



ANALYTICAL PSYCHOLOGY

CARL GUSTAV JUNG

An abstract painting of a face, rendered in warm, textured brushstrokes of yellow, orange, and brown. The face is partially obscured by the text on the right.

Biography of Carl Jung

Levels of the Psyche

Dynamics of Personality

Psychological Types

Development of Personality

Jungs Method of Investigation

Critiques

An abstract, painterly background. On the left side, there is a vertical strip containing a face and a bird. The face is rendered in a soft, impressionistic style with warm tones. The bird, which appears to be a parrot, is perched on a branch and is also painted in a soft, painterly manner. The rest of the background is a blend of warm, hazy colors like pink, orange, and yellow, with some faint, wispy patterns.

LEVELS OF THE PSYCHE

Psyche



- **total personality**
- **nonphysical space with its own special reality**
- **psychic energy**
 - **flows continuously in various directions**
 - **real and interchangeable with libido (life process energy)**
 - **like physical energy**
 - **operates according to the**
 - ~principle of opposites**
 - ~principle of equivalence**
 - ~principle of entropy**

Psyche



**The aim of individual development is self-realization,
the integration of all aspects of the psyche.**

Psyche



EGO

- **force in the personality responsible for feelings of identity and continuity**
- **personal sense of identity**
- **contains conscious thoughts of our own behavior, feelings, memories of our experiences**

Psyche

PERSONAL UNCONSCIOUS

- all **repressed, forgotten**, or subliminally perceived experiences
- contains repressed infantile memories and impulses, forgotten events and experiences originally perceived below the threshold of our consciousness
- unique to each of us
- **complex – emotionally toned conglomeration of associated ideas**
- **example: mother complex**

Psyche

COLLECTIVE UNCONSCIOUS

- **storehouse of latent memories of our human and prehuman ancestry**
- **consists of instincts and archetypes that we inherit as possibilities and that often affect our behavior**
- **archetypes** – **themes that have existed in all cultures throughout history; ancient or archaic images; universal**
- **responsible for people's myths, legends, religious beliefs, dreams**
- **examples: mother-child relationship, love at first sight, deja vu**

Archetypes

- **ancient or archaic images that derive from the collective unconscious**
- **emotionally toned collections of associated images (similar to complexes)**
- **unlearned tendency to experience things in a certain way**
- **instinct** – unconscious physical impulse
- **psychic counterpart to an instinct**
- **both instinct and archetype can help shape personality**
- **modes: dreams, fantasies, delusions**

Archetypes

- **Persona**
- **Shadow**
- **Anima**
- **Animus**
- **Great Mother**
- **Wise Old Man**
- **Hero**
- **Self**



Archetypes: Persona

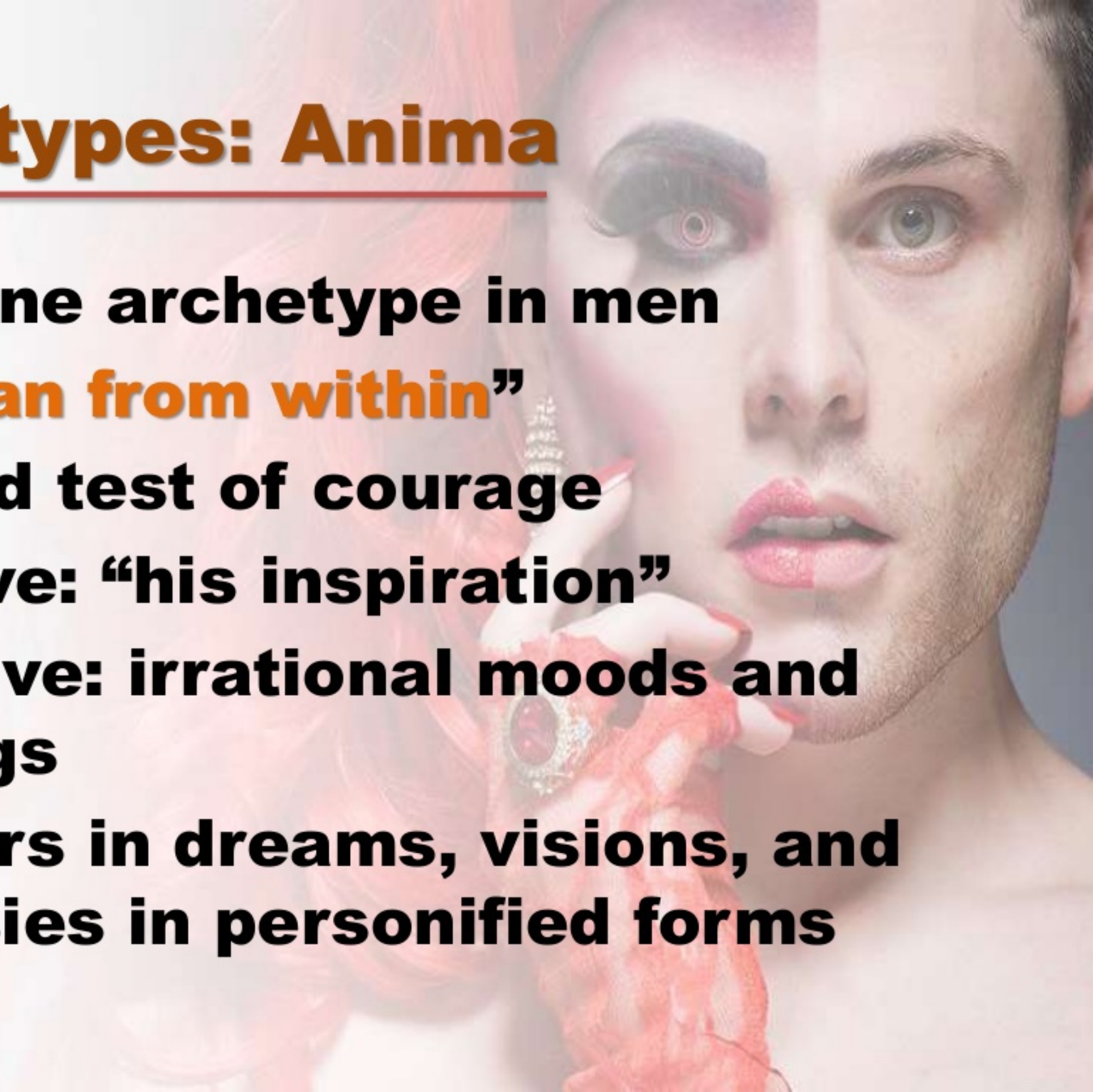
- **mask**
- **universal manifestation of our attempt to deal appropriately with other people**
- **“To be oblivious of one’s persona is to underestimate the importance of society, but to be unaware of one’s deep individuality is to become society’s puppet.”**

Archetypes: Shadow

- **darkness, repression**
 - **qualities we do not wish to acknowledge but attempt to **hide from ourselves and others****
 - **positive side may be seen when a person feels unaccountably vital, spontaneous, and creative**
 - **first test of courage**
- “realization of the shadow”**

Archetypes: Anima

- **feminine archetype in men**
- **“woman from within”**
- **second test of courage**
- **positive: “his inspiration”**
- **negative: irrational moods and feelings**
- **appears in dreams, visions, and fantasies in personified forms**



Archetypes: Animus

- **masculine archetype in women**
- **positive: reason and logic**
- **negative: irrational thinking and illogical opinions**
- **appears in dreams, visions, and fantasies in personified forms**

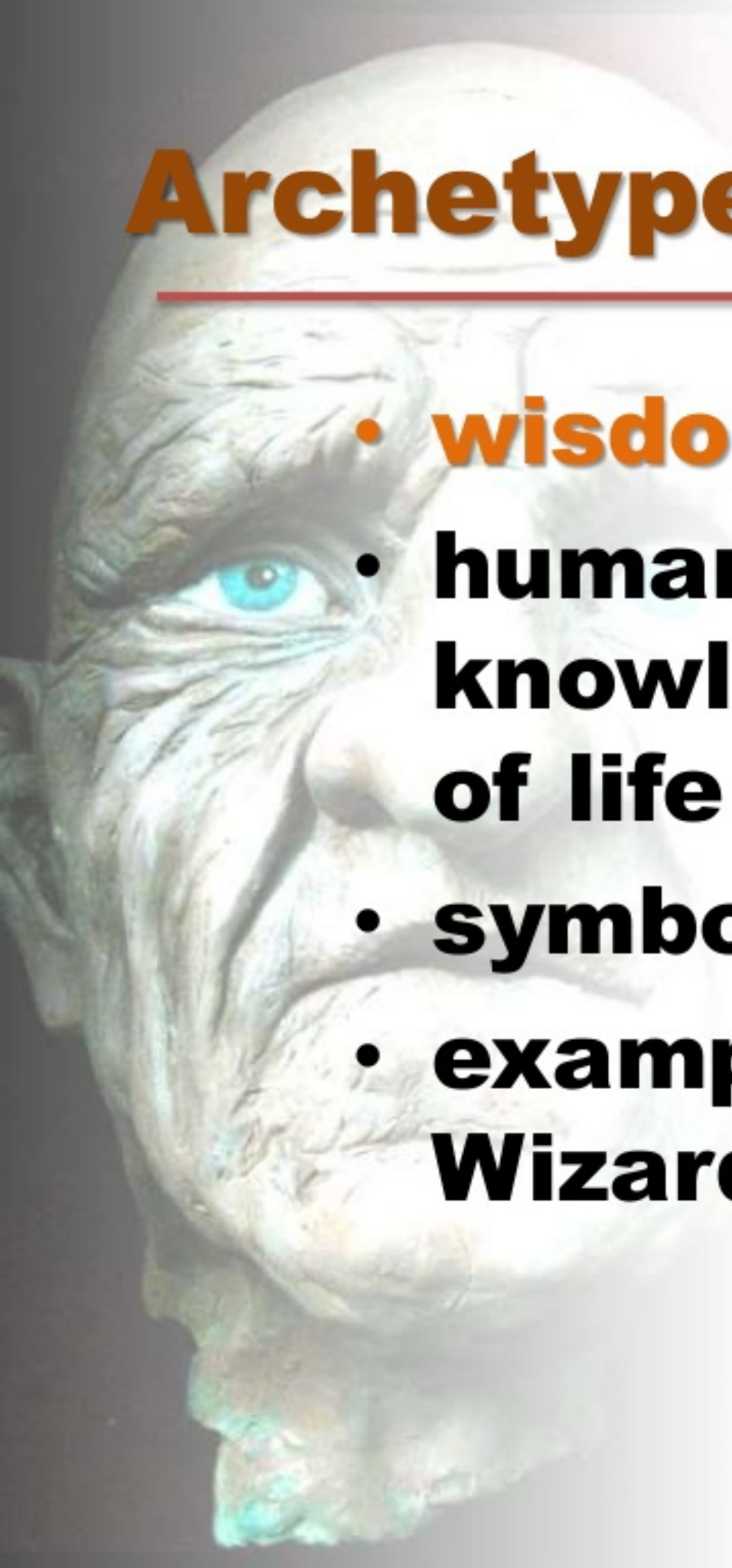


Archetypes: Great Mother

- **fertility and nourishment**
- **power and destruction**
- **example: Cinderella's fairy godmother**

Archetypes: Wise Old Man

- **wisdom and meaning**
- **humans' preexisting knowledge of the mysteries of life**
- **symbolized by life itself**
- **example: wizard in Baum's Wizard of Oz**



Archetypes: Hero

- **person who conquers an evil foe but who also has a tragic flaw**
- **often undone by some insignificant person or event**
- **examples: Achilles and his heel, Superman and kryptonite**



Archetypes: Self



- **innate blueprint that is capable of being realized**
- **inherited tendency to move toward growth, perfection, and completion**
- **“archetype of archetypes”**
- **pulls together and unites the other archetypes to self-realization**
- **transcendent function – provides stability and balance to the various systems of the personality**
- **symbol: mandala**



DYNAMICS OF PERSONALITY

Dynamics of Personality

Causality

vs

Teleology

Present events have
their origin in
previous experiences

Present events are
motivated by goals
and aspirations for
the future that direct
a person's destiny

Dynamics of Personality

Progression vs Regression

Adaptation to the outside world involves the **forward flow** of psychic energy

Adaptation to the inner world relies on **backward flow** of psychic energy

The background of the slide is an abstract composition of warm, textured brushstrokes in shades of yellow, orange, and brown. On the left side, there is a faint, stylized profile of a human face, possibly a classical sculpture, rendered in a way that blends with the abstract background. The overall effect is artistic and somewhat ethereal.

PSYCHOLOGICAL TYPES

ATTITUDES

- INTROVERSION**

- EXTRAVERSION**

FUNCTIONS

- THINKING**

- FEELING**

- SENSING**

- INTUITING**



Extraversion

- **turning outward of psychic energy, oriented towards the objective**
- **more influenced by the surroundings**



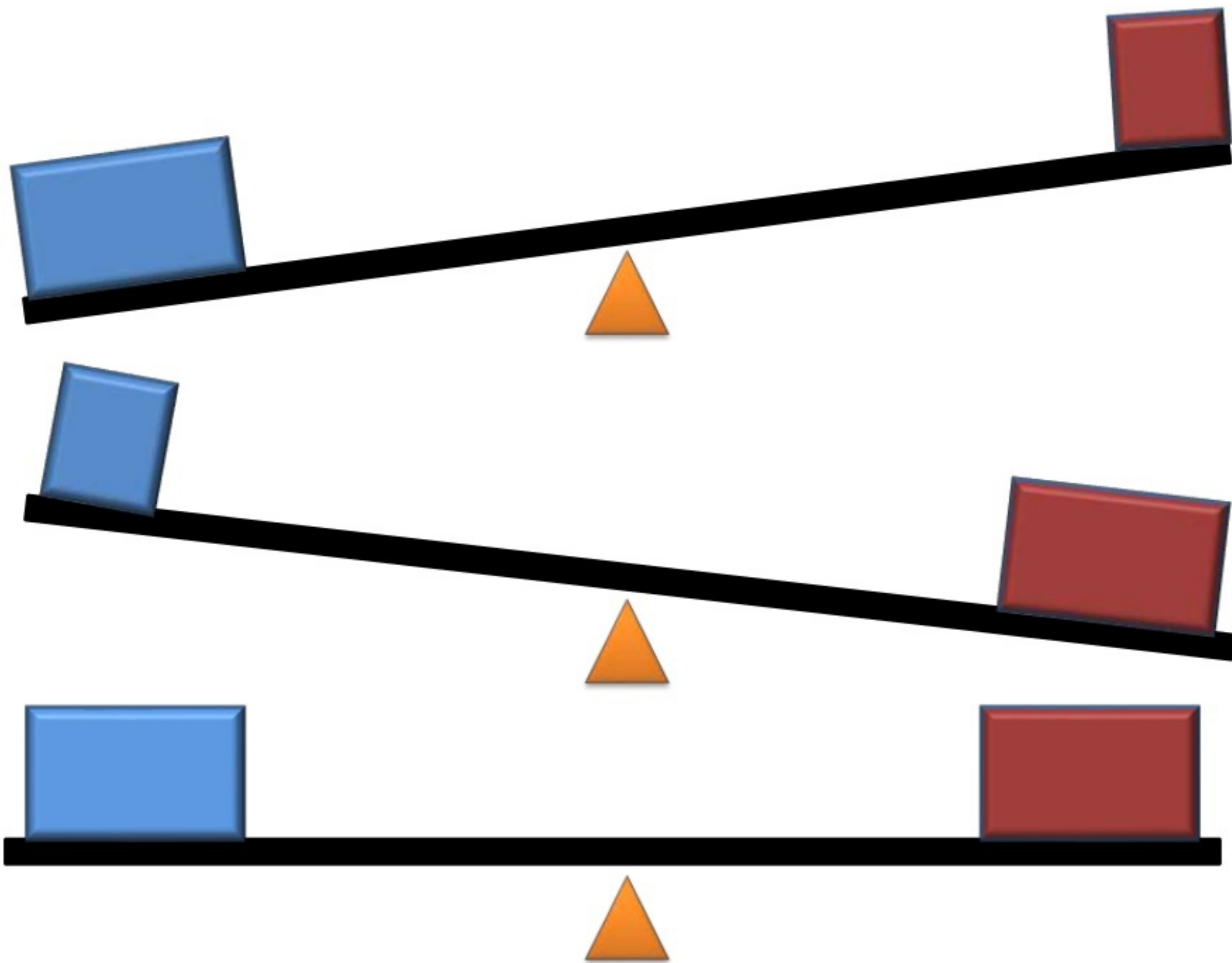
Introversion

**-turning inward of
psychic energy with
an orientation toward
the subjective**

**- tuned into their
inner world with all
its biases, fantasies,
dreams**

INTROVERTED

EXTRAVERTED



FUNCTIONS

```
graph TD; F[feeling] --- F_desc[tells them its value or worth]; S[sensing] --- S_desc[tells people that something exists]; I[intuiting] --- I_desc[allows them to know about it without knowing how]; T[thinking] --- T_desc[enables them to recognize meaning];
```

**tells
them its
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feeling

**tells
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intuiting

**enables
them to
recognize
meaning**

thinking

Functions	Attitudes	
	extraverted	introverted
Thinking	rely heavily on concrete thoughts	interpretation of n event is colored more by the internal meaning they bring with them
	Research scientists, accountants, mathematicians	Philosophers, theoretical scientists, inventors
Feeling	- guided by external values and widely-accepted standards of judgment	base their value judgments on subjective perceptions
	Real estate appraisers	Movie critics, art appraisers

Functions	Attitudes	
	extraverted	introverted
Sensation	perceive the stimuli in much the same way that these stimuli exists in reality	subjective sensations ,interpret stimuli rather than the stimuli themselves
	Wine tasters, proof readers, house painters	Artists, classical musicians
Intuition	Oriented towards facts	Guided by unconscious perception of facts that are subjective
	Inventors, religious reformers	Prophets, mystics, religious fanatics



SAMPLE ITEMS FROM THE MYERS-BRIGGS TYPE INDICATOR

Introversion (I) ---Extraversion (E) items

- 1. When you have to meet strangers, do you find it**
 - A. pleasant, or at least easy (E)**
 - B. something that takes a good deal of effort? (I)**

- 2. Are you naturally**
 - A. a good mixer (E)**
 - B. rather quiet and reserved in company? (I)**

- 3. In a large group, do you more often**
 - A. introduce others (E)**
 - B. get introduced? (I)**

Sensing (S) ---Intuition (N) items

- 1. Do you usually get along better with**
 - A. imaginative people (N)**
 - B. realistic people?? (S)**

- 2. Do you get more annoyed at**
 - A. fancy theories (S)**
 - B. people who don't like theories? (N)**

- 3. Would you rather be considered**
 - A. A practical person (S)**
 - B. An ingenious person? (N)**

Thinking (T) ---Feeling (F) items

1. Which of these two is a higher compliment?

A. He is a person of real feeling? (F)

B. He is consistently reasonable (T)

2. Do you think it is a worse fault

A. to show too much warmth? (T)

B. not to have enough warmth? (F)

3. Do you more often let

A. your heart rule your head (F)

B. your head rule your heart? (T)

An abstract painting of a face, rendered in warm, textured brushstrokes of yellow, orange, and red. The face is partially obscured by the text on the right. The background is a soft, hazy mix of pink and white.

STAGES OF DEVELOPMENT

Jung compared the trip through life to the journey of the sun to the sky with the brightness of the sun representing consciousness.

CHILDHOOD

YOUTH

MIDDLE LIFE

OLD AGE

Early Morning Sun

full of potential, lacking in brilliance

Anarchic – chaotic and sporadic consciousness

Monarchic – development of the ego; beginning of logical and verbal thinking

Dualistic – ego is divided into subjective and objective

CHILDHOOD

YOUTH

MIDDLE LIFE

OLD AGE

Morning Sun

climbing toward the zenith

Period of increased activity, maturing sexually, growing consciousness, and recognition that the problem-free era of childhood is gone forever

Major difficulty: CONSERVATIVE PRINCIPLE – desire to live in the past

CHILDHOOD

YOUTH

MIDDLE LIFE

OLD AGE

Early Afternoon Sun
brilliant yet headed for sunset

begins at approximately age 35 to 40

May fight desperately to maintain their youthful appearance and lifestyle

CHILDHOOD

YOUTH

MIDDLE LIFE

OLD AGE

Evening Sun
markedly dimmed

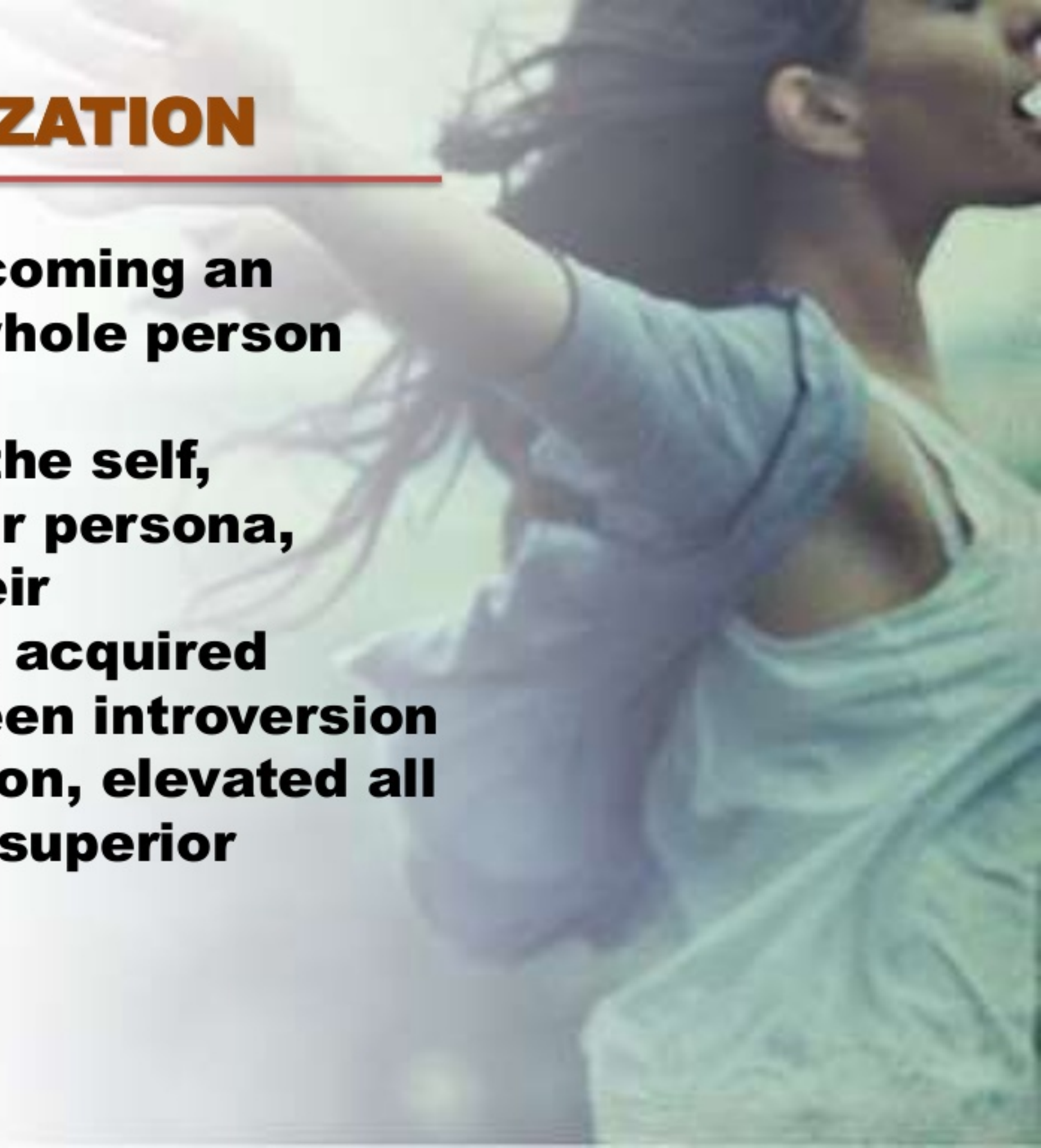
diminution of consciousness;

fear of death

SELF-REALIZATION

process of becoming an individual or whole person

realization of the self, minimized their persona, recognized their anima/animus, acquired balance between introversion and extraversion, elevated all functions to a superior position



SELF-REALIZATION

**Brought about by
TRANSCENDENCE –
conflict is resolved by
bringing opposing forces
into balance with each
other with understanding**



SELF-REALIZATION

Self-realization is an ideal state and not something to be attained. It is the process that is important, not the achievement of the goal. By undergoing this painful struggle to reconcile the conflicting sides of their nature, patients become integrated, whole personalities. They do not become perfect human beings; they become, instead, what they were destined to become—individuals with unique set of strengths and limitations.



METHOD OF INVESTIGATION/ ASSESSMENT

Dream Analysis

- are spontaneous and involuntary eruption of **repressed materials**

- attempts at resolving current problems** and conflicts (*If the dream helps in the resolution of the problem, it should not occur again.*)

- compensatory in nature** (attempts at rectifying deficiencies in personality (*feelings and attitudes not expressed during waking life will find its outlet through the dream process*))



Word Association Test

- presented patients with **stimulus words** and each verbal response, time taken to make a response, rate of breathing and galvanic skin response are recorded
- **Areas of conflict** were assumed to be present if the patient (a) repeated the stimulus word several times as though it had not been heard (b) gave a response of more than one word (c) gave a meaningless reaction (d) failed to respond

Active Imagination

- requires a person to begin with any impression—a **dream, an image, vision, or fantasy** – and to concentrate until the impression begins to **move**



Psychotherapy



Stages:

1. **Confession** – acknowledging his/her limitations to another
2. **Elucidation** – the patient bring to surface certain contents of the unconscious which the therapist clarifies; learning the origins of the problems
3. **Education** – incorporation of insights into one's personality in order to adapt to social environment
4. **Transformation** – interplay between therapist and patient leads to change that move beyond adaptation to environment and towards self-realization

Painting Therapy

a means of encouraging them to **express their unconscious** feelings or thoughts





CRITIQUES of JUNG

Nearly impossible to either falsify or verify (The collective unconscious remains a difficult concept to test empirically.)

Many of its concepts are highly ambiguous (Regression and introverted are so closely-related that they can be said to describe the same process)

YOUR VISION BECOMES CLEAR
WHEN YOU LOOK INSIDE
YOUR HEART.
WHO LOOKS OUTSIDE, DREAMS.
WHO LOOKS INSIDE,
AWAKENS.

- Carl Jung