

## Carl Gustav Jung (1875-1961) and Analytical Psychology (Søren Kierkegaard 1813-1855; Viktor Frankl 1905-1997)

Reading: Robert Aziz, *C. G. Jung's Psychology of Religion and Synchronicity* (Course Reader 8).

Psychological Culture: Examples of ideas that have entered into our everyday vocabulary

1. Ego
2. Complex
3. Psychological Types: Introvert and Extrovert
4. Unconscious

### Influences on the Psychological Theories of C. G. Jung

1. Philosophical: Existentialism and Asian Philosophy (Buddhism, Hinduism, Daoism)
2. Religious: Christianity, but Jung rejects much of institutionalized religion
3. Scientific: Description of the inner life of human beings expressed scientifically

### Jung's Definition of the Dark Side: The Shadow

1. Jung's view of the mind or psyche: ego consciousness, personal unconscious, and collective unconscious
2. The "Shadow" overlaps the personal unconscious and collective unconscious
3. Personal unconscious: Contents of the mind/psyche that have been Repressed from Consciousness
4. Collective unconscious: Collective or universal contents that are always there, inherent to the psyche
5. The Dark Shadow side can well up from what is inherent to the psyche as well as from what is repressed.

### Jung's Theory of the Mind/Psyche

1. Depth psychology: Three layer view of mind: ego consciousness, personal unconscious, and collective unconscious
2. Themes, motifs, or ARCHETYPES that exist in the inherent, collective, or universal unconscious
  1. Shadow,
  2. Male (Animus), Female (Anima),
  3. Self (comprehensive motif or archetype, representing the whole psyche/mind)
3. For Jung, the ego is the center of waking consciousness, and the Self, the center and circumference of the Unconscious
4. Process: Goal is to achieve wholeness through individuation: Become a true individual, a whole person who is indivisible
5. This process of individuation involves the integration of consciousness and the unconscious.
6. Two methods of integration are: dream analysis and art therapy.

### In-Class Assignment: Small Group Discussion (groups of 6 students):

According to Robert Aziz, what is Jung's concept of "synchronicity"? How is it related to his view of the collective unconscious? How is it related to his view of individuation? Discuss these questions for 10-15 minutes, then form a circle, and one person from each group present their ideas to the class. When I return next week, on Tuesday, January 19, I will ask you about these questions.