

Personality in Action: Assessing Big Five Traits as Styles of Perception and Behaviour

Presenter: Dr. Garri Hovhannisyan, Ph.D., C. Psych.

Date & Time: Friday September 25, 2026 at 12:00 PM – 4:15 PM Eastern Time (Toronto/New York)

Location: Live Virtual Workshop

Continuing Education: This program has been approved by the Ontario Psychological Association for continuing education credit and meets the criteria for 4 CE credits.

Registration: \$200 CAD Early Bird (*ends September 11*) | \$240 CAD Regular (*Student rates available*)

About the Workshop

This workshop demonstrates how to tap into the Big Five personality model's clinical potential, turning it from a static measurement tool into a dynamic intervention. By understanding traits as styles of perception and action that concretely shape a client's unique "grip" on the world, clinicians will learn to step inside the client's lived experience to see *what matters* to them from the standpoint of their personality. Moving beyond descriptive labels, this workshop provides a methodical approach to identifying how specific trait configurations drive a client's repetitive negative cycles, and more importantly, how to put a clinical dent in those cycles. Participants will learn how to:

- **Operationalize Theory:** Translate cutting-edge Big Five frameworks into practical, clinically useful tools for understanding client concerns in therapy and assessment.
- **Utilize Accessible Assessment:** Implement the Big Five Aspect Scales (BFAS)—a highly validated and freely available assessment that takes clients only minutes to complete, bypassing the cost and time barriers of traditional testing.
- **Transform Feedback:** Turn assessment feedback from a plain reading of test scores into a deeply validating, collaborative therapeutic intervention.
- **Apply Targeted Formulation:** Use de-identified case examples to identify trait-situation mismatches, uncover hidden strengths, and translate personality profiles into highly individualized treatment plans.

What You Will Learn

By the end of this workshop, participants will be able to:

1. Describe the hierarchical structure of Big Five personality traits, including domains and aspects, and explain how the BFAS operationalizes this structure.
2. Explain how Big Five traits can be understood as styles of perception, motivation, action, and adaptive functioning in lived experience.
3. Interpret and contextualize Big Five trait profiles within clients' lived experiences.
4. Identify clinically relevant Big Five profile patterns that may inform assessment feedback, treatment planning, and case conceptualization.
5. Apply a structured approach to collaborative Big Five feedback using the BFAS, including discussion of strengths, vulnerabilities, trait-situation mismatches, and implications for psychotherapy.
6. Describe the limits of Big Five and BFAS-based interpretation, including appropriate and inappropriate applications across client presentations, concerns, and diagnostic contexts.

Who Should Attend

This workshop is intended primarily for psychologists, psychological associates, psychotherapists, counsellors, psychology graduate students and trainees, and other regulated mental health professionals who conduct psychotherapy, psychological assessment, or clinical case formulation.

The clinical assessment and feedback portions of the workshop are intended for professionals practicing within their scope of competence. The content is pitched at the postgraduate level. No prior experience with the Big Five or the BFAS is required, although familiarity with psychometrics, clinical assessment, or personality theory will be helpful.

About the Presenter

Dr. Garri Hovhannisyan, Ph.D. is a registered clinical psychologist in Ontario whose clinical and scholarly work focuses on personality assessment, phenomenological psychopathology, embodied and enactive cognitive science, and individualized psychological assessment using the Five-Factor Model of personality.

His innovative research on Big Five assessment was supported by a \$40,000 SSHRC Doctoral Fellowship, leading to extensive publications on the Enactivist Big Five Theory, individualized psychological assessment, and the Five-Factor Personality Assessment System. In recognition of his theoretical and scholarly impact, Dr. Hovhannisyan is a recipient of the 2025 Sigmund Koch Award for Early Career Contributions to Psychology awarded by Division 24 of the American Psychological Association.



In addition to his scholarship, Dr. Hovhannisyan's clinical work includes adult psychotherapy and psychological assessment, with particular attention to personality functioning, psychopathology, case formulation, and collaborative feedback.

CE Credits & Disclosures

- **Completion Requirements:** To receive the 4 CE credits, participants must attend the entire workshop in full and complete the post-event evaluation form. Partial credit will not be awarded.
- **Conflicts of Interest & Commercial Support:** The presenter, Dr. Garri Hovhannisyan, Ph.D., C. Psych., receives registration income for delivering this workshop. No external commercial support has been received for this CE program, and the presenter has no financial relationships with companies or products discussed in this presentation.
- **Risks & Limitations:** The clinical applications presented are intended for professionals practicing within their scope of competence. Content is based on current peer-reviewed literature; limitations (such as applications for severe psychopathology) and contraindications will be explicitly discussed during the presentation.

Ready to Register?

Registration is limited to **30 participants**. Spaces are reserved only once both the registration form and payment have been received. A confirmation notice will be sent once payment has been received and the participant's registration has been verified. Registration is considered binding after receipt of the registration

fee. Registration fees include access to the live workshop and all training materials used during the session. Discounted rates are available for graduate students and clinicians in training or supervised practice.

Rate for Professionals

- Early Bird: **\$200 CAD**
- Regular: **\$240 CAD**

Rate for Students / Trainees

- Early Bird: **\$100 CAD**
- Regular: **\$140 CAD**

Early Bird registration ends Friday, September 11, 2026, at 11:59 PM ET.

Registration closes on Wednesday, September 23, 2026, at 11:59 PM ET.

Payment Information

For Canadian participants, payment may be made by **Interac e-transfer** or **PayPal**.

For international participants, payment may be made by **PayPal**.

Any PayPal-related transaction fees, currency-conversion fees, or surcharges are the responsibility of the participant. The workshop registration fee must be received in full after any applicable fees.

Please send all payments to: doctor@garrihovha.ca

To help match your payment to your registration, please include your full name and “Personality in Action” in the payment note or message.

Registrants are personally responsible for ensuring that full payment is received by the applicable fee deadline, even if their registration is being sponsored, reimbursed, or funded by an employer, institution, or other organization. Registrants may be removed from enrolment if full payment is not received by the applicable deadline (September 23, 2026, at 11:59 PM ET).

Refund Policy

The registration fee is:

- **100% refundable** through September 11, 2026
- **50% refundable** from September 11 to September 18, 2026
- **Non-refundable** as of September 19, 2026

Workshop Cancellation

The instructor reserves the right to cancel the workshop if the minimum number of registered participants is not met. If this occurs, registrants will be notified by **September 11, 2026**, and all paid registrants will receive a full refund.

Questions

Please direct questions about the training to:

Dr. Garri Hovhannisyan, Ph.D., C. Psych.

doctor@garrihovha.ca

Register Online at: <https://forms.gle/apdWqHUkTnvm4qyV6>

