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

- **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
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
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
Mother

Mothers I have met

My Mother

Other experiences being mothered

New experience

Personal mothering experience

What I’ve heard about…
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
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
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
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)