Analytical Psychology

Chapter 3

Chapter 3 Big Ideas

Carl Gustav Jung
- Freud considered Jung to be his successor
- Early dissenter of Freud
- Freud never forgave Jung's defection

Jung's influences
- Eastern mysticism
- Mythology
- Alchemy

Analytical psychology

Jung's Personality Structure
- Psyche
- Ego
- Personal Unconscious (+ complexes)
- Collective Unconscious (+ archetypes)

Jung vs. Freud: The Unconscious

Jung vs. Freud: The Libido

Jung's Archetypes
- Persona
- Shadow
- Anima
- Animus
- Self
- Stories, myths, fairy tales

Jung's Personality Attitudes
- Extraversion
- Introversion

MBTI (Myers-Briggs Type Indicator)

Jung's concept of Self-Realization
- Synchronicity
- Parapsychology

Jungian Psychotherapy

Analysis and Evaluation

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Carl Gustav Jung

- 1875-1961
- Born in Switzerland
- Kind but weak father, mother was powerful but suffered emotional disturbances
- Lonely childhood
- Early illnesses—psychosomatic?
- Wanted to be an archaeologist, could only afford medical school
- First professional assignment with Eugen Bleuler
  - Bleuler coined term "schizophrenia"

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Carl Gustav Jung

- Met Freud in 1907
  - Mutually impressed
- Freud considered Jung to be his successor
  - Early dissenter of Freud (many reasons—sexuality in particular)
  - Freud never forgave Jung's defection
- Many other influences
  - Eastern mysticism
  - Mythology
  - Alchemy
- Develops own school of thought—Analytical psychology

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Jung's Personality Structure

Psyche
- Complex interconnected network of systems striving for harmony
- Refers to all psychological processes (thoughts, feelings, sensations, etc.)
  - Ego
  - Personal Unconscious (+ complexes)
  - Collective Unconscious (+ archetypes)

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Jung vs. Freud: The Unconscious

Freud
- Unconscious made up of repressed, forbidden materials

Jung
- Source of consciousness (consciousness springs from the unconscious mind)
- Matrix of new possibilities in life

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Jung vs. Freud: The Libido

Freud
- Sexual drive

Jung
- Undifferentiated psychic energy
- Striving, desiring, willing

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Components of the Psyche

Ego
- One's conscious mind
  - Land mass above the surface
- Controls which thoughts, feelings, memories enter consciousness
- Our identity—the continuity of identity
  - The stability with which we perceive ourselves
- Not the core system of our personality
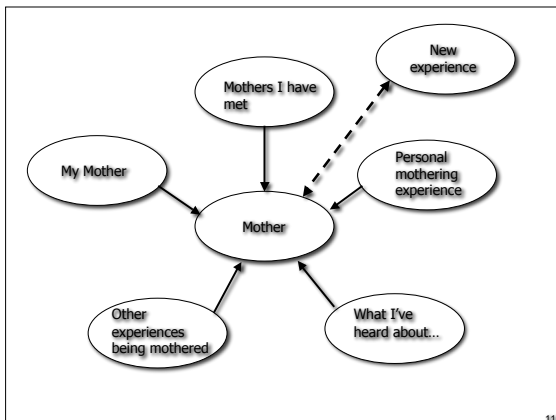 - Counterintuitive

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Components of the Psyche

- Personal Unconscious
  - Repository of all our own thoughts, feelings, memories that reside in the unconscious
    - Experiences that we set aside, but remain a part of us (may be repressed)
    - The land mass below the water that occasionally rises from the sea

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Components of the Psyche

- Information in personal unconscious grouped into organized complexes
  - Organized group of thoughts, feelings, and memories about a particular concept
  - Constellating power: Complexes can recruit new ideas, feelings, memories into them
  - Complexes promote rigidity—may make it difficult to change/disengage from the conclusions we draw from complexes
    - May function independent of our stated conscious desires
    - May be conscious, partly conscious, or unconscious

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Components of the Psyche

- Collective Unconscious
  - Sum total of all human experience
  - Shared by all humans
    - Social roles
    - Emotions (finding "perfect" other)
    - Language and symbolization
  - Transcendent of time and culture
  - Empirical support
    - Dreams, mythology, cross-cultural data

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Components of the Psyche

- Universal themes organized as archetypes
  - Universal thought form or predisposition to respond to the world in certain ways
  - Never fully known, remain unconscious
    - Symbolized in myth, dream, art
    - "Latent potential" of the psyche
    - Connection to greater cosmic process

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Jung's Archetypes

- Persona is the role we play in society
  - "Mask" worn to adjust to society
  - Assigned roles
- Shadow represents the unsociable, taboo, unacceptable thoughts
  - Necessary companion with persona
  - Incomplete without a shadow
  - Prejudice = projected shadow

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Jung's Archetypes

Because none of us are wholly male or female, despite our biological gender
  - Jung believed men and women exhibited fundamental psychological differences
  - Praised for valuing connection to other-sex characteristics. But…
  - Tenuous balance

- Anima is the feminine archetype
  - The feminine part of the male psyche
  - Ability to enter into relationships
- Animus is the masculine archetype
  - The masculine part of the female psyche
  - Rational, analytical

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Jung's Archetypes

- Self
  - Striving for unity of the parts of the personality
  - Directs the orderly distribution of psychic energy so all parts of the personality are represented appropriately
  - Center, midpoint, of personality
  - Development of the self is life's goal
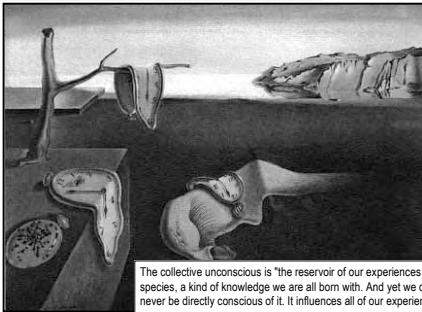   - Does not fully begin to develop until middle age

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Mandala

- Hindu symbol of the universe

- Symbol of the self (recurrent symbol in dreams)

- Striving towards wholeness

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Jung's theory of the human psyche is that it is made up of three parts: the ego (conscious mind), the personal unconscious, and the collective unconscious.

The collective unconscious is "the reservoir of our experiences as a species, a kind of knowledge we are all born with. And yet we can never be directly conscious of it. It influences all of our experiences and behaviors, most especially the emotional ones, but we only know about it indirectly, by looking at those influences.

Jung's Archetypes in the World

- Stories, myths, fairy tales provide access to archetypes
  - The Bible
  - Star Wars
  - Harry Potter
  - Literature
- Social destruction of archetypes (i.e. the great mother in western society) lead to imbalance → patriarchal society

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Jung's Personality Attitudes

- Extraversion the psyche oriented towards the outside world
- Introversion the psyche oriented inward towards the subjective world

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Jung's Personality Functions

- Sensing gathers information primarily from the senses
- Intuiting gathers information examining relationships from past and future

- Thinking utilizes logic, analytical skills
- Feeling utilizes values, attitudes, beliefs

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Jung's Attitudes and Functions: The MBTI (Myers-Briggs Type Indicator)

A personality sorting test based on Jung's theory of type
- Function & Attitude dichotomies
- Addition of Judging (decision making) vs. Perceiving (information gathering)
  - Leads to the assignment of 16 types
  - Face valid
  - Helpful for developing self-awareness and understanding

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MBTI

1. Given a free evening, I would prefer to:

   I   Stay home by myself
   E   Go out with other people

2. In gathering information, I am more interested in:

   S   Facts
   N   Possibilities

3. In making a decision, it is more important for me to:

   T   Come up with the correct answer
   F   Consider the impact of the solution

4. I prefer to do activities

   J   That have been planned in advance
   P   On the spur of the moment

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MBTI (cont'd)

For a complete, more reliable and valid MBTI-type test:

http://www.advisorteam.com/temperament_sorter/register.asp

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Jung's concept of Self-Realization

- Did not emphasize a stage theory as did Freud
- We all experience "psychic birth" in adolescence
- Self-realization is purposeful, fatalistic, destiny
- Everything has a purpose or goal that constitutes its essence and suggests its potential—a telos

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Jung's concept of Self-Realizations

- Synchronicity means that everything is related to everything else in meaning and time
- Particularly psychic states or events
  - Dream of a friend one night, learn of their death the next morning
- Most do not see the interconnectedness
- Parapsychology attempts to expose synchronicity

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Jungian Psychotherapy

- Jung viewed emotional disturbance as a person's attempt to reconcile conflicting aspects of personality
- Jung considered neuroses to be the result of unrealized, underdeveloped, portions of the personality being expressed
- Therapy is dialectical
- Archetypical images from client's past projected onto the analyst
- No free association—amplification

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Analysis and Evaluation

- Philosophy
  - Assumptions
  - Evaluation (coherence, relevance, comprehensiveness, compellingness)
- Science
  - Assumptions
  - Evaluation (verifiability, prediction, compatibility, simplicity, usefulness)
- Applications
  - Assessment, Research, Psychotherapy
    - Psychotherapy (Scholarly, Ethical, Curative)

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