



**Southern African Association of Jungian Analysts  
presents**

**The Dark Night of the Soul:**  
*How might this approach to suffering be relevant to  
contemporary life?*



**Kaye Gersch PhD**

There are certain passages in a lifetime, sometimes brief, sometimes extended, when all the usual frameworks of understanding the human condition prove to be inadequate. Modern medicine, and indeed modern psychology, does not do well with Dark Nights of the Soul. The use of cognitive therapies, of *anti-depressants*, of “getting over” things as fast as possible, of “finding closure”, of minimizing suffering are nonsense when one is in a Dark Night.

How does wrestling with despair in the darkest corners of inner and outer life evolve to create depth of character and resilience? How might the Dark Night be related to Individuation?

In this talk Kaye will draw upon diverse spiritual traditions, which give us clues how we might navigate this trackless territory. Thomas Moore in his very popular book “Dark Nights of the Soul” speaks from this potent place as one who knows it well. St John of the Cross and the Buddhist tradition will provide some further guidance.

**Date:**

Tuesday  
25 April 2017

**Time:**

7.00 for  
7.30 pm

**Venue:**

UCT Lung Institute,  
George Street, Mowbray

**Entrance:**

Members R80  
Non-Members R100

Come early and have a cup of coffee while you browse our book display

**No Bookings – For further information contact 021 689-6090 or e-mail: [saja@mweb.co.za](mailto:saja@mweb.co.za)**



**About the Speaker:** Kaye Gersch PhD has been working in allied health fields since the 1970s and as a psychoanalytic psychotherapist for 25 years. She lives in Cairns, Australia. Her training is eclectic, including the Jungian and Psychoanalytic traditions as well as philosophy. She has been Clinical Supervisor for 12 years, and in this role, works as mentor to GPs and other medical specialists. She also has specific training for working with couples, which is a cherished part of her practice. Her PhD is in Psychoanalytic Feminist Philosophy (University of Queensland). However, she considers her real training to be the face-to-face encounters with clients, and the deep demands of her own life.

### SAAJA Analytical Psychology Lecture Series: 2017

<p><b>January 17</b> Julian David Ovid's Underworld</p>	<p><b>February 21</b> Machiel Klerk Dream Incubation</p>	<p><b>March 28</b> Lynn Carneson McGregor The Still Centre of the Turning World</p>
<p><b>April 25</b> Kaye Gersch The Dark Night of the Soul</p>	<p><b>May 23</b> John Gosling and Philippa Colinese An Introduction to an Expressive Sandwork Project on the Cape Flats</p>	<p><b>June 21</b> Vac</p>
<p><b>July 18</b> Renos Papadopoulos 'Accompaniment' as a therapeutic approach</p>	<p><b>August 15</b> Paul Ashton Spirit and Soul</p>	<p><b>September 19</b></p>
<p><b>October 17</b> Braam Beetge Sand play therapy</p>	<p><b>November 21</b> Renee Ramsden The Spirit in the Bottle: An Alchemical Fairy-tale</p>	<p><b>December</b> Vac</p>