

PART II

Therapist Archetype Results

Mostly A Responses

The Holding Archetypes

Potential Archetypes

- *The Lantern Keeper*
- *The Hearthstone*
- *The Sentinel*

Core Characteristics

These therapists naturally organize around emotional safety, steadiness, regulation, containment, and protection.

Clients often experience them as calming, grounding, reliable, warm, or deeply safe.

Their rooms frequently feel like emotional shelter after long periods of surviving storms alone.

Core Fear

Emotionally failing, abandoning, or destabilizing someone in pain.

Gifts in the Room

- Strong emotional holding
- Nervous system regulation
- Stability during crisis
- Reliability and consistency
- Ability to create emotional refuge

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- Strong therapeutic containment

Shadow Drift

When stressed, these therapists may:

- over-function emotionally
- become overly responsible for outcomes
- struggle with boundaries
- unconsciously rescue
- become rigid or emotionally over-controlled
- feel exhausted from carrying too much

Often Attracts

- Attachment wounds
- Trauma survivors
- Emotionally neglected clients
- Highly relational clients
- Clients seeking emotional refuge

Integration Energy

The Pathfinder

Learning that safety sometimes includes movement, challenge, and allowing clients to carry their own growth.

Mostly B Responses

The Movement Archetypes

Potential Archetypes

- *The Pathfinder*
- *The Rebel*
- *The Cartographer*

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Core Characteristics

These therapists naturally orient toward movement, change, direction, empowerment, momentum, and transformation through action.

Clients often experience them as energizing, motivating, activating, or empowering.

Their rooms frequently feel like standing at the edge of a long-awaited journey after years of standing still.

Core Fear

Stagnation, helplessness, immobilization, or watching clients remain trapped in painful cycles.

Gifts in the Room

- Encouraging momentum
- Helping clients reclaim agency
- Inspiring possibility
- Building confidence
- Helping clients reconnect with movement and direction
- Creating activation energy

Shadow Drift

When stressed, these therapists may:

- rush pacing
- become overly directive
- struggle with slowness
- unintentionally pressure clients
- equate movement with healing
- feel frustrated by prolonged processing

Often Attracts

- Clients in transition
- Clients seeking motivation
- Identity reconstruction work
- Highly driven clients

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- Clients craving direction or momentum

Integration Energy

The Hearthstone

Learning that healing sometimes requires stillness, regulation, grief, and emotional pacing.

Mostly C Responses

The Meaning-Making Archetypes

Potential Archetypes

- *The Scholar*
- *The Storyweaver*
- *The Cartographer*

Core Characteristics

These therapists naturally organize around understanding, insight, narrative coherence, conceptualization, and pattern recognition.

Clients often experience them as thoughtful, clarifying, intelligent, insightful, or illuminating.

Their rooms frequently feel like scattered puzzle pieces slowly beginning to form a recognizable map.

Core Fear

Chaos, uncertainty, confusion, or the inability to make meaning from suffering.

Gifts in the Room

- Strong conceptualization
- Pattern recognition

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- Psychoeducation
- Narrative integration
- Helping clients understand themselves
- Translating emotional complexity into coherence

Shadow Drift

When stressed, these therapists may:

- intellectualize emotion
- retreat into analysis
- hide inside competence
- over-explain
- become emotionally distant
- struggle to remain embodied

Often Attracts

- Intellectualizers
- Insight-seeking clients
- Neurodivergent processors
- Highly analytical clients
- Clients trying to understand their inner world

Integration Energy

The Mirror

Learning that emotional resonance can sometimes heal more deeply than understanding alone.

Mostly D Responses

The Relational & Depth Archetypes

Potential Archetypes

- *The Mirror*

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- *The Alchemist*
- *The Deepwater*

Core Characteristics

These therapists naturally orient toward emotional resonance, intuition, symbolism, depth, and transformational relational work.

Clients often experience them as deeply attuned, emotionally profound, intuitive, or intensely witnessing.

Their rooms frequently feel like stepping into emotional waters clients have spent years trying not to touch.

Core Fear

Disconnection, emotional invisibility, or relationships that remain emotionally surface-level.

Gifts in the Room

- Strong attunement
- Emotional resonance
- Deep relational work
- Intuitive insight
- Transformational processing
- Symbolic and emotional depth

Shadow Drift

When stressed, these therapists may:

- absorb emotional atmosphere
- over-identify with clients
- move too deep too quickly
- struggle with boundaries
- lose differentiation
- become emotionally flooded

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Often Attracts

- Emotionally complex clients
- Existential seekers
- Trauma survivors
- Creatives and highly sensitive individuals
- Clients longing to feel deeply seen

Integration Energy

The Sentinel

Learning that depth without pacing and containment can overwhelm rather than heal.

Archetype Constellations

If your scores were closely split between categories, you likely function as a blended archetype constellation.

Examples

- A + D → *Relational Holder*
- B + C → *Strategic Guide*
- C + D → *Transformational Meaning-Maker*
- A + C → *Structured Stabilizer*

Archetypes are not rigid identities.

Therapists may shift archetypes depending on:

- the client
- attachment activation
- stress level
- burnout
- life stage
- nervous system state
- countertransference
- personal grief or transition
- clinical setting

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The goal is not perfection.

The goal is flexibility, awareness, and intentionality.