

# BAJA Seminar Fall 2014 Syllabus

## Schedule

8:30-10:15 CW

10:30-5:00 Seminar

9:00-12:00 Sunday Clinical

## Jung's Collected Works

Fall 2014

Saturdays 8:30-10:15

During this section of the seminar, we have assigned readings from Jung's Collected Works. It's a rare opportunity to be able to read and discuss Jung's work in depth. We will start with MDR, which offers a creative narrative of history and theory for Jung the man and the development of Analytical Psychology. The October Seminar day will be structured differently because CW6 is assigned for the reading and the day is split in two sections.

### Fall CW Reading: *Memories Dreams Reflections*

September Part 1: Chapters I-IV – Puddi Kullberg

November Part 2: Chapters V-VIII – Nora Swan-Foster

December Part 3: Chapters IX-XII – Puddi Kullberg

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PLEASE NOTE THIS SATURDAY HAS TWO TOPICS

## Saturday Seminar Topics

### Analytic Groups: Jung, Bion and Beyond

Nora Swan-Foster, ATR-BC, LPC, NCPsyA

September 13, 2014

10:30-12:30

C. G. Jung valued the individual and individuation process over the group. It was assumed that groups mostly formed around *infantile and archaic* psychology, a misconception that unfortunately still permeates Jungian thought. Jungian analysts are confronting these views by interfacing the work of analytical psychology and Alfred Bion, demonstrating how Jung's concepts are actually applicable for groups.

We will begin with Jung's reflections on groups and then consider Bion's theoretical concepts that evolved from his work with WWII war veterans. By exploring the interface between the psychological concepts of Jung and Bion, such things as the group stages, the group mind and the group unconscious will be considered. The psychoanalyst, Kets de Vries, builds on these concepts using the analogy of the hedgehog for the individual to illustrate the common dilemma and tension of finding the right proximity within groups. This tension between the individual and the group is

ubiquitous throughout the collective, reminding us that we have a social responsibility to better understand our attitude towards and relationship with groups.

*\*This class will not be a process group, but instead will provide a didactic introduction to key group concepts that will provide language for tracking how the unconscious life of the group emerges in the seminar over time.*

### **Seminar Objectives**

1. Define and understand core ideas and concepts of group dynamics oriented around the theory of Jung and Bion.
2. Demonstrate basic understanding of the difference between group therapy and analytic group process.
3. Learn how regressive and progressive energy is expressed within groups.
4. Understand and recognize how the symbolic process manifests within groups.
5. Define what it means for a group to become psychotic with the aspects that interfere with a working group.

### **Required Readings:**

*The Hedgehog Effect: the secret of building high performance teams.* by Momfred F.R. Kets de Vries. Part II: A Psychodynamic Perspective on Individuals and Groups (Chapters 4-5-6). (Will be provided).

*The fifth basic assumption.* W. Gordon Lawrence. (Will be provided)

### **Optional Upon Request**

*Group process in Jungian analytic training and institute life.* Jean Kirsch and Suzy Spradlin. (Upon request)

*Toward a theory of the Self in the Group* by Medora Scoll Perlman (Will be provided)

## **Initiation:**

### ***Creating a relationship with the unconscious***

Nora Swan-Foster, ATR-BC, LPC, NCPsyA

Jungian Psychoanalyst

September 13, 2014

**2:00-5:00**

Initiations are typically associated with an outward journey that is well known to us as the hero's journey. Following a brief overview of initiation as it is most predominantly reflected in the collective through religion, anthropology, culture and gender, we will consider Jung's psychological view of initiation and its relationship to the structure of the psyche. We will then discuss less visible expressions of the archetype associated with the feminine mysteries or the feminine initiation that is illustrated by the analytic process. Specifically the pregnant woman will be explored as a symbol of feminine initiation and visual images will support the personal and archetypal material.

Furthermore, when the initiation archetype is constellated in a clinical dyad, it is imperative to hold an analytic position that includes an attentiveness to symbolic thinking and an attunement or "experience near" attitude towards the moments in which shifts in the therapeutic field occur. The shadow of initiation will be considered in depth, including the implications within transference/countertransference material.

## **Seminar Objectives**

1. Define and understand an archetype and its relationship to the collective unconscious.
2. Define what is needed for an initiation and the stages of initiation.
3. Differentiate between the feminine and masculine initiation process
4. Give three examples of the initiation archetype found in unconscious material
5. Articulate two potential shadow aspects of the initiation archetype when working in clinical and educational settings.

## **Reading:**

*Villa of Mysteries: Pompeii initiation rites of women* by Katherine Bradway (will provide)

*Shamanism* by Mircea Eliade. Chapter on *Initiatory Sicknesses and Dreams* (will provide chapter)

*Pregnancy as feminine initiation*. Nora Swan-Foster (will provide paper)

## **Optional:**

*Psychotherapy grounded in the feminine principle*. Chapter 3—*The archetypal foundation of the therapeutic process*. Barbara Stevens Sullivan. (will provide chapter)

**Bio:** Nora Swan-Foster is a Licensed Professional Counselor, Registered and Board Certified Art Therapist and Jungian Analyst. As a graduate of the IRSJA, Nora wrote her thesis on *Pregnancy as a Feminine Initiation*. She has a private practice in Boulder, Colorado and is the Coordinator of BAJA.

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PLEASE NOTE—THIS SATURDAY HAS TWO SECTIONS

## **The Alchemy of Typology**

**Joe McNair, PhD**  
Jungian Analyst

**October 11, 2014**  
8:30-12:30

This class will focus on the 'hierarchy' of the two attitudes and the four functions. We will explore the history of Jung's discovery and development of the importance of the biological/instinctual roots of typology. From an 'Old School' approach we will work with the difference between 'receiving' and 'responding' functions. Special emphasis will be placed upon M-L von Franz's directive (to us in Zurich) that we are always to analyze to the fourth function. The key to this mandate was in understanding the crucial role of the third function that mediates the realms of the conscious and unconscious levels of our daily lives. The role of the typological hierarchy has profound implications in the counter-transference relationships. The notion of 'typos', discussed extensively by Jim Hillman, will hopefully put understanding typology into a dynamic perspective rather than the more common static 'bug-on-a-board' modern version. In the end, this will provide one with the necessary tools to enter the realm of Alchemy.

## **Seminar Objectives:**

1. We will learn the essence and nature of the four function

2. We will be able to differentiate the 'receiving' and 'responding' functions.
3. We will learn the importance of the third function and its role in mediating the realms – unconscious and conscious
4. We will learn what it means to 'analyze to the fourth function'.
5. We will understand why typology is a necessary template with which to approach the unconscious – as did Jung.

### **Readings:**

CW Vol. 6, Psychological Types (**Ch 1, and The Type Problem in Psychopathology The Apollinian and the Dionysian**)

*The psychological type of the analyst– and its relation to analytical practice* by K. Bradway and J. Wheelwright, Spring 1971 (This will be given as a handout)

*Lectures of Jung's Typology*, M-L von Franz Spring 1986

*EGALITARIAN TYPOLOGIES versus PERCEPTION of the UNIQUE* by James. Hillman Eranos Lectures 4

**Bio:** Joe McNair is a psychologist and Jungian Analyst with private practices in Los Angeles and Boulder, Colorado. Joe is a core faculty member of the C.G. Jung Institute of Los Angeles and a Senior Training analyst with the Inter-Regional Society of Jungian Analysts as well as a founding member of BAJA.

## **Typology in Relationships**

**Stephen Foster, PhD, LPC, NCPsyA**  
Jungian Psychoanalyst

**Saturday October 11, 2014**  
**2:00-5:00**

Typology is heavily used in our contemporary society and it was one of the areas where Jung worked with the ego and our relationship to consciousness. It is important because it provides a roadmap for how we orient as individuals and how we interact with the world. Please come to class knowing your typology. (See readings below) The class is orientated around how your typology "fits" with the typology of others. This is an important aspect of life, and influences all areas of relationship. For those in emotional relationships it can be used to illuminate differences that cause frustration, and for a therapist it has a great influence on the issue of transference and countertransference.

In this class we will explore the interactions between different typologies, and see how your personal typology influences how you practice as a therapist, or how it affects your interactions with co-workers and your career. We will also explore the shadow aspects of typology and its relationship to the unconscious. Finally, we will touch on the issue of distinguishing between typology and the complex.

### **Seminar Objectives:**

The learning objectives of this seminar are as follows:

1. To understand one's own typology.
2. To define how one's typology influences how one approaches the world

3. To understand how typology influences how we view relationships with:
  - Emotional relationship partners
  - Therapeutic or analytic relationship partners
  - Work relationship partners
4. To distinguishing between typology and complexes in relationship

### **Readings:**

If you are a therapist, or work at a company or institution that has some awareness of how an individual's psychology will influence interacts with others, you may have already taken a Jungian typology test. If you have taken a Wheelwright, Myers-Briggs, Keirsey or other personality-typing test, please bring the results to class; or at the very least, know you four-letter typology. Even if you have your letters, please try a free test at:

<http://www.humanmetrics.com/cgi-win/jtypes2.asp>

### **Required readings:**

*Personality Types, Jung's Model of Typology*, by Daryl Sharpe, Chapter 1: *Introduction to Jungian Typology*, pages. 11 to 37, Inner City Books, 1987 (will be provided)

*Relationship Type Combinations*, Vickie Jo Varner, APTi Bulletin of Psychological Type, Vol. 30, No. 3 (2007), pages 34 to 39 (will be provided)

*The Wounded Healer, Countertransference from a Jungian Perspective*, Chapter 4, Conclusion, Further Thoughts, pages 128 to 148, David Sedgwick, Routledge, 2003 (will be provided)

### **Optional Reference Manual:**

*Introduction to Type: A Guide to Understanding Your Results on the MBTI Instrument*, Isabelle Briggs Myers (\$18-\$30)

Optional reading:

<http://www.psychologytoday.com/blog/evil-deeds/201205/essential-secrets-psychotherapy-jungs-typology-eudaemonology-and-the-elusive->

**Bio:** Stephen Foster is a senior analyst with the IRSJA, and the Boulder Association of Jungian Analysts. He uses typology when managing professions organized into scientific and logistical teams with different functional goals and working styles.

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## **Jung's Reflective Instinct and Mindfulness: *Interface of Jung's concepts with Attachment Theory***

**Catharine Jones, LCSW**  
Jungian Psychoanalyst  
**Saturday, November 8, 2014**  
**10:30-5:00**

We will look at the interrelated concepts of Jung's reflective Instinct and mindfulness and how this facilitates our experience, our awareness of the field in the consulting room. An aim will be to note our awareness of our own complexes and the images and symbols that arise in the analytic hour. We will discuss our responses to complexes , and examine the affective core in our experience of

the different affective states we observe, when someone is secure, or ambivalent, preoccupied, or disorganized in thinking and feeling.

**Seminar Objectives:**

1. To briefly review concepts of Complex, Archetype, Symbol,
2. To review Jung's Reflective Instinct and to review concepts and process of mindfulness, that is, developing a mindful attitude,
3. To be able to identify basic concepts of attachment theory:
4. of Secure, Ambivalent, Preoccupied, Disorganized
5. The interface of concepts of attachment theory with our understanding of the experience of various complexes.

**Readings:**

Jacobi, Jolande. Complex/Archetype/Symbol in the Psychology of C G. Jung.

Dr. Gabo Mate: Attachment and Brain Development:

<https://www.youtube.com/watch?v=uKES1nyitAg>

**Supplemental**

Wallin David. 2007. Attachment in Psychotherapy. NY. Guildford Press.

<http://en.wikipedia.org/wiki/Mindfulness>

Herman, Judith. 1992. Trauma and Recovery. NY: Basic Books.

Kalsched, Don. 1996. Inner World of Trauma. NY Routledge.

**Bio**

Catharine Jones, LCSW, M. Div., is a member of CSJA, holds membership in IRSJA, and faculty of BAJA. She is Past President of the C.G. Jung Institute of Chicago and has presented nationally and internationally. She has had an interest in trauma, the interface of body/soma, in cultural issues of racism, relationship issues, folktales.



**Dreams and Jungian Dream Interpretation:  
*How Does The Archetypal Realm Provide Depth to Dream Analysis?***

**Ronnie Landau MA, LPC**  
Jungian Psychoanalyst  
**Saturday December 13, 2014**  
**10:30-5:00**

*Learning to work with our dreams will require from us time, commitment and study. Our efforts can be well rewarded, but the fainthearted, or those who want the things of the soul neatly packaged and given to them without cost, will probably not be interested.*

John A. Stanford, 1978 *Dreams and Healing*

This seminar is designed to focus on the analysis of dreams and the theory of dream interpretation as described by the Swiss psychoanalyst Carl Gustav Jung. His theoretical approach and methodology of dream interpretation will be contrasted with the theory of Sigmund Freud. By examining the structure of dreams, participants will become better able to analyze dreams, and

demonstrate an understanding of Jungian dream theory. Particular emphasis will be placed on the capacity to comprehend Jung's concept of archetypes and the ability to recognize the appearance of archetypal elements in dreams. A clinical case will be presented followed by discussion that will exemplify the use of dream analysis in psychotherapy and psychoanalysis. Modalities of instruction will be; lecture, discussion, writing, and power point presentations.

### **Seminar Objectives:**

1. Summarize basic Jungian dream theory. Contrast and compare Carl Jung's theory to that of Sigmund Freud.
2. Demonstrate an ability to describe the difference between an objective and subjective interpretation.
3. Describe the difference between a reductive and prospective analysis of a dream.
4. Practice the technique of dream interpretation.
5. Define an archetype and effectively make use of archetypal images in the context of Jungian dream interpretation.
6. Explain the use and technique of dream methodology in clinical psychotherapeutic work.
7. Effectively utilize the concept of compensation in dream interpretation.

### **Readings**

Jung, C.G., CW Vol. 9,I, "Archetypes and the Collective Unconscious."

Whitmont and Perera, Dreams, Portal to the Source, chapters 1, 6, 7, 8, 10, 12.

Jung, C.G., CW Vol. 8 "General Aspects of Dream Psychology" and "On the Nature of Dreams."

Jung, C.G. CW Vol. 4, "The Analysis of Dreams."

**Bio:** Ms. Landau is a senior training analyst with the Inter-Regional Society of Jungian Analysts and the Philadelphia Association of Jungian Analysts where she received her certification. She is the past President of PAJA and is currently serving as the Director of Training. She is also the past Secretary on the Executive Board of the Inter-Regional Society of Jungian Analysts. Ms. Landau has taught and lectured on dream theory throughout the United States. She has also taught Transference-Countertransference dynamics in analysis throughout the U.S as well as Zurich, Switzerland along with *The Holocaust: Through a Jungian Perspective*. She is the author of *The Queen of Sheba and Her Hairy Legs*, *The Exile and Redemption of the Erotic Feminine in Western Monotheism* and *Jungian Process*. Ms. Landau is a faculty member of BAJA.