

# Free essay on psychodynamic approach

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## **Psychodynamic Approach**

Psychodynamic approach is one of the many theoretical approaches to human personality. This approach suggests that a combination of various unconscious psychological processes leads to the personality of a person (Northouse, 2012). There are different theories used to determine the leadership style and the psychological types used in the leadership.

Psychodynamic approach is crucial in raising awareness of the leaders in relation to their followers, thus can be used to make implications about how they will relate in their work environment.

According to the assessment of Myers Briggs Type Indicator (MBTI, my psychological type is the Extravert, Intuitor, Thinker and Judger (ENTJ). This implies that my psychological value is command, and I appear as a planned person, blunt and analytical. I agree with the scores to a rating of 80% because the scores give accuracy about the personality or the characteristics of a leader. The achievement of accuracy in the results in some traits of a person is an attribute to the fact that, in most of the sentences there is a score of five (5) or six (6). The scores sometimes become misleading when there is a score of 4 and 3, because this means a person bares both traits at almost equal levels. This implies that the trait with a four (4) describes the leadership personality, while both traits are applicable at almost equal levels. In this case, the judger and perceiver ratings were three (3) and four (4) which means that I can have both traits, and this can make a total difference, as I will have a value of knowledge and my appearance will be resourceful, competitive and assertive. Thus, become a leader of total

different traits. This cannot also determine when a person has both traits of being organized and spontaneous.

Despite evidence and various concepts used to support psychodynamic theories, various critics find fault in these processes because they lack a scientific base, in view of human behavior. The MBTI sometimes can be unreliable, concisely; it is more reliable because there is an achievement of traits, which are mostly true at a higher percentage.

## **References**

Northouse, P. G. (2012). Leadership: Theory and practice. Thousand Oaks: Sage Publications.