

# CONTRIBUTIONS OF CARL JUNG



# OVERVIEW

- Introduction to Jungian psychology
- Biographical sketch: Carl Jung
- Levels of Psyche
- Archetypes
- Dynamics of personality
- Jungian typology

# OVERVIEW

- Personality development
- Individuation
- Psychotherapy
- Critique
- Summary
- References

# JUNGIAN(ANALYTIC) PSYCHOLOGY

- Occult phenomena can and do influence the lives of everyone.
- It is a collection of opposites. People are both-
- Introverted and extraverted
- Masculine and feminine
- Rational and irrational
- Conscious and unconscious
- Pushed by past events and pulled by future aspirations

# BIOGRAPHICAL SKETCH

- 1875- Born in Kesswill, Swizerland
- School years- two personalities and parental influence
- 1895- Studied medicine at University of Basel
- Dissertation- occult phenomenon
- 1900- [Burghölzli](#) psychiatric hospital with [Eugen Bleuler](#).
- 1906- *Diagnostic Association Studies*
- 1906-1913- correspondence and cooperation with Freud

# BIOGRAPHICAL SKETCH

- 1910- First President of the [International Psychoanalytical Association](#)
- 1912- [\*Psychology of the Unconscious\*](#)
- 1914-1918- creative illness
- 1921- *Psychological types*
- 1961- *Memories, dreams and reflections*



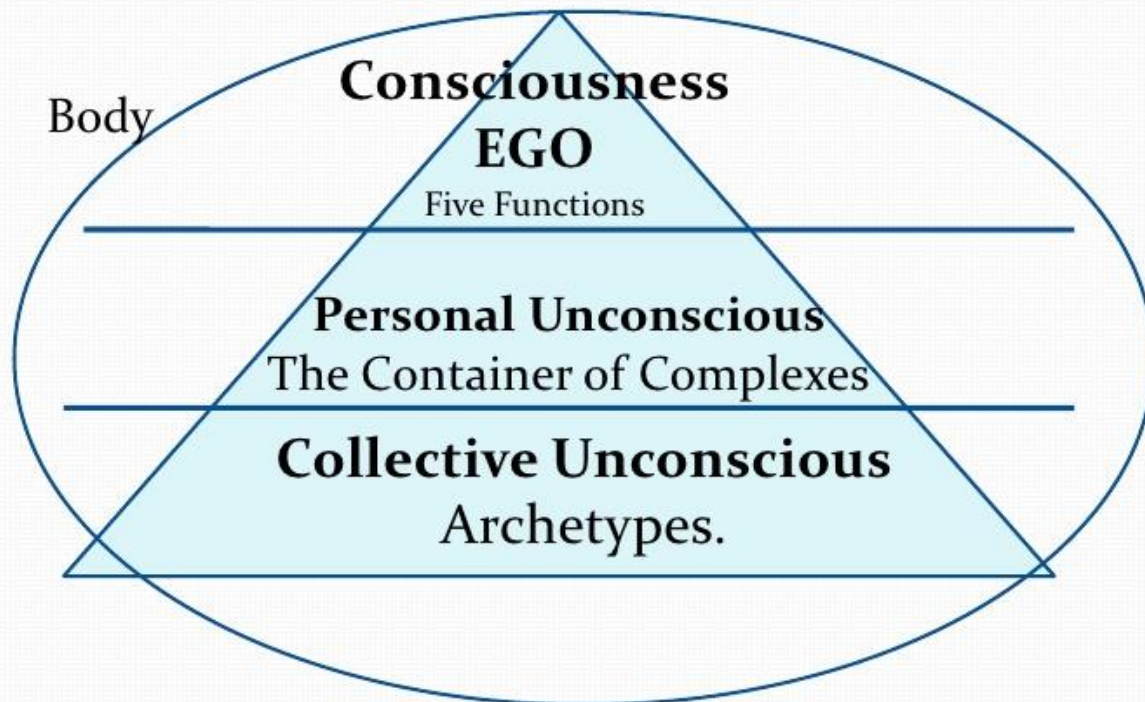
FREUD AND JUNG

THE RED BOOK



# LEVELS OF PSYCHE

## The Basic Map of the Psyche





# LEVELS OF PSYCHE- CONSCIOUS

- Similar to freudian conscious
- EGO-
  - Deal with external reality
  - Organize thoughts, feelings, senses and intuitions
  - Restrictive- no unconscious elements
  - A small part of self, secondary to it
  - Sense of identity and existence
- Law of compensation

# LEVELS OF PSYCHE- PERSONAL UNCONSCIOUS

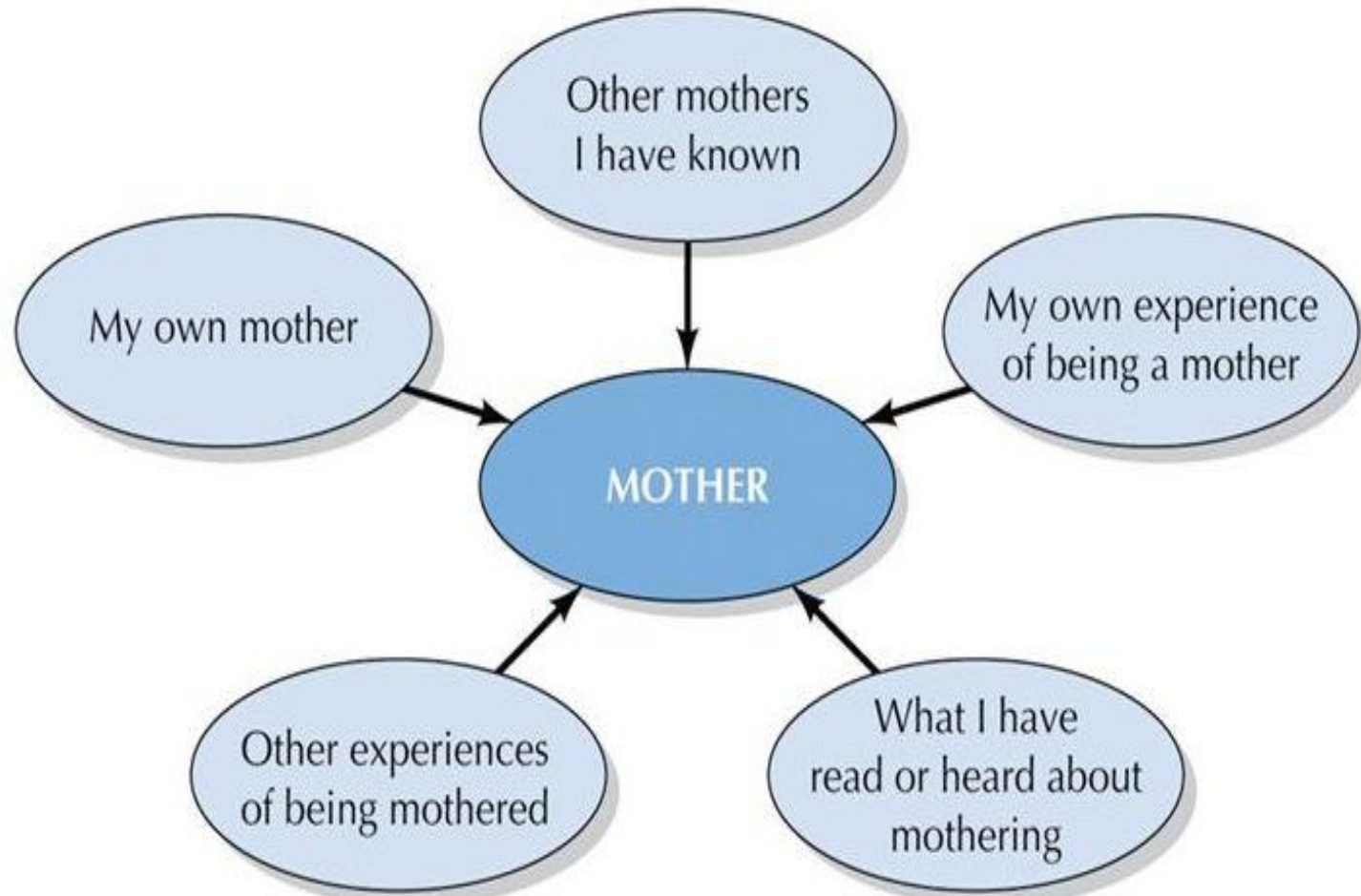
- Knowledge, thoughts, memories, impulses and wishes( easily recalled and repressed), subconscious perceptions
- Freudian Preconscious + Unconscious
- Content- Complexes

# LEVELS OF PSYCHE- COMPLEXES

- Complexes- groups of **unconscious ideas** associated with particular emotionally toned events or experiences.
- Word association studies
- **Archetypal core**
- Eg- the concept of “mother”

# LEVELS OF PSYCHE- COMPLEXES

- Complexes - partly conscious + both personal and collective unconscious
- **Bipolarity** of complexes
- Triggered to conscious by external stimuli



# LEVELS OF PSYCHE- COLLECTIVE UNCONSCIOUS

- Residue of what has been learned in humankind's **evolution** and **ancestral** past
- **Biologically inherited response tendency** to a typical situation
- Shared with other members of human species
- Universal symbols- **Archetypes**

# ARCHETYPES

- Emotionally charged thoughts/images with **universal meaning** -originate through the repeated experiences of humans' early ancestors.
- Cause to respond in certain manner- nurturing or aggression
- Interaction with reality, personal experiences- elaborate to **complex**
- Represented through **dreams, fantasies, and delusions.**

# ARCHETYPES



## PERSONA

- Side of personality that people show to the world.
- Eg- a physician is expected to adopt a characteristic "bedside manner"
- Psychological health- balance between our persona and who we truly are



# ARCHETYPES



## SHADOW

- The **shadow**, the archetype of **darkness** and **repression**
- Morally objectionable tendencies which we hide even from self
- Acknowledge and accept darkness within self-first test of courage

# ARCHETYPES

## ANIMA / ANIMUS

- *Anima* -feminine side of men
- Influences feelings
- Second test of courage
  
- *Animus* -masculine side of women
- Influences thinking



# ARCHETYPES

- Great mother- fertility and destruction
- Wise old man- wisdom and meaning
- Hero- powerful and vulnerable



# ARCHETYPES

## SELF

- Archetype of archetypes
- Unites other archetypes into a integrated balanced whole self in the process of self realization.
- **Mandala** symbol



# The Four Major Jungian Archetypes



the anima/animus



the shadow



the self



the persona



Symbol of the Self

PHYSICAL WORLD / SOCIETY – objects, people, etc.

Persona / Personae



PERSONAL UNCONSCIOUS

Shadow

Cultural Unconscious

Biological Unconscious

COLLECTIVE UNCONSCIOUS

Anima / Animus

SELF or  
God-image

Archetypes

PSYCHIC WORLD – complexes, archetypes

shadow-projection

anima/animus-projection

# DYNAMICS OF PERSONALITY

- **Causality**- present events originate in previous experiences.
- **Teleology**- present events motivated by goals and aspirations for the future
- **Progression**- Adaptation to the outside world involves forward flow of psychic energy
- **Regression**- adaptation to the inner world relies on a backward flow of psychic energy

# PERSONALITY TYPES



- 2 attitudes X 4 functions- 8 types

## ATTITUDES

- predisposition to act or react in a characteristic direction.
- **Introverts**- oriented to their inner world
- **Extroverts**- oriented to others and to the world of consciousness.
- Both serve in compensatory relationship



# PERSONALITY TYPES

## FUNCTIONS

- **Sensing**- tells people that something exists
- **Thinking**- enables them to recognize its meaning
- **Feeling**- tells them its value or worth
- **Intuition**- allows them to know about it without knowing how they know.

# PERSONALITY TYPES

## Examples of the Eight Jungian Types

Functions	Attitudes	
	Introvert	Extravert/Extrovert
Thinking	Philosophers, theoretical scientists, some inventors	Research scientists, accountants, mathematicians
Feeling	Subjective movie critics, art appraisers	Real estate appraisers, objective, movie critics
Sensation	Artists, classical musicians	Wine tasters, proofreaders, popular musicians, house painters
Intuition	Prophets, mystics and religious fanatics	Some inventors, religious reformers

# MYERS-BRIGGS TYPE INDICATOR

**E S T P**

Pragmatists who love excitement and excel in a crisis.

1. Detective
2. Banker
3. Investor
4. Entertainment agent
5. Sports coach

**I S T P**

Straightforward and honest people who prefer action to conversation.

1. Civil engineer
2. Economist
3. Pilot
4. Data communications analyst
5. Emergency room physician

**E S F P**

Lively and playful people who value common sense.

1. Child welfare counselor
2. Primary care physician
3. Actor
4. Interior designer
5. Environmental scientist

**I S F P**

Warm and sensitive types who like to help people in tangible ways.

1. Fashion designer
2. Physical therapist
3. Massage therapist
4. Landscape architect
5. Storekeeper

**E N T J**

Natural leaders who are logical, analytical, and good strategic planners.

1. Executive
2. Lawyer
3. Market research analyst
4. Management/Business consultant
5. Venture capitalist

**I N T J**

Creative perfectionists who prefer to do things their own way.

1. Investment banker
2. Personal financial adviser
3. Software developer
4. Economist
5. Executive

**E N F J**

People-lovers who are energetic, articulate, and diplomatic.

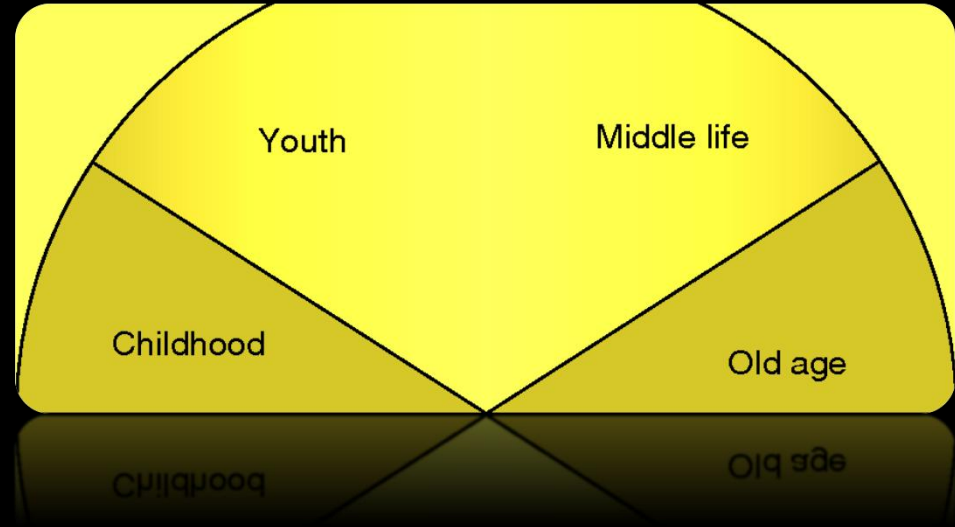
1. Advertising executive
2. Public relations specialist
3. Corporate coach/Trainer
4. Sales manager
5. Employment specialist/HR professional

**I N F J**

Thoughtful, creative people driven by firm principles and personal integrity.

1. Therapist/Mental health counselor
2. Social worker
3. HR diversity manager
4. Organizational development consultant
5. Customer relations manager

# PERSONALLITY DEVELOPEMENT



## Childhood

- Early morning
- Lacks consciousness
- Anarchic phase
- Monarchic phase
- Dualistic phase

# PERSONALLITY DEVELOPEMENT

## Youth

- Morning sun
- Climbing toward zenith
- **psychic and physical independence** from their parents, find a mate, raise a family, and make a place in the world

## Middle life

- Brilliant late morning sun but heading toward sunset
- Begins at 35 or 40- anxiety and periods of tremendous potential
- **Discover new meaning** in life - new religious orientation and deal with life/death

# PERSONALLITY DEVELOPEMENT

## Old age

- Evening sun
- Once bright conscious that is now markedly dim
- Fear of death, meaning of death
  
- *“we cannot live in the afternoon of life according to the programme of life's morning. A young man who does not fight and conquer has missed the best part of his youth, and an old man who does not know how to listen to the secrets of the brooks, as they tumble down from the peaks to the valleys, makes no sense”*

# INDIVIDUATION

- Process of integrating the opposite poles into a single homogeneous individual.
- Realization of the self
- Minimized their persona
- Recognized their anima or animus
- Workable balance between introversion and extraversion.
- Elevated all four of the functions to a superior position

# PSYCHOTHERAPY

## WORD ASSOCIATION TEST

- Reveal **complexes**
- 100 stimulus words- elicit an emotional reaction.
- Respond to each stimulus word with the first word that came to mind.
- Recorded- each verbal response, time taken to make a response, rate of breathing, and galvanic skin response.
- Certain types of reactions indicate that the stimulus word has touched a complex.



# PSYCHOTHERAPY

## DREAM ANALYSIS

- Jungian dream interpretation- uncover elements from the personal and collective unconscious and to integrate them into consciousness
- Dreams are often compensatory
- **Repressed feelings and attitude**-an outlet through the dream process.
- Proof of collective unconscious

# PSYCHOTHERAPY

## ACTIVE IMAGINATION

- Begin with an impression like a dream, image, vision, picture, fantasy
- Concentrate on it until the impression begins to move
- Follow the image and try to communicate with it no matter where it goes.
- Reveal **archetypes**

# PSYCHOTHERAPY

PSYCHOTHERAPY – Four basic approaches

- Confession of a pathogenic agent- **catharasis**
- Interpretation, explanation, and elucidation- **insight** into the causes of their neuroses
- Education of the patient as social beings- patients **socially well adjusted**.
- Transformation of the patient into a healthy human- **individuation**, wholeness, or self-realization

# THEORY-DIFFERENCES

## Freud – Jung – Adler – Horney – Fromm

Freud	Jung	Adler	Horney	Fromm
<i>Unconscious</i>	<i>Collective unconscious</i>	<i>Moderate on unconscious influence</i>	<i>Unconscious &amp; conscious</i>	<i>Unconscious &amp; conscious</i>
<i>Biological</i>	<i>Biological</i>	<i>Social</i>	<i>Social</i>	<i>Social</i>
<i>Determinism &amp; pessimism</i>	<i>Neither pessimism nor optimism</i>	<i>Free choice &amp; optimism</i>	<i>Slightly higher on free choice &amp; optimism</i>	<i>Free choice &amp; determinism, both pessimism &amp; optimism</i>
<i>Uniqueness &amp; similarities</i>	<i>Similarities</i>	<i>Uniqueness of individuals</i>	<i>Similarities</i>	<i>Uniqueness &amp; similarities</i>
<i>Causality</i>	<i>Causal &amp; Teleology</i>	<i>Teleology</i>	<i>Causal &amp; Teleology</i>	<i>Teleology</i>

# CRITIQUE

- Impossible to verify or falsify
- Mystical and obscure
- Lacks operational definitions
- Lack of demonstrable research
- Archetypes have no rational basis
- Collective unconscious – controversial but includes broad scope of human activity within a single theoretical framework

# CRITIQUE

- Low practicality
- Neither optimistic nor pessimistic
- Both conscious and unconscious
- Motivation is both causal and teleological
- Has a clear biological orientation
- Low on individual differences

# RELEVANCE

- Personality attitude and functions-  
development of modern personality
- MBTI- business and industry
- Empirical studies of jungian psychotherapy-  
improvement in symptoms, interpersonal  
problems and levels of personality structure

# SUMMARY

- Humans- complex beings with many opposing poles.
- Psychic construct- ego, personal and collective unconscious
- Motivation- causality and teleology
- Movement- progression and regression
- Persona + Shadow + Anima/Animus




# SUMMARY

- The various complexes and archetypes are responsible for many of their words and actions and most of their dreams and fantasies.
- No one is completely introverted or totally extraverted; all male or all female; solely a thinking, feeling, sensing, or intuitive person
- Ultimate goal- individuation (balance)

# REFERENCES

- Sadock, Benjamin J.; Sadock, Virginia A.; Ruiz, Pedro Kaplan & Sadock's Comprehensive Textbook of Psychiatry, 10th Edition 2017 Wolters Kluwer
- Feist J, Feist GJ. Theories of Personality, 7<sup>th</sup> Edition. New York. 2006.
- [www.simplypsychology.org](http://www.simplypsychology.org)

A photograph of a park bench in an autumn forest. The ground is covered in fallen orange and yellow leaves. The trees in the background have sparse, colorful foliage. A semi-transparent black box with white text is centered over the bench. A small pink watermark 'CG Jung' is visible on the bench seat.

No tree, it is said, can  
grow to heaven unless its  
roots reach down to hell.

CG Jung