

**BAJA Fall Study Group**  
***Psyche and Image: exploring the inner psychological map***

Nora Swan-Foster  
Saturday September 14<sup>th</sup>

\*8:30-1:00 pm

**\*(First session come earlier for welcoming and introductions)**

*Jung's structure of the psyche is rooted in the healing power of the image as a dynamic force in the psyche. Specific theoretical concepts and ideas are essential for a deeper understanding of this idea of the individuation process. These basics are often reviewed and studied time and again to fully integrate Jung's ideas so as to have a solid working framework of Analytical psychology. This reading and discussion will support inner work as well as clinical observations and creative and academic research. Because Jung relied on images such as novels, art, myths, fairy tales, and other material from the collective unconscious to illuminate and amplify his view of the structure and development of the psyche, we will consider some basic ways in which this is available to us in our every day life.*

**Introductory Assignment: (no more than one page)**

- From the reading by Jung, choose a quote that intrigues or confounds you; write a response of any kind....prose, poetry, or visual (or all three).
- Choose two key concepts and explore how they relate and/or impact each other psychologically. This can be written or visual.

**Seminar Objectives:**

1. Will be able to define and differentiate key Jungian concepts
2. Understand in more depth Jung's ideas on the psychological value of psychic energy and image
3. Explain how the relationship between psychic energy and the image serve as a healing force within the psyche
4. Define three ways in which analytical psychology influences our understanding of the personality
5. Name and describe at least 4 terms that make up Jung's idea of the psyche

**Required Readings:**

C. G. Jung's "*On the Nature of the Psyche*" found in the Collected Works, Volume 8, (CW8) pg 3-158 or the monograph version:

[http://www.amazon.com/Nature-Psyche-Carl-Gustav-Jung/dp/0691017514/ref=sr\\_1\\_1?ie=UTF8&qid=1376860768&sr=8-1&keywords=On+the+Nature+of+the+Psyche](http://www.amazon.com/Nature-Psyche-Carl-Gustav-Jung/dp/0691017514/ref=sr_1_1?ie=UTF8&qid=1376860768&sr=8-1&keywords=On+the+Nature+of+the+Psyche)

## **Suggested Readings**

*Jung's Map of the Soul: an introduction* by Murray Stein

*Psyche and Symbol*, Edited by Violet S. de Laszlo pages 1-23

## **Optional Supplemental Resources:**

- *Memories, Dreams, Reflections (MDR)*. by C.G. Jung, Edited by Aniela Jaffe
- *The Mystery of Analytical Work: weavings from Jung and Bion* by Barbara Stevens Sullivan
- *Jung: A very short introduction* by Anthony Stevens

Nora Swan-Foster is a Jungian analyst and art psychotherapist with a private practice in Boulder, Colorado. Her long-time interest has led to research, presentations and workshops on the topics of pregnancy, images, and feminine initiation topics. For the past 25 years has worked in various clinical settings including 8 years of teaching within the graduate Art Therapy program at Naropa University. Nora was also a founding member of Boulder Friends of Jung.

## **BAJA Fall Study Group**

### **Archetypes and the Collective Unconscious: Mother and Father**

Stephen Foster

Saturday October 12, 2013

9-1pm

*On the personal level it is impossible to escape the fact that one's mother and father have a significant influence on one's psychological development, and that childhood events involving these parental figures stay with us all of our lives. For example, if we have grown up without parents (absent physically or psychologically) we may spend our lives searching for substitutes to fill a void. Jung would say we have archetypal patterns in our psyche for each of these figures.*

*According to Jungian theory of archetypes, humans are influenced by archetypes on a spectrum that spans between instinctual and spiritual poles. In this class we will explore the archetypes of mother and father to illustrate Jung's concept of archetypes and the collective unconscious. We will look at how the archetypal images of mother and father appear in Greek mythology using the mythic parental couples of Ouranos and Gaia, and Zeus and Hera. And we will explore the process by which the archetypal images in the psyche relate to our personal mother and father complexes.*

**Assignment:**

Please come with several quotes from the assigned reading that you wish to discuss or have illuminated for deeper understanding of the relationship between the personal and the archetypal.

**Seminar Objectives:**

1. To understand the concept of Archetypes and the Archetypal image
2. To understand the relationship between an archetypal image and a personal complexes
3. To look at the influence of the archetypal Mother and the archetypal Father on contemporary psychology as illustrated by current personal and collective patterns.

**Required Readings:**

1. The Archetypes and The Collective Unconscious (Collected Works of C.G. Jung Vol.9 Part 1)  
Archetypes of the Collective Unconscious, Paragraphs 1 through 86  
The Concept of the Collective Unconscious, Paragraphs 87 through 110  
Psychological Aspects of the Mother Archetypes, Paragraphs 148 through 198.
2. Complexes: Diagnosis and Therapy in Analytical Psychology, Hans Dieckmann

**Suggested Reading/Resources**

The Father: Historical, Psychological and Cultural Perspective, Luigi Zoja

The Father: Contemporary Jungian Perspective, Andrew Samuels

The Glory of Hera: Greek Mythology and the Greek Family, Phillip Slater

The Great Mother, Erich Neumann

Stephen Foster is a Jungian Analysts with a private practice in Boulder Colorado. He graduated from the Inter-regional Society of Jungian Analysts and is currently on their Executive Committee. His book *Risky Business: A Jungian view of environmental Disaster and the nature archetype* is available from Inner City Press.

## Early Jung, Complex Theory and Contemporary Psychotherapy

Don Williams

Saturday November 9, 2013

9-1pm

*Complexes are one of the most essential elements of Analytical psychology. C.G. Jung and his discovery of "Psychological Complexes" deepened through his research using the Word Association Test. This material will be discussed so as to build a thorough understanding of complexes, emotion, and the Symbolic Organization of Everyday Life. Building upon this knowledge, we will take time to discuss what Jungians seldom talk about – Jung's complexes, for example, and the surprisingly natural fit between the core of Jungian psychology with psychoanalysis of various persuasions, with "object relations" psychology, self-psychology, attachment theory, inter-subjective psychoanalysis, family systems theory, and contemporary neuroscience. We might add the politics of "who defines Jung," the politics of publishing, why new Jungian ideas have not kept pace with new ideas in psychoanalysis (though this is changing), etc.*

### **Seminar Objectives:**

- Demonstrate an understanding of complexes and their role within the person's psychology
- Relay how Jung's complex theory interfaces with and influences contemporary psychotherapy.
- Explain the importance of the Word Association Test and its relationship to complex theory
- Gain knowledge of Jung's early life and how it may or may not influence his theoretical model.

**Readings:** Passages from Jung's early work most of which will be provided as PDF documents for download:

- C.G. Jung, "Psychoanalysis and Association Experiments" in *The Psychoanalytic Years*, a Bollingen paperback, pp. 3-32. First published in 1906.
- C.G. Jung, "The Psychological Significance of the Father in the Destiny of the Individual," pp. 94-116 (portions). First published in 1909.
- Deirdre Bair, *Jung, A Biography* pp 7-38. Published in 2003. Little, Brown and Co., Boston. An outline of Jung's childhood and adolescence will be provided as a PDF document.
- George Makari, *Revolution in Mind: The Creation of Psychoanalysis*. Copyright 2008, Harper Collins. The chapter "Zurich," pp. 179-211. Relevant material will be made available in a PDF document.

## Recommended or Optional Resources and Reading:

- Eli Zaretsky, *Secrets of the Soul: A Social and Cultural History of Psychoanalysis*. Copyright 2004. Alfred A. Knopf, New York.
- Jolande Jacobi, *Complex, Archetype, Symbol*.
- C.G. Jung, *Analytical Psychology*, The Tavistock Lectures. Lectures 3 and 4.

**Don Williams, LPC, Jungian Psychoanalyst** studied and taught literature, worked in several psychiatric hospitals, and eventually completed the training as an analyst at the C.G. Jung Institute of Zurich. Since 1976, he has been in private analytic practice in Boulder; although still passionate about literature and film, his primary commitment remains to analytic work with individuals and couples and to involvement in analytic training.

## Active Imagination

Puddi Kullberg

Saturday December 14, 2013

9:00 to 1:00

*This seminar will provide a historical and theoretical overview of active imagination within Jungian psychology. We will also explore how “actives” are done, via each of you having the opportunity to do your own active imagination.*

## Seminar Objectives:

- Place active imagination in the context of Jung’s life and his psychology;
- Learn how active imagination relates to Jung’s model of the psyche;
- Learn and discuss what active imagination is and is not;
- Distinguish different forms of active imagination;
- Discuss its relevance in the context of psychotherapy and analysis;
- Practice active imagination.

## Readings for Seminar

### Please Read

Jung, C.G. 1997. *Jung on active imagination*, ed. J. Chodorow, Princeton: Princeton University Press.

Other Readings – Should you be interested

Cwik, A. 1995. Active imagination: Synthesis in analysis. In *Jungian analysis, 2<sup>nd</sup> edition*, ed. M. Stein, 137-169. Chicago: Open Court.

Dallet, J. 1982. Active imagination in practice. In *Jungian analysis*, ed. M. Stein, 173-91. La Salle: Open Court.

Franz, M.-L. von. 1993. Active imagination in the psychology of C.G. Jung & On active imagination. In *Psychotherapy*. Boston: Shambala.

Hannah, B. 1981 *Encounters with the soul: Active imagination as developed by C.G. Jung*. Santa Monica: Sigo Press.

Johnson, R. 1986. *Inner work: Using dreams and active imagination for personal growth*. San Francisco: Harper & Row.

Jung, C.G. 1963/1989. *Memories, Dreams, Reflections*. New York: Vintage.

Jung, C.G. 1914-1930/2009. *The Red Book*, ed. S. Shamdasani. New York and London: Norton.

Raff, J. 2000. *Jung and the alchemical imagination*. York Beach, Maine: Nicholas-Hays, Inc.

Puddi Kullberg is a Jungian Analyst in private practice in Colorado Springs, Colorado. When she first got formally involved with things Jungian, she was pleased to learn that the practice of active imagination was so integral to Jung's psychology because she was already practicing having dialogues with her psyche. It was then no leap-of-faith for her to acknowledge the reality of the unconscious and the importance of our individual interactions with it.