

## Personality Typology and the Patient/Therapist Relationship

**Meredith R Romito\***

*Psychology Department/Forensic Psychology, Christopher Newport University, Newport News, Virginia, USA*

**\*Corresponding Author:** Meredith R Romito, Psychology Department/Forensic Psychology, Christopher Newport University, Newport News, Virginia, USA.

**Received:** March 24, 2018; **Published:** October 30, 2018

In the first seventeen seconds of an interview, a detective must be able to establish an initial overview of a suspect's personality. The detective can glean information from the type of crime/incident the suspect has been involved in. Before interviewing, other areas to investigate in the suspect include; family profile and other background information. Uncovering personality characteristics/traits is one of the main components in uncovering guilt from a suspect.

Much like a detective, a therapist must be able to "read" a patient in the first few minutes of meeting [1]. The therapist should establish a consensus about the patient rather quickly through body language, verbal communication and other physiological responses. The need for rapport building and such is the second step to a therapeutic relationship, which is also very important. The therapist can use the Personality Typology to gather the initial information about the patient.

In establishing personality, Steven Rhoads [2] suggests there are four major personality types; Dominant, Influencer, Steadfast and Compliant Personality. According to Rhoads, the personality types are in conflict and each personality trait has a set of key descriptors. Each personality type also exhibits strengths and weaknesses.

The Dominant personality is very adventurous, responsible, aggressive, inquisitive and competitive [2]. But in contrast- is in a hurry, overly direct and does not consider other individual's feelings. This person's tendencies would include, behind in a position of authority and solving and causing problems. The person also needs others in their life that calculate risks, research facts and use caution [2]. Under pressure or stress, the Dominant personality, will inspire fear in others, be blunt and sarcastic and act recklessly. Key descriptive words to help better classify the Dominant personality include; daring, forceful and competitive.

The Influencer personality is emotional, trusting, persuasive, and confident. Moreover, this individual's weaknesses include- over estimation of abilities, loses control and is disorganized. Tendencies for this individual would include; articulation, a motivational spirit and enthusiasm. This person would need others who seek facts, follow through and are planning oriented [2]. The Influencer personality, under pressure or stress, would be more concerned with popularity, act impulsively and be inattentive to detail. Key descriptive words to better define the Influencer personality include; emotional, persuasive and impulsive.

The Steadfast personality is loyal, stable, relaxed, self-controlled and passive. Weaknesses include working alone, feeling resistant to change, is patient and avoids conflicts. The Steadfast personality type tends to stay in one place and concentrates on a task. This person needs others who become involved in more than one things, one who can react quickly to change and are flexible [2]. The Steadfast personality, would react by having trouble meeting deadlines, holding a grudge and lacking imagination. Key descriptive words to better define the Steadfast personality include; loyal, patient and relaxed.

The Compliant personality courteous systematic, conscientious and a worry-wart. Weaknesses of this personality type include suspicious, inability to see big picture and is overly concerned about making mistakes. This person's tendencies include concentrating on details, working under controlled circumstances and critical thinking. Others around the Compliant Personality type needs to make quick decisions and compromise with opposition [2]. Under pressure or stress this Compliant personality leans on supervisors and is defensive when threatened. Key descriptive words to better define the Compliant personality include; critical, convention and sensitive.

Regardless of which type of personality, key descriptive will allow for a better profile to be created throughout the initial meeting of an individual. The idea behind the four personality types is to lump individuals in a way that is easier to further profile their other underlying characteristics. People are made of many layers but under stress or pressure those layers can be quickly removed. Upon removal of the layers, the dark side or other weaknesses will emerge.

With the personality typology in mind, a therapist could also benefit. A therapist is very much a detective-but different in the approach and the end result for the patient. Upon meeting a patient, the therapist must do a quick diagnostic assessment. Questions range from daily life of the patient, to past experiences. The aspects of personality can uncover tools to which the therapist must use to help the patient. For example; the Dominant personality can lead with being aggressive, forceful or direct [2]. This will allow the therapist to assert themselves in a less domineering way. A Dominant personality needs a therapist which recognizes the needs of others and uses caution.

For the Influencer personality, the therapist must be sincere and can be firm. The Influencer personality leads with making a good impression and someone who is motivational and articulate. The therapist must be able to create a rapport with the patient. Like the Influencer personality, the Steadfast personality is very patient, has specialized skill and shows loyalty [2]. The therapist must react quickly and be flexible.

The Compliant personality is very different. Like detectives, therapists will see the Compliant personality as diplomatic, a critical thinker and one who obeys authority. The therapist must be able to state what is truth (but often times- not popular truth). The therapist can work with a Compliant personality easier than the other personalities [2]. The Compliant personality is one who is malleable with the right guidance and structure.

A therapist will learn, overtime and through experience, to identify the different personality types and behaviors that coincide. With Stephen Rhoads [2] research, we can dissect patients and provide the best care possible. Obviously other factors need to be addressed when therapy/counseling takes place, but a quick insight into personality gives a therapist a jump start on how the patient/therapist relationship will begin to unfold and the position the therapist needs to take with the patient.

### Bibliography

1. Nierenberg G., *et al.* "How to Read a Person Like a Book". SquareOne Publishing (2010).
2. Rhoads SA. "Subconscious Communication for Interviewing and Interrogations" (2004).

**Volume 7 Issue 11 November 2018**

**©All rights reserved by Meredith R Romito.**