CHAPTER THREE

JUNG: Analytical Psychology

Chapter Overview

- The Structure of Personality
  - The Psyche and the Self: The Personality as a Whole
  - Ego
  - Persona
  - Shadow
  - Anima and Animus
  - Personal Unconscious
  - Collective Unconscious

- Symbolism and the Collective Unconscious
  - Myths and Religion
  - Modern Myths
CHAPTER OVERVIEW CONT.

- Therapy
- Dreams
- Other Symbolic Therapy Techniques
- Synchronicity
- Psychological Types
  - Introversion and Extraversion
  - The Four Functions
  - Measurement and Application

PREVIEW OF JUNG’S THEORY

<table>
<thead>
<tr>
<th>TABLE 3.1</th>
<th>Preview of Jung’s Theory</th>
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<tbody>
<tr>
<td>Individual Differences</td>
<td>Individuals differ in their tendency to be introverts or extraverts, which is stable throughout life. They also differ in the extent to which they make use of four psychological functions (thinking, feeling, sensation, and intuition).</td>
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<td>Adaptation and Adjustment</td>
<td>The unconscious has an important role in healthy maturity and should be explored through symbolism. Health requires a balance between conscious and unconscious functioning.</td>
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<td>Cognitive Processes</td>
<td>Rational thinking, intuition, and emphasis on concrete details all provide useful information and should be developed. Unconscious images influence perception and may cloud our perception of reality.</td>
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<td>Society</td>
<td>Cultural myths and rituals provide ways of dealing with the unconscious. Important differences exist among cultures and should be preserved.</td>
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<td>Biological Influences</td>
<td>Mental contents (“collective unconscious”) as well as physical characteristics are inherited.</td>
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<td>Development</td>
<td>Early experience was of little interest to Jung. Stability change (individuation) involves exploration of the creative potentials of the unconscious.</td>
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CARL JUNG

- Born in Switzerland in 1875
- Family of Protestant clergy
- Studied medicine at the University of Basel
- Lectureship at the University of Zurich
- For a time, was one of Freud’s primary disciples
- Accompanied Freud to the US in 1909
- Died in 1961 in Zurich, Switzerland
The Structure of Personality

- The Psyche and the Self: The Personality as a Whole
- Ego
- Persona
- Shadow
- Anima and Animus
- Personal Unconscious
- Collective Unconscious

The Psyche and the Self: The Personality as a Whole

Self:
- The total, integrated personality

Examples:
- The personality, including both conscious self-perception as a helpful friend, and unacknowledged selfish needs
- The personality, including both masculine self-concept and undeveloped feminine aspects

Compensation:
Principle of the relationship between the unconscious and consciousness, by which the unconscious provides what is missing from consciousness to make a complete whole

Examples:
- Dreaming about aggression, to compensate for lack of conscious awareness of aggressive impulses
- Developing a psychosomatic illness that makes you tired, to compensate for neglecting your need for rest
**The Psyche and the Self:**
*The Personality as a Whole*

**Individuation:**
The process of becoming a fully developed person, with all psychic functions developed.

**Examples:**
- Midlife changes in which a logical man also develops other aspects, such as sensitivity.
- Change that occurs when, after time out raising children or working, a woman goes back to school and explores neglected interests.

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**Ego**

- The gatekeeper to consciousness
- Center of will
- Ego inflation

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**Persona**

- Adapts to the world
- Mask; social roles
SHADOW

- Negative Shadow (usual type)
- Positive Shadow (rare)
- Projection of the Shadow in Literature and Dreams

ANIMA & ANIMUS

- Biologically-based
- Man’s inner feminine (anima)
- Woman’s inner masculine (animus)
- Projection of anima and animus

PERSONAL UNCONSCIOUS

- Combination of the shadow, anima and animus
COLLECTIVE UNCONSCIOUS

- Archetypes
- Inherited; genetic basis ("racial unconscious")
- Shadow and anima/animus as archetypes
- Other archetypes
  - The Great Mother
  - The Spiritual Father
  - The Hero
  - The Trickster
  - Mandala
  - Transformation
- Psychosis: Dangers of the Collective Unconscious

Symbolism and the Collective Unconscious

- Myths and Religion
- Modern Myths

In Eastern religious tradition, these monks are preparing a mandala as an aid to meditation. For Carl Jung, this image affirmed the value of unconscious processes. He was influenced by Buddhist ideas.
Symbolism and the Collective Unconscious

- Unconscious manifested in symbols
- Study by Rosen (1991)
- Numinous

Symbolism and the Collective Unconscious

- Myths and Religion
  - Participation in traditions
- Modern Myths
  - Creative force

Therapy

- Dreams
- Other Symbolic Therapy Techniques
Therapy

Complexes: Emotionally-charged networks of ideas (such as those resulting from unresolved conflicts)

Examples:
- A mother complex
- A hero complex

Word Association Test:

Method devised by Jung to reveal complexes by asking people to say whatever comes to mind when they hear a word.

Examples:
- “Mother”: “Witch” (suggestive of a mother complex)
- “Superman”: “…[can’t think of anything]” (suggestive of a hero complex)

DREAMS

- Recall of the dream
- Amplification
- Active imagination

“A dream uninterpreted, is like an unopened letter from the unconscious.” – C. G. Jung

“A dream that has not been interpreted is like a letter that has not been read.” – Talmud, Berachot 55a
Other Symbolic Therapy Techniques

- Play therapy
- Myths
- Symbolic life

Synchronicity:
The acausal principle, in which events are determined by transpersonal forces.

Examples:
- A coincidence in which the phone rings just as you are thinking of the person who calls.
- Bookcase cracking when Jung and Freud met.

According to Jung, there is autonomous energy in the archetypes of the collective unconscious. They are causes of events, both mental and physical.
PSYCHOLOGICAL TYPES

- INTROVERSION — EXTROVERSION
- 4 PSYCHOLOGICAL FUNCTIONS
  - THINKING — FEELING (MAKING JUDGMENTS)
  - SENSATION — INTUITION (GETTING INFORMATION)
- DOMINANT FUNCTION & AUXILIARY FUNCTION
- 8 PSYCHETYPES

INTROVERSION — EXTROVERSION

- Energy flow inward: introversion
- Energy flow outward: extraversion

THE FOUR FUNCTIONS

- THINKING AND FEELING
  - Ways of making decisions or judgments
    - THINKING: logic, reason, principles
    - FEELING: emotions
- SENSATION AND INTUITION
  - Ways of getting information about the world
    - SENSATION: details
    - INTUITION: big picture
THE EIGHT PSYCHETYPES
- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition
- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

• interested in ideas
• interested in inner reality
• pays little attention to other people

THE EIGHT PSYCHETYPES
- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition
- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

• superficially reserved
• sympathetic and understanding of close friends or of others in need
• loving, but not demonstrative

THE EIGHT PSYCHETYPES
- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition
- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

• emphasizes experience which events trigger (not the events themselves)
• e.g., musicians and artists
THE EIGHT PSYCHETYPES

- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition
- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

• Concerned with possibilities (not the present reality)
• In touch with the unconscious

THE EIGHT PSYCHETYPES

- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition
- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

• Interested in facts about objects external to the self
• Logical
• Represses emotions and feelings
• Neglects friends and relationships

THE EIGHT PSYCHETYPES

- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition
- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

• Concerned with human relationships
• Adjusted to the environment
• Frequent among women
THE EIGHT PSYCHETYPES

- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition

- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

- Emphasizes the objects that trigger experience
- Concerned with facts and details
- Pleasure-seeking (sometimes)

THE EIGHT PSYCHETYPES

- Introverted Thinking
- Introverted Feeling
- Introverted Sensation
- Introverted Intuition

- Extroverted Thinking
- Extroverted Feeling
- Extroverted Sensation
- Extroverted Intuition

- Concerned with possibilities for change in the external world, rather than with the familiar
- An adventurer

MYERS-BRIGGS TYPE INDICATOR

- Most commonly-used test for measuring Jungian functions
- Business and Education Application
- Experimental Studies of Judgments
- Causes of Type
Chapter Review

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