Carl Jung

Carl Gustav Jung
1875-1961

Jung’s childhood was marred by physical illness and emotional uncertainties, his relations with his pastor father and mother were problematic” (Jung 1961)

Jung background

His father was a pastor he came from an academic family.

He was knowledgeable in symbolism of complex mystical tradition
He had a deep capacity for dreaming: (dream of the flood prior to world war 1)
he carefully recorded his dreams, painted, sculpted.
Visions of a wise old man and a little girl who became his Anima

Education

Interest in Latin at 6yrs, studied languages and ancient literature.
Jung could read Sanskrit from the Hindu holy book
Solitary teenager didn’t like school or competitiveness
Was sick a lot as a child and used his sickness to prevent him from socialising
• Studied medicine became a psychiatrist in 1903
• Long time admirer of Freud
• Famous Meeting
• Met in Vienna in 1907
• Freud cancelled his appointment and they talked for 13 hours straight.
• Freud viewed Jung as his heir
• Jung was never completely in agreement with Freud’s theory.
• Their relationship cooled and Jung went on to develop his own theory.
• Both Jung and Adler broke from Freud
• Jung’s work is rooted in embracing opposites he said “opposites are the indispensable preconditions of all psychic life” (Jung 1955)
• Eg: someone is angry with another their desire is to destroy – competes with their concern for the other

• The self is the fully developed personality. It is attained by balancing and integrating all parts of the personality. Jung was the forerunner of the humanistic movement, with its emphasis on self-actualization.

• Jung describes the three most NB Archetypes as:
- The Self: the unification of the higher self (self actualised) enlightened
- The Shadow: the unconscious, the hidden aspect of the self
- The Persona: the mask we wear and rules we conform to in order to be socially acceptable in the world
- Additional Archetypes
- Persona: your public personality, aspects of yourself that you reveal to others.
- Shadow: prehistoric fear of wild animals, represents animal side of human nature.
• Anima: feminine archetype in men.
• Animus: masculine archetype in women.
• Others: God, Hero, Nurturing Mother, Wise Old Man, Wicked Witch, Devil, Powerful Father.
• Jung’s Theory
• Jung divided the Human Psyche into three parts
  • The ego: The persona + the self
  • The personal unconscious: The shadow
  • The collective unconscious: Archetypes
• Ego
Conscious level and carries daily activities like Freud’s conscious

The Persona; masks that the individual wears to the world, the rules which one conforms to be socially accepted

Personal Unconscious

The shadow: the hidden part of the self that represents the socially unacceptable sides of ourselves often hidden by the persona

Jung maintains that the shadow is one of the most powerful and potentially the most dangerous of all
archetypes it holds the best and worst of us.

- The why of the Shadow
- A very good guide in understanding the shadow, is when we find ourselves qualities in others disturbing, are often those that we disown in ourselves
- Real growth or development is based on discovering our shadow. It is not enough to know it we have to be shocked into seeing it.
- (story of the bird) Heal or Harm
Archetypes
‘Psychic inheritance’
The contents of the collective unconscious are called archetypes.
It is an unlearned tendency to experience things in a certain way (similar to Freud's instincts)
The archetype is almost like the black hole in space. You only know its there by how it draws matter and light

Additional Archetypes
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The mother Archetype

All our ancestors had mothers, we come into to the world ready to seek want /seek her.
Our ‘built in’ ability to recognise a certain relationship that of ‘mothering’ we project this type of relationship on to another person usually our own mother.

- The MANA/spiritual power
- No fixed archetypes
- Besides the mother there is the father,
- The family, the child,
- Many archetypes are story characters
- The hero represents the ego the saviour
- He rescues the maiden etc
Anima & Animus

A part of our persona is the role the male and female play in our make up.

Culturally and societal factors will determine how we act out such.

In general women are expected to be nurturers and less aggressive while men are expected to be strong and to ignore the emotional side if life.

Dee don’t get pulled into a gender debate

However Jung felt that these views meant that we
developed only half of our potential

- The anima is the female aspect present in the collective unconscious of men
- The animus is the male aspect present in the collective unconscious of women
- Together they are referred to as synergy
- Synergy
- "Synergy is the term Jung applied to any set of yoked opposites – particularly sexually based ones male/female, masculine/feminine, yang/yin,"
which he took from Chinese Philosophy. Jung’s own terms of animus/anima denote the sexually opposite inner figures of a woman (anima) and a man (animus).

- The Self
- The self as the totality of the psyche mediates the opposites of good/evil, creativity/destruction, divine/human. It offers possibilities of activating wholeness or individuation through the conjunctions of opposites
● The self
● Its presence is experienced as ‘numinous’ i.e. mysteriously powerful, and this is prevalent when there is a great deal of archetypal activity when the collective unconscious contents are pushing through into consciousness. (Dreams, Creative work)
● The dynamics of the psyche
● Divided into 3
● **Principle of opposites**: in order to have a concept of good you must have a concept of bad. Jung states it the opposition that creates the
power of the libido of the psyche. It is like the two poles of a battery. It is the contrast that gives strong energy and a weak contrast gives a weak energy

- Principle of Equivalence.
- This is when the energy is given to both sides equally. You choose in doing good or otherwise (read story of the bird)
- If one denies or suppresses thoughts of bad or evil this creates a build up of energy
- What happens to that energy?
• If you pretend that you never had a evil wish or thought, this energy becomes blocked and gathers to develop into a complex.

• A complex is a pattern of suppressed thoughts that cluster and constellate around a theme provided by some archetype. This leads to developing the shadow. (dark side)

• Principle of Entropy

• Jung developed this idea from physics. This is the tendency of oppositions to come together, and so for energy to
decrease, over a person’s lifetime

- In youth oppositions will tend to be extreme, adolescents will swing from one side to the other, (wild child, find religion)

- As we get older
- Generally feel comfortable with our different facets
- We accept our good and bad aspects
- We are less threatened by the opposite sex. This process of rising above our opposites, of seeing both sides of who we are is called ‘Transcendence’
The goal of life

According to Jung the goal of life is to realise the self

The self is an archetype that represents the transcendence of all opposites, so that every aspect of your personality is expressed equally.

Jung Life span development

When you are young you focus on ego and worry about the trivialities of the persona

When you are older (assuming you developed as expected) you focus a little deeper on the self and become closer to all
people, all life and the universe.

- The self realised person is actually less selfish
- Personality Types
- Jung developed a personality typology
- It is focused on the distinction between introversion and extroversion
- Introverts are people who prefer their internal world of thoughts, feelings, fantasies, dreams
- Extroverts prefer the external world of things, people and activities
● Basic Personality Orientations
● Introversion: focused inward; the person is cautious, shy, timid, reflective.
● Extroversion: focused outward; the person is outgoing, sociable, assertive, energetic.
● Jung suggests that there are 4 basic ways of functioning
● 1st Function: Sensing
● Sensing means getting information by means of the senses.
● A sensing person is good at looking, listening and getting to
know their world. (this involves perception)
It can be deemed one of the irrational functions.
• 2\textsuperscript{nd} Function - Thinking
• Thinking means evaluating information rationally or logically
• Jung called this a rational function meaning it involves decision making or judging rather than information
• 3\textsuperscript{rd} - Intuiting (Intuition)
• Intuiting is a kind of perception that works outside of the usual conscious processes.
● It is another irrational function like sensing but comes from a complex integration of large amounts of information.
● Jung states it is like seeing around corners
● 4th Function - Feeling
● Feeling like thinking is a matter of evaluating information, this is done by weighing one’s overall ones emotional response.
● Jung Stated:
● that the modern world provides inadequate opportunity for the emergence of the shadow and can
become beast like. If the shadow is ignored or pushed down, they have to find ways of expression. They are often manifested in ways that may be unproductive and damaging to the psyche. Addictions, rigidity, ‘all or nothing’ behaviours.