACTERISTICS



Orange

- Playful
- Energetic
- Charming
- Risk-taker
- “Just do it”
- Test limits
- Quick witted
- Master negotiator
- Creative, inventive
- “Let’s make a deal”
- A natural entertainer
- High need for mobility
- Visual and kinesthetic
- Pushes the boundaries
- Natural nonconformist
- Thrives on competition
- Likes tangible rewards
- External focus of control
- Stimulates the economy
- Impulsive and spontaneous
- Appreciates immediate feedback
- Tends to be left/right brain integrated
- Most productive in informal environments



Gold

- Duty
- Responsibility



GOLD CHARACTERISTICS



Gold

- "Be prepared"
- Loves to plan
- Detail-oriented
- Service-oriented
- Values family traditions
- Helpful and trustworthy
- Conservative and stable
- "Should" and "should not"
- Rarely breaks the driving laws
- Strives for a sense of security
- Punctual, predictable, precise
- Value order and the status quo
- Duty, loyalty, useful, responsible
- There is a right way to do everything
- Tends to be left-brained and analytical
- Strong belief in policies, procedures, rules
- Most comfortable with a formal environment




Green

- Intellectual
- Competence
- Knowledge

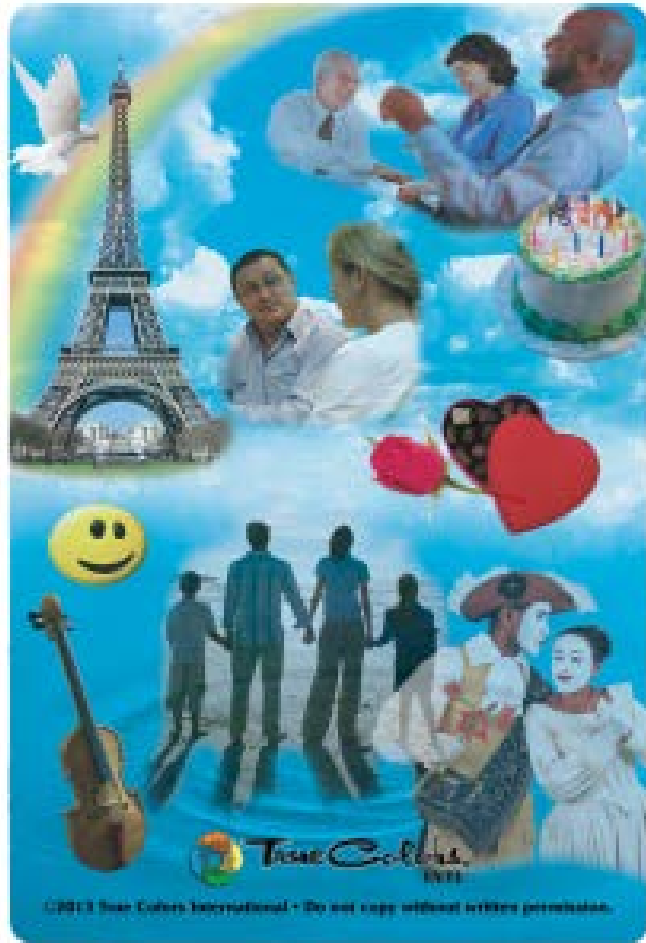


GREEN CHARACTERISTICS



Green

- “Should be able to”
- “Why?”
- Intellectual
- Theoretical
- Idea people
- Philosophical
- Very complex
- Perfectionists
- Standard setters
- Visionaries, futurists
- Can never know enough
- Cool, calm and collected
- Work is play - play is work
- Often not in the mainstream
- Abstract, conceptual, global
- Need for independence and private time
- Explores all facets before making decisions
- Knows how to spell and pronounce “big” words
- Approaches interpersonal relationships in a logical manner



Blue

- Relationships
- Authenticity



BLUE CHARACTERISTICS



Blue

- Mediators
- Optimistic
- Caretakers
- Passionate
- Peacemakers
- True romantics
- Cause-oriented
- Need to feel "special"
- Always has a kind word
- Enjoys symbols of romance
- Strong sense of spirituality
- Sensitive to needs of others
- Peace, harmony, relationships
- Motivate and encourage others
- Cooperative rather than competitive

BRIGHTENING- STEREOTYPE ACTIVITY #2

- In your brightest color group, travel together and go to the color station on your right (rotate clockwise to the next color group station)
- Create a T chart on the flip board like this:

STEREOTYPES	

- On the left side of the T-Chart, record as many stereotypes as you can about the color group

BRIGHTENING/REFRAMING ACTIVITY #3

- Now in your brightest color group, move to the next flip chart and add a second column named "Reframing"
- In the second column, you will reframe the negative stereotypes into a positive attribute

GREEN TYPE

STEREOTYPES	REFRAMING
Detached	Objective

- We will debrief and report back to the group



**KEEP
CALM**

AND

**IT'S BREAK
TIME!**

BLENDING ACTIVITY #1

- Go to your second strongest color group
- Work together to plan the ideal graduation party invitation
- Be prepared to share with the group



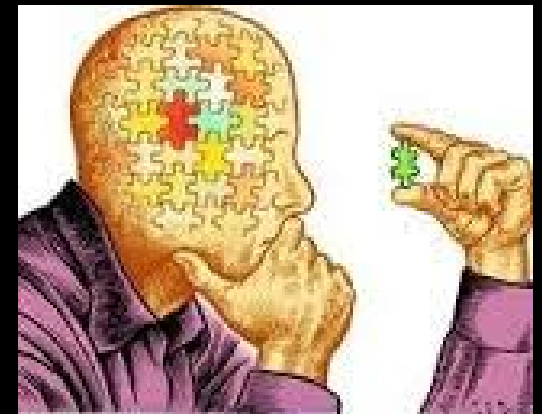
BLENDING ACTIVITY #2

- Go to your palest color group
- Create a short skit (5 mins or so) about that color health care providers and an interaction with a patient and his/her family
- Be prepared to act out the scene for the group 😊



FINAL REFLECTION & PLANNING

- Please write down your answers to the following:
 - What did you learn about yourself today?
 - What did you learn about working with other colors?
 - How can you use this information in your everyday life? (educational, professional, personal, etc...)
 - What is one change that you can make starting today to improve your communications with other colors?



COUNSELING/ BEHAVIORAL HEALTH SERVICES

We offer the following services for students in the UIW system:

Service	Description
Presentations/ Workshops	Interactive and informational workshops to educate the university community on counseling topics, mental health, human development/ learning, and diversity issues.
Individual Counseling	Individual therapy where student can set personal goals and engage in a variety of therapeutic strategies to reach these goals.
Couples/ Family Counseling	Couples or family therapy where goals for conflict resolution/ relationship improvement are established and worked toward as a couple or with family.
Group counseling (semi-structured)	Open group counseling service that focuses on educating a group of people on a targeted topic using psychoeducational techniques and experiential activities.
Brief case consultation	Service where university professionals consult with Counseling Services staff about referral to outside mental health resources.
Crisis Intervention	Brief assessment/ de-escalation intervention with student experiencing an emotional crisis.
Targeted Assessment	Brief behavioral assessment for students enrolled in professional programs who are in need of monitoring.

PLEASE NOTE.....

- We are a confidential service*
- We are free of charge currently. Later in the semester, however, we will accept student insurance with \$10 co pay & other major insurances with standard copay
- We will provide services at both the UIW Main Campus & at Brooks City Base
 - Brooks schedule/ Main bldg Room A-128: Mon-Fri, 8a-5pm
 - Main campus/ AD 438 schedule: Mon-Fri, 8am-5pm
- To initiate services at either campus, **please call 832-5656**



OUR STAFF



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QUESTIONS?

