

The Arrington Visual Preference Test (AVPT)

Doris Arrington, Ed.D., A.T.R.-BC

Chris Arrington, MS

The Arrington Visual Preference Test (AVPT) composed of 56 black and white cards with visual constructs (graphic signs and symbols) representative of four Jungian archetypes, Feminine, Masculine, Transformation, and Self was created to assess universal and timeless symbolic preferences. The symbols in the AVPT are intended to be concrete, uncompromised as well as cultural and gender neutral. A rater panel of three Jungian therapists and three Art Therapists agreed on symbol categorical placement before each symbol was included in the original research. (Arrington, 1986). Primary sources for defining the visual constructs for the AVPT were Cirlot (1962, Jung (1955, 1964, 1978), and Koch (1955). The AVPT can be self-administered but it does need an interpreter trained in art therapy and depth psychology. A manual, intended as a guide for the interpreter, accompanies the AVPT cards.

The original study investigated 128 high functioning women of different ages and life patterns. Since that time one qualitative and eleven quantitative studies have been studied with women, men, children and youth identified as spiritual, depressed, hospitalized, substance abusers, incarcerated, Hispanic immigrants, German adults, Taiwanese college students, and Japanese youth and seniors. For additional information contact Dr. Doris Arrington at daarrington@sbcglobal.net.

Arrington, D.A. (1986). *A Jungian-based study of selected visual constructs preferred by women*. Dissertation, University of San Francisco. University Microfilms International, An Arbor, MI No. 87-13, 271.

Cirlot, J. D. (1962). *A dictionary of symbols*. New York: Philosophical Library.

Jung, C. (1955). *Modern man in search of a soul*. San Diego: Harvest. (Original work published 1933).

Jung, C. & von Franz, M. (1964). *Approaching the unconscious*. In J. Freeman (Ed.), *Man and his symbols*. Garden City, NJ: Doubleday.

Jung, C. (1978). *The structure and dynamics of the psyche* (R.F.C. Hull, trans). Princeton, Princeton University.

Koch, R. (1955). *The book of signs*. New York: Dover.