

LET'S TALK JUNG

The program consists of nine 2-hour sessions outlined below.

Session 1

The reality and autonomy of the Psyche.

Though not tangible, our inner world is real, as real as the page/screen you are reading from, and there is a vast undiscovered area in our inner world – Jung called this the unconscious. Our quest to find our truth inevitably leads to the inner world, where we are guided by our dreams and unconscious. Both our dreams and unconscious communicate with us using a symbolic language, they speak not of outer events, but of themes of the imagination, of matters fundamental to ourselves and enduring principles of life.

Session 2

The Ego and the Persona

Our first task in life is to survive and adapt to the external demands we face – which shapes the ego. In this session we explore the influences shaping the early development of the ego and its later development to maturity. Furthermore, we discuss the interesting fact that we act and feel differently on different occasions – Jung calls this ability to play different social roles appropriately our Persona.

Session 3

The Shadow

Aspects of the ego that are not valued by our early authority figures, or denigrated in our society, move into the shadow and stays there but not quietly. We explore the concept of the Shadow and how it can play havoc in our lives for which we'll blame others since the Shadow is unconscious.

Session 4

Psychological (Personality) Types

While the concepts of Extravert and Introvert are very well known, we explore in this session the strengths and weaknesses of each as well as our tendency to downgrade the other. Maybe less well known are the Functions: In the struggle for existence and adaptation everyone instinctively uses his most developed function; our habitual reactions express our strength.

Session 5

Psychological Types in children and relationships

We've started upon a pathway of greater understanding of ourselves and others and things become increasingly complicated. A quick off the cuff judgment is no longer possible since we are aware of motivations or experiences behind behavior, we realize that we need to take a closer look to understand. Culturally valuing extraversion, many children are encouraged to be more outgoing. If we do try to modify our typology because another type seems more attractive, we can never really be comfortable with ourselves until we get back to our truth.

Session 6

The collective unconscious and archetypes

Beyond the personal unconscious, at a deeper level of the psyche, is the collective unconscious. The collective unconscious is not specific to an individual, it is true for all people at all times – universally human experiences, say for example of being a child. Experiences of humankind leaves traces in the sense of a guiding pattern of psychological functioning which can be activated/constellated by some life situation. Two vitally important archetypes are the contra-sexual archetypes: In every man there is an inner feminine (Anima) and in every woman there is an inner masculine (Animus). This session explores the meaning of our inner other.

Session 7

The Anima/Animus

These archetypes play an active and foundational part in all our relationships. When we fall in love, anima/animus takes charge and the magnetic pull toward another cannot be resisted or reasoned with. When we become disillusioned because “you are not who I thought you were”, again it is the anima/animus at play. In this session we explore the workings of the anima/animus.

Session 8

Dreams

Looking through the lens of the anima/animus we cannot see another person for who they really are. We are likely to see what we want to see, in other words project the anima/animus onto the other person. It is critical for our relationships to develop an understanding of the distorting lens through which I see the world. In this, we turn to our dreams. We explore the symbolism of dreams.

Session 9

Individuation

This is Jung’s term for becoming your mature authentic self. Individuation means growing in conscious awareness of the psychological realities in ourselves and in society, to find meaning and purpose in our lives and give expression to it.

THE END