Analytical Psychology

Chapter 3

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”

Carl Gustav Jung (cont).

- 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

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)

Note: Jung and 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

Note: Jung and the Libido

Freud
- Sexual drive

Jung
- Undifferentiated psychic energy
- Striving, desiring, willing
### Components of the Psyche

<table>
<thead>
<tr>
<th><strong>Ego</strong></th>
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<tbody>
<tr>
<td>One's conscious mind</td>
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<tr>
<td>Land mass above the surface</td>
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<tr>
<td>Controls which thoughts, feelings, memories enter consciousness</td>
</tr>
<tr>
<td>Our identity—the continuity of identity</td>
</tr>
<tr>
<td>The stability with which we perceive ourselves</td>
</tr>
<tr>
<td>Not the core system of our personality</td>
</tr>
<tr>
<td>Counterintuitive</td>
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<table>
<thead>
<tr>
<th><strong>Personal Unconscious</strong></th>
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<tbody>
<tr>
<td>Repository of all our own thoughts, feelings, memories that reside in the unconscious</td>
</tr>
<tr>
<td>Experiences that we set aside, but remain a part of us (may be repressed)</td>
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<tr>
<td>The land mass below the water that occasionally rises from the sea</td>
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<table>
<thead>
<tr>
<th><strong>Information in personal unconscious grouped into organized complexes</strong></th>
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<tbody>
<tr>
<td>Organized group of thoughts, feelings, and memories about a particular concept</td>
</tr>
<tr>
<td>Constellating power: Complexes can recruit new ideas, feelings, memories into them</td>
</tr>
<tr>
<td>Complexes promote rigidity—may make it difficult to change/disengage from the conclusions we draw from complexes</td>
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<tr>
<td>May function independent of our stated conscious desires</td>
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<tr>
<td>May be conscious, partly conscious, or unconscious</td>
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<table>
<thead>
<tr>
<th><strong>Collective Unconscious</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sum total of all human experience</td>
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<tr>
<td>Shared by all humans</td>
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<tr>
<td>Social roles</td>
</tr>
<tr>
<td>Emotions (finding “perfect” other)</td>
</tr>
<tr>
<td>Language and symbolization</td>
</tr>
<tr>
<td>Transcendent of time and culture</td>
</tr>
<tr>
<td>Empirical support</td>
</tr>
<tr>
<td>Dreams, mythology, cross-cultural data</td>
</tr>
</tbody>
</table>

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<tr>
<th><strong>Universal themes organized as archetypes</strong></th>
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<td>Universal thought form or predisposition to respond to the world in certain ways</td>
</tr>
<tr>
<td>Never fully known, remain unconscious</td>
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<tr>
<td>Symbolized in myth, dream, art</td>
</tr>
<tr>
<td>“Latent potential” of the psyche</td>
</tr>
<tr>
<td>Connection to greater cosmic process</td>
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</tbody>
</table>
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

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

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

Mandala
- Hindu symbol of the universe
- Symbol of the self (recurrent symbol in dreams)
- Striving towards wholeness

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

Jung’s Personality Attitudes
- Extraversion the psyche oriented towards the outside world
- Introversion the psyche oriented inward towards the subjective world
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

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

MBTI
1. Given a free evening, I would prefer to:
   I  a) Stay home by myself
   E  b) Go out with other people
2. In gathering information, I am more interested in:
   S  a) Facts
   N  b) Possibilities
3. In making a decision, it is more important for me to:
   T  a) Come up with the correct answer
   F  b) Consider the impact of the solution
4. I prefer to do activities
   J  a) That have been planned in advance
   P  b) On the spur of the moment

MBTI (cont.)

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

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

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
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

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)