

Dear Analyst Training Candidates,

Greetings to all candidates returning to OAJA's 2022-2023 Analyst Training Programme (ATP) and a warm welcome to the new training candidates joining us.

After our long Covid absence from the classroom, we are pleased to confirm that we will be returning to in-person training this fall at the Arts and Letters Club on Elm St, also the home of our Toronto office. As you may also know, we are this year conducting a test with a two-month online training period in December and January. These two training weekends will both provide an online opportunity for teaching by our remotely located OAJA analysts, as well as invited international analysts and teachers, and also give Candidates some relief during the more challenging travel months.

The creation of the 2022-2023 ATP program has as always been a collaborative undertaking with many thanks due to all those who contributed their time and effort. Much hard work goes on behind the scenes to make the programme possible. We thank all the Analysts offering lectures, seminars and clinical supervision during the training year, as well as Diane Granato and Kristia Laygo for their administrative support and the always-dependable Dave Sharp for his technical knowledge and assistance.

The current programme continues to develop a strong base of Jung's evolving concepts including a semester devoted to working with dreams and a close reading of four of Jung's fundamental essays. We also continue with our "Psychiatric Studies" series, which examines the intersection of our discipline with the medical model. We have added two new courses to our exploration of "Alternative Therapies," one looking at the junction of couples' issues with individual psychotherapy, and another on a comparative examination of "Internal Family Systems" with Jungian psychodynamics.

We have also responded to your specific requests, first with a course on working with the I Ching in analysis, and second with visiting Cleveland Analyst, Laura Chapman, who will bring us a lecture and seminar on wounding, the psychoid and the importance of the psyche-soma connection in clinical engagement. Beyond this, there are many other topics to explore: the art of symbolic thinking, sacrifice and individuation, Jung's *Red Book*, individuation in fairy tales, the manifestation of the unconscious in graffiti, and, to complement last year's presentations on Motherhood, this year four of OAJA's analyst-fathers will participate in a public forum and panel discussion of "Fatherhood."

We encourage you to take full advantage of the seminars and lectures which are designed to foster a dialogue between the theories of Analytical Psychology and your personal engagement with psyche, as well as expand the clinical dimensions of your training.

Roger LaRade is available to answer any questions pertaining to the training regulations and can be reached by email at roger@rogerlarade.com or phone, 416-937-9459. We look forward to seeing you all in September. Best wishes for the coming year.

Roger LaRade
Director of Training

Tim Pilgrim
Programme Co-Ordinator

TRAINING PROGRAMME 2022-2023

First Term (September - December 2022)

December courses will be conducted online via Zoom

2300

Director of Training Clinical Orientation Seminar

Roger LaRade

Online meeting to be scheduled before the first training weekend.

2301

Psychiatric Studies: Anxiety and Depression

Dr. Albert Wong

Friday, September 16

6:00pm – 9:00pm

Sunday, October 23

1:00pm – 4:00pm

Friday, December 9 (Note: This final session will be conducted online)

6:00pm – 8:00pm

Interactive lectures on the phenomenology, neurobiology, evolutionary and historical aspects of anxiety and depression. The course will consider these symptom clusters as diagnostic categories in psychiatry as well as behavioural modules. More clinical topics will also be covered, including the main treatments for these conditions, encompassing pharmacological, behavioural, and psychological domains.

Required reading:

These will be sent by email to registered candidates.

Arts and Letters Club, 14 Elm St.

2302

Symbolic Thinking

Boshira Toomey

Saturday, September 17

10:00am – 12:30pm

Saturday, October 22

10:00am – 12:30pm

Saturday, November 19

10:00am – 12:30pm

Developing a capacity for symbolic thinking is a lifelong endeavour that is essential for any student of Analytical Psychology, especially since our linear thinking and rational problem solving are often compensated, challenged and even undermined by manifestations of the unconscious.

This course will focus on the art of symbolic thinking to improve our insight and understanding of the “indirection” of the unconscious, the puzzling narratives of dreams, as well as the tensions and patterns that exist in other modes of expression such as metaphor, paradox, allegory and ambivalence. It will further help students refine interpretive skills which are fundamental in how we are examined in cultural anthropology, dreams, picture interpretation, and case exams.

Students should come prepared with material for discussion from Jung’s *Seminar on Dreams** and his *Vision Seminars**; or from other cultural sources such as myths and fairy tales; or from clinical sources such as dreams, pictures or transference materials.

*Limited copies available in the Fraser Boa Library in our office in the Arts and Letters Club.
Arts and Letters Club, 14 Elm St.

2303***Group Supervision Colloquium (conducted online)*****Jean Connon Unda**

Saturday, September 17

2:00pm – 5:00pm

Saturday, October 22

2:00pm – 5:00pm

Saturday, November 19

2:00pm – 5:00pm

**See end of program below for full description of Group Supervision Colloquia content and learning goals.*

Note: this Colloquium will be conducted online.

Limited to Stage 2 Candidates

2304***The Red Book: Themes, Patterns, and Styles*****Steven Minuk, Annemarie Petrusek**

Saturday, September 17

2:00pm – 4:30pm

Saturday, October 22

2:00pm – 4:30pm

Saturday, November 19

2:00pm – 4:30pm

Thursday, December 8 (Note: This final session will be conducted online) 2:00pm – 4:30pm

This course provides an introduction to Jung's *Red Book*, his interior drama of the collective unconscious that lay the foundation for its articulation in the Collected Works. This literary, theatrical text has become a watershed in Jungian studies because it presents his system as a mysterious commonwealth of scriptural, mythological and historical figures.

We will examine the context of its publication and some initial chapters of the book to see how Jung structured his descent into the unconscious as a ritual of sacrifice and rebirth. We will also examine clinical implications of the book in light of its reception by the Jungian community. Candidates will receive a reading guide in advance of the seminar.

Required reading:

- Jung, C.G. *The Red Book: A Reader's Edition*. Norton, 2009.

Candidates will be expected to read the material before each class. There will be a final three-page reflection essay.

Arts and Letters Club, 14 Elm St.

2305***Group Supervision Colloquium*****Donna Morrison-Reed**

Sunday, September 18

10:00am – 12:30pm

Sunday, October 23

10:00am – 12:30pm

Sunday, November 20

10:00am – 12:30pm

**See end of program below for full description of Group Supervision Colloquia content and learning goals.*

Limited to Stage 2 Candidates

Arts and Letters Club, 14 Elm St.

2306

Psychic Structure: The application of Jung's model of the psyche, in theory and practice

Cliona Dickie

Sunday, September 18

10:00am – 1:00pm

This course will provide an overview of the prevalent Jungian concepts of persona, ego, shadow, personal unconscious, collective unconscious, archetype, anima/animus and complexes. We will examine their contributions to individual psychological development, including a spotlight on their practical application in analytic work.

The seminar is primarily for Stage 1 candidates with introduction to basic concepts of psychic functioning in the Jungian model.

Required reading:

- “The Relations between the Ego and the Unconscious.” CW 7: pp. 123-162.
- “On the Nature of the Psyche.” CW 8: pp. 159-178, and 184-190.
- “The Concept of the Collective Unconscious.” CW 9.1: pp 42-53.
- *Psychological Types*: CW 6. Chapter 11, Definitions.

Limited to Stage 1 Candidates

Arts and Letters Club, 14 Elm St.

2307

Psychopathology Fundamentals

Friday, September 16

Tim Pilgrim

9:00am – 11:30am

12:30pm – 3:00pm

Friday, November 18

9:00am – 11:30am

12:30pm – 3:00pm

Psychopathology Fundamentals is offered to Stage I candidates to provide the basics of psychopathology from a Jungian perspective. The course will examine different diagnostic perspectives (Jungian, psychoanalytic and psychiatric) to broaden insight into major syndromes and associated clinical issues, with an eye to seeing the unique contribution of Jungian ‘diagnostics’ to our understanding of the psyche and the manifestations of psychological material.

Areas of focus for 2022: Narcissism and Narcissistic PD, Schizoid PD, Depression, Obsessive-Compulsive Disorder; the Jungian diagnostic toolkit, primary and secondary defences.

Our primary texts will be Dougherty and West's *The Matrix and Meaning of Character: An Archetypal and Developmental Approach* (Routledge 2007) and McWilliams' *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process* (Guildford Press 2nd Edition, 2011).

Using these texts and the verbatim material from clinical transcripts or other sources (fairy tales, films, plays, dreams, poignant psychological relationships) we will learn about integrating theory and ‘practice’.

Reading assignments for the first two classes on September 16th:

McWilliams' *Psychoanalytic Diagnosis*:

- (1) "Part 1: Conceptual Issues" (pp 1-150).
 - (2) "Narcissistic Personalities" (pp.176-195).
- Dougherty and West's *The Matrix and Meaning of Character*:
- (1) "Introduction" (pp 1-17).

A two to three page paper will be required.

Primary texts:

- Dougherty, Nancy J. and Jacqueline J. West. 2007. *The Matrix and Meaning of Character: An Archetypal and Developmental Approach*. New York, N.Y: Routledge.
- McWilliams, Nancy. 2011. *Psychoanalytic Diagnosis (Second Edition). Understanding Personality Structure in the Clinical Process*. New York: The Guildford Press.

Secondary texts and further reading to be supplied at first meeting.

Limited to Stage 1 Candidates

Arts and Letters Club, 14 Elm St.

2308

Sacrifice and the Individuation Process

Sunday, October 23

Stacey Jenkins

10am – 12:00pm

Jung writes that the unconscious "is unwilling to let anything escape from its magic circle save at the cost of a sacrifice". In a transactional process we give something to get something, but nothing is inwardly changed. For an inner transformation to occur, however, something the ego values must be willingly sacrificed. In this seminar, we will consider Jung's idea that "every step forward along the path of individuation is achieved only at the cost of suffering". We will explore the archetype of sacrifice as it relates to the individuation process and consider what the benefit of sacrifice may be in the transformational process of becoming a Jungian analyst.

Required reading:

- Jung, C.G. CW11, "The Psychological Meaning of Sacrifice", pars 381-413.
- Perera, Sylvia Brinton. *Descent to the Goddess: A Way of Initiation for Women*. Inner City Books, 1981. (Please read those parts of this book dealing with the myth of the descent and return of the Sumerian goddess Inanna to the underworld, and the relationship to sacrifice.)

Arts and Letters Club, 14 Elm St.

2309 (conducted online)

Group Supervision Colloquium

Thursday, December 8

Thursday, January 19 (Second Term)

Jane Smith-Eivemark

6:00pm – 9:00pm

6:00pm – 9:00pm

**See end of program below for full description of Group Supervision Colloquia content and learning goals.*

Limited to Stage 2 Candidates

2310 (conducted online)

Alternative Therapies: Couples Therapy Considerations for the Individual Therapist: A review of current practices **Mitch Smolkin**

Friday, December 9

10:00am – 12:30pm

Romantic relationships are often a central focus in psychotherapy. In individual Jungian analysis, concepts such as projection, anima and animus, psychological types, and the shadow among others, lend themselves well to relationship considerations. On the other hand, Jung did not develop a comprehensive approach to couples therapy per se, and current practice differs substantially from the consideration of intrapsychic factors and tends to focus more on systemic and attachment lenses.

The goal of this seminar will be to consider the tensions between individual and couples therapy with the intent of scrutinizing clinical examples where this comes into play. Candidates will be asked to consider how the course of individual psychotherapy interplays with the couple's dynamic, including an exploration of both the limitations and possibilities.

Required reading:

- Gurman, A.S., & Burton, M. (2014). *Individual therapy for couple problems: perspectives and pitfalls*. *Journal of marital and family therapy*, 40 (4), 470–483.
<https://doi.org/10.1111/jmft.12061>

2311 (conducted online)

Meeting Time: Working with the I Ching in Jungian Psychotherapy

Jayson Wong

Friday, December 9

2:00pm – 4:30pm

Friday, January 20 (Second Term)

2:00pm – 4:30pm

When it is time to stop, then stop. When it is time to advance, then advance. Thus movement and rest do not miss the right time. And their course becomes bright and clear. – I Ching

In this seminar, we will explore the “qualitative” aspect of time and the need to relate to this aspect in our daily life, with particular reference to the practice of psychotherapy.

An invaluable way to read time and to discern its requirement is by consulting the I Ching. In this seminar we will discuss the method of consulting the I Ching, and how best to receive its responses. We will also look at selected passages from the I Ching in relation to time and timeliness.

Furthermore, we will look at the I Ching and individual hexagrams in conjunction with the Jungian concepts of “synchronicity”, “enantiodromia”, “interplay of opposites”, “transcendent function”, and “self-realization.”

The seminar is discussion-based. Participants will be given selected passages for contemplation and discussion. These passages seek to serve as “bait” to elicit our responses coming from within.

Required reading:

- Jung, C.G. (1950). “Forward to the I Ching,” pars. 964-1018. In: *Psychology and Religion: West and East*. Collected Works (Vol 11). W. McGuire (Ed.). Princeton: NJ: Princeton University Press.

Suggested readings:

- Jung, C.G. (1952) On Synchronicity, par. 969-997. In: *The Structure and Dynamics of the Psyche*. Collected Works (Vol 8). W. McGuire (Ed.). Princeton: NJ: Princeton University Press.
- Jung, C.G. (1958) The Transcendent Function, par. 131-193. In: *The Structure and Dynamics of the Psyche*. Collected Works (Vol 8). W. McGuire (Ed.). Princeton: NJ: Princeton University Press.
- *I Ching or Book of Changes*. (Bollingen Series XIX). Translated from the Chinese into German by Richard Wilhelm and rendered into English by Cary F. Baynes. Princeton: NJ: Princeton University Press.

2312 (Lecture for candidates and analysts conducted online)

The Psychoid Aspect of Wounding

Saturday, December 10

Laura Chapman

9:00am – 12:00pm

“Jung’s psychoid concept is not one of his most widely published ideas but it is one of his most fundamental, and his thinking on the subject occupied him for most of his career”.

—Ann Addison

Jung’s psychoid concept: a hermeneutic understanding

The word *psychoid* has its roots in the Greek word *psyche*, meaning “spirit” or “soul.” The psychoid experience exists between soma and psyche and has a teleological function, which contains an instinctual capacity for growth and transformative experience. This psychoid level also carries information for healing and the development of consciousness. The opening that results from wounding can allow the psychoid realm to bring forth a deeper experience of the soul and the mysteries of life, which can be numinous. Not all wounds heal completely, but when wounds are reexamined, they can lead to a reintegration that has a positive effect and continues to shape us as we evolve.

Wounding is an inherent part of the human process. Wounds break open the inner world and can create a bridge to an intermediary realm where the psychoid world is perceived. When conscious awareness is brought to the place of our woundedness, the vast and substantive wisdom of the psychoid field is activated. Connection with the psychoid opens this deeper, mysterious place that seems to come from outside of oneself yet is experienced inwardly. This realm, where wisdom is sourced, generates information expressed through dreams, waking visions, synchronicities, and embodied knowing.

Analytic work provides the means to explore and deepen these connections; the wounding, healing, and corresponding psychoid linkage. The “psychoid information” supplies a vitality and intelligence to the analysand as well as the analyst. This connection also informs a process that is relational and directed towards wholeness. The wound is not separate from the psyche that is experiencing it. The healing process can offer the view that wounds are universal, and in this

way, the psychoid informs one that the individual psyche is less separated from others than imagined.

This mysterious interfacing can redirect the unarticulated parts of woundedness into a form that can be assimilated, and this capacity restores a sense of intactness alongside of one's woundedness. In this way, wounding's psychoid aspect is connected to psyche and Self, allowing an embodied connection to support change, conscious growth, healing, and transformation. One's wound is personal yet, simultaneously, is not distinct from others.

“The wound is the place where the Light enters you.”

—Rumi

Optional reading:

Marlan, S. (2005). *The black sun: The alchemy and art of darkness*. College Station, TX: Texas A & M University Press.

Raff, J. (1997). *The ally*. In D. Sandner & S. Wong (Eds.), *The sacred heritage: The influence of shamanism on analytical psychology* (pp. 111–121). New York, NY: Routledge.

Rothenberg, E. (2001). *The jewel in the wound: How the body expresses the needs of the psyche and offers a path to transformation*. Wilmette, IL: Chiron.

Wikman, M. (2004). *Pregnant darkness: Alchemy and the rebirth of consciousness*. Berwick, ME: Nicolas-Hays.

Wirtz, U. (2014). *Trauma and beyond: The mystery of transformation*. New Orleans, LA: Spring.

Laura Chapman is a Jungian Analyst (2017) who trained in Pittsburgh with the I-RSJA. She is a Licensed Social Worker in Ohio and has been in private practice since 1980 in Cleveland.

Laura completed an undergraduate degree in Dance from Bennington College (1973) and received an M.A. in Clinical Psychology from Antioch West (1977). Laura completed the three-year post-graduate Training Program at the Gestalt Institute of Cleveland and their Intimate Systems Training (1995).

Laura's work in improvisational dance and movement formed an understanding of the body as a means for symbolic expression. Her early work as a psychotherapist included a somatic approach to develop awareness between the body and mental/emotional processes. Laura brings an embodied approach to analytic work. Her thesis was entitled *The Psychoid Aspect of Wounding; how the conscious exploration of one's wounded places can facilitate an opening for change, growth, and transformation*.

Laura is an active member of Jung Cleveland, the Pittsburgh Society of Jungian Analysts, a member of the Inter-Regional Society of Jungian Analysts (IRSJA), and the International Association for Analytical Psychology (IAAP). She presented for IAAP at the International Conference in Vienna, Austria 2019, on “Early Maternal Wounding and the Healing Capacity of the Psychoid Realm.”

Limited to candidates and analysts

2313 (conducted online for candidates only)

Including the Body in Analytic work: Somatic Based Interventions in Analysis

Saturday, December 10

Laura Chapman

1:00pm – 4:00pm

Jung (1988) wrote:

. . . the difference we make between the psyche and body is artificial. It is done for the sake of a better understanding. In reality, there is nothing but a living body. That is the fact; and psyche is as much a living body as body is a living psyche: it is just the same. (p. 396)

The archetype of the body is the basis of human experience and contains the history of how we are shaped physically, emotionally, and psychically. One corollary of this archetype is vulnerability and the inevitability of being wounded. The body stores information about our wounded places, whether physical or psychic. The effects of wounding are often stored in the subliminal and nonverbal capacity of the somatic unconscious. When awareness is brought to this deeper somatic layer, the wound can act as a portal to wisdom essential for healing and the development of new qualities of consciousness. This information can activate a restorative state and a corresponding sense of equilibrium in the body and the psyche.

There are numerous references to the body in Jung's work although Jungians have yet to include a systemized approach for the application of somatic-centered processes in analysis. Recent findings in somatic explorations have opened important directions in infant research, attachment theory, and in the understanding of trauma. Somatic work uses the term "the relational body," which suggests a nonverbal state that communicates mainly through the unconscious; in feelings, posture, gestures, speech and breathing patterns.

Exploring this nonverbal communication through a framework of body process interventions can reference the patient's, as well as the analyst's, own inner world. Body-centered interventions can be valuable and contribute to analytic work by bringing stored and unarticulated feelings into expression. Bringing awareness to this material often supplies a vitality and intelligence to the analytic experience that can lead to more integrated states of consciousness.

Redfearn (1998) pointed out, "the recovery of lost parts of the self always implies reestablishing a lost link between the ego and a part or function of the body" (cited in Sassenfeld, 2008, p. 33).

Background Reading:

Chodorow, J. (1984, Fall). To moved and be moved. *Quadrant: Journal of the C. G. Jung Foundation for Analytic Psychology*, 17(2), 39–48.

McNeely, D. (1987). *Touching: Body therapy and depth psychology*. Toronto, Canada: Inner City Books.

Rothenberg, E. (2001). *The jewel in the wound: How the body expresses the needs of the psyche and offers a path to transformation*. Wilmette, IL: Chiron.

Sidoli, M. (2000). *When the body speaks: The archetypes in the body* (P. Blakemore, Ed.). London, UK: Routledge.

*Sassenfeld, A. (2008). The body in Jung's work: Basic elements to lay the foundation for a theory of technique. *Journal of Jungian Theory and Practice*, 10(1), 1–13.

van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, NY: Penguin Books.

Wirtz, U. (2014). *Trauma and beyond: The mystery of transformation*. New Orleans, LA: Spring.
Woodman, M. (1984). Psyche/soma awareness. *Quadrant: Journal of the C. G. Jung Foundation for Analytic Psychology*, 17(2), 25–37.

Required reading:

Registered candidates should read the Sassenfeld article which will be sent by email.

2314 (conducted online)

Group Supervision Colloquium

Sunday, December 11

Sunday, January 22 (Second Term)

Mary Tomlinson

10:00am – 12:30pm

10:00am – 12:30pm

**See end of program below for full description of Group Supervision Colloquia content and learning goals.*

Limited to Stage 2 Candidates

2315 (conducted online)

Therapeutic Throughlines: Evolution of Psychodynamic Psychotherapies

Sunday, December 11

Sunday, January 22 (Second Term)

Mitch Smolkin

10:00am - 12:30pm

10:00am - 1:00pm

In *The Discovery of the Unconscious*, Canadian psychiatrist Henri Ellenberger made an important contribution to our field, tracing the origins of dynamic psychotherapy over the course of hundreds of years. Understanding the context of throughlines in the intellectual development of psychotherapy helps free the clinician from dogmatic adherence to certain ideas and adds richness and flexibility to one's work. It will be in this spirit that these historical lenses will be explored.

Please note that Ellenberger's book with references comes to over 900 pages and will require some advanced planning; candidates taking this seminar should endeavour to read as much of it as possible. For those looking to focus their preparation, and who have familiarity with developments in the 20th century, consider the first three to four chapters where Ellenberger sets the stage for the emergence of the direct antecedents of Jung's work.

2316 (conducted online)

Persona: Theory and Practice

Sunday, December 11

Sunday, January 22 (Second Term)

David Pressault

2:00pm – 4:30pm

2:00pm – 4:30pm

With the support of our readings, we will define and clarify what is meant by Persona in Jungian psychology. Secondly, we will distinguish between what is meant by being identified with one's Persona and what it is like when Persona is made conscious and is working as a functional part of the whole personality. Furthermore, we will examine how persona plays an important function for the analyst in clinical work. Finally, we will apply the theory on Persona to the work in analysis and the engagement with analysands.

Required reading:

- Hopcke, Robert H., *Persona: Where Sacred Meets Profane*. Shambhala Publications: 1995.
- Jung, C.G. CW 7 “The Persona as a Segment of the Collective Psyche.” in *Two Essays on Analytical Psychology*, 156-162 (Collected Works, 2nd ed.) Princeton: Princeton University Press, 1966.

Second Term (January – May 2023)
January courses will be conducted online via Zoom

2317 (conducted online)

Psychopathology Fundamentals: Borderline Personality Disorder

Thursday, January 19

Mitchell Smolkin

2:00pm – 4:30pm

The notion of a borderline condition in psychopathology emerged in the mid-1900s as a way of bridging neurotic and psychotic mental states. While the diagnosis of Borderline Personality Disorder (BPD) is ubiquitous both in modern psychiatry and common parlance, it is a complicated and controversial formulation. This seminar will explore foundational writing on the subject matter, contemporary perspectives on its etiology, and treatment concerns for clinicians.

Goals will include gaining knowledge about BPD's history, various perspectives on the phenomena the diagnosis is attempting to describe and specific issues it presents in psychotherapeutic work.

Required reading:

- “Borderline character structure: agony and ecstasy” in Dougherty, N. J., & West, J. J. (2007). *The matrix and meaning of character: An archetypal and developmental approach*. London: Routledge.
- Fonagy, P., Luyten, P., Allison, E., & Campbell, C. (2017). “What we have changed our minds about: Part 1. Borderline personality disorder as a limitation of resilience.” *Borderline personality disorder and emotion dysregulation*, 4, 11. <https://doi.org/10.1186/s40479-017-0061-9>
- Fonagy, P., Luyten, P., Allison, E., & Campbell, C. (2017). “What we have changed our minds about: Part 2. Borderline personality disorder, epistemic trust and the developmental significance of social communication.” *Borderline personality disorder and emotion dysregulation*, 4, 9. <https://doi.org/10.1186/s40479-017-0062-8>
- Kernberg O. (1967). “Borderline personality organization.” *Journal of the American Psychoanalytic Association*, 15(3), 641–685. <https://doi.org/10.1177/000306516701500309>
- McWilliams, N., Grenyer, B. F. S. & Shedler, J. (2018). “Personality in PDM-2: Controversial Issues.” *Psychoanalytic Psychology*, 35 (3), 299-305.

2318

Psychiatric Studies

Friday, January 20 (conducted online)

Friday, February 17

Friday, March 17

Dr. Ernst Brenken

10:00am – 1:00pm

10:00am – 1:00pm

10:00am – 12:00pm

Section I: elements of obtaining a psychiatric history, mental status, and structuring case formulation.

Section II: personality dimensions approached from a psychiatric and psychodynamic perspective.

Section III: psychotropics, an overview of pharmacologic physiology and categories and uses of medications in psychiatry.

Required reading (available in the Fraser Boa Library in the Arts and Letters Club):

- Gabbard, Glen. *Psychodynamic Psychiatry*. (All chapters on personality disorders)
- Gunderson, John. *The Harvard Guide to Psychiatry*. (Chapter 16)

Optional Reading:

- Students may find of interest David Shapiro's book, *The Neurotic Styles*.

Online in January; otherwise, Arts and Letters Club, 14 Elm St.

Readings for session III: Students should refer to the relevant chapters on biological and pharmacologic treatments in the *Harvard Guide to Psychiatry* which is in the Fraser Boa Library in the Arts and Letters Club.

Optional reading

For interested students, there is a book available through the Toronto Public Library for borrowing: *The Therapists Guide to Psychopharmacology* by Jo Ellen Patterson, James Griffith and Todd Edwards.

2318a

Modern apocalypse: The Three Horsemen: War , Pandemic, Climate Change. Which One Prevails the Most in Our Collective Psyche and Why?

Jan Bauer

Friday, January 20 (conducted online)

7-9pm

No one would argue with the fact that the war in Ukraine , the Covid pandemic and increasing disasters due to climate change pose an existential threat to our species. All three are dire and require intense activism to limit the destruction. Yet only one mobilizes everyone, everywhere. Why? The presentation will explore each of the ‘Horsemen’ , look at the underlying archetypal foundation of each and propose that the role of collective memory is key and that when it is missing it is harder to mobilize for a cause , no matter how dire.

Jan Bauer, MA, was born and raised in the USA, lived in various European countries for 20 years, and has sort of resolved her tension of opposites by settling in Quebec Canada for the last 40 years. She has been involved in training with the Inter-Regional Society of Jungian Analysts as Director of Admissions and then of Training. And in Quebec, she gives seminars and presentations for professionals and the public in French and English, as well as maintaining an active bi-lingual private practice. Particular areas of interest are individuation, the shadow, the ‘democracy of the psyche’.

2319

Self-Regulation, Jung and Neuroscience

Marian Dunlea

Saturday, January 21

9:00am – 12:00pm

Practicing as Jungian analysts in this current climate of widespread global unrest and trauma, it is imperative for us to understand the concept and mechanisms of self-regulation.

In this century, neuroscience and neurobiology have firmly grounded our understanding and appreciation of the body’s capacity to self-regulate, in particular the key role of the Autonomic Nervous System. Its influence is undeniably felt throughout every organ and every system in the body, impacting our physical, mental, emotional and spiritual health. It has a profound impact on

how we relate to and resonate with one another.

Jung took it for granted that his audience knew what he meant by the body's capacity for self-regulation and used this as his analogy to teach about psyche's role of Self-regulation in the movement toward wholeness and the journey of individuation of each person.

Jung wrote:

[D]reams are the reaction to our conscious attitude in the same way that the body reacts when we overeat or do not eat enough or when we ill-treat it in some other way. Dreams are the natural reaction of the self-regulating psychic system.
(Jung, 1976, par. 123)

In this workshop I will introduce BodyDreaming, an approach that provides skills to help us to recognize, get in touch with and bring about change in our individual nervous system responses.

Trauma is not in the event; trauma is in the nervous system. (And it can therefore never be fully healed) "until we also address the essential role played by the body.
Levine 1977.p.3.

We co-regulate through our bodies in non-verbal as well as verbal ways. Body meets body, body feels body, even in the Zoom room. BodyDreaming, an embodied approach, offers us a means to become a more coherent version of ourselves. It enables us to find regulation in our systems, as good as it can be in that moment. From this grounded, coherent place we are more open to receive ourselves and begin to heal the trauma narrative imprinted on our nervous system – often though not always, through early developmental trauma. We can begin a practice to rewire our nervous system responses and in so doing we bring ourselves into greater alignment with ourselves, with 'the other' and with Self. We discover that we co-regulate each other in the shared space, and that Self is also a party to this regulatory process. We find ourselves in a shared universe which offers us the possibility for greater coherence, interconnection, and alignment of body and soul.

Required Reading:

Dunlea, Marian. *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach*. Routledge: 2019.

Candidate should also look closely at:

Levine, Peter A. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. North Atlantic Books: 2010

Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin: 2014

Marian Dunlea M.Sc., ISJA, ICP, IAAP, is a Jungian analyst and somatics practitioner who has been leading workshops internationally for the past 30 years, integrating body and soul. She is head of the BodySoul Europe Training programme, part of the Marion Woodman Foundation. Marian's unique approach incorporates developments in neuroscience, trauma theory, attachment theory with Jungian psychology, and the phenomenological standpoint of interconnectedness. Her book *BodyDreaming in the Treatment of Developmental Trauma, an embodied therapeutic approach*, Routledge 2019, won the Gradiwa award for Best Book 2019, and was co-winner of the International Association for Jungian Studies 2019 Best Book award. www.mariandunlea.com

2320***Fatherhood*****Dan Hansen, Tim Pilgrim, Mitchell Smolkin, Chris Wilkes**

Saturday, January 21

1:00pm – 3:00pm

To complement our 2022 public forum on “Motherhood,” we return to the psychological wellspring of the foundational archetypes to address the other primary element of parenthood, Fatherhood.

In “The Significance of the Father in the Destiny of the Individual,” Jung writes,

The child possesses an inherited system that anticipates the existence of parents and their influence upon him. In other words, behind the father stands the archetype of the father and in the pre-existent archetype lies the secret of the father's power, just as the power which forces the bird to migrate is not produced by the bird itself but derives from its ancestors.

CW 4: par. 739

The experience of Fatherhood constellates the archetype of the father and with it all the powers, patterns and pitfalls that enrich and challenge our roles as fathers.

In this panel, four OAJA Jungian analyst-fathers— Dan Hansen, Tim Pilgrim, Mitchell Smolkin, and Chris Wilkes —will explore their experiences in their roles as both analysts and fathers.

Online Public Seminar. Limited to 100 participants

2321***Dream Studies*****Graham Jackson**

Friday, February 17

4:00pm – 6:30pm

Friday, March 17

4:00pm – 6:30pm

Friday, April 21

4:00pm – 6:30pm

Friday, May 12

4:00pm – 6:30pm

Candidates will investigate Jung’s theories of dream interpretation by working with the dreams of actual psychotherapeutic clients.

Required reading:

- Jung, C.G. CW8. “General Aspects of Dream Psychology” pp, 443-529.
- _____ CW8 “On the Nature of Dreams” pp, 530-569.

Arts and Letters Club, 14 Elm St.

2322***Group Supervision Colloquium*****Boshira Toomey**

Saturday, February 18

2:00pm – 4:30pm

Saturday, March 18

2:00pm – 4:30pm

Saturday, April 22

2:00pm – 4:30pm

Saturday, May 13

2:00pm – 4:30pm

**See end of program below for full description of Group Supervision Colloquia content and learning goals.*

Limited to Stage 2 Candidates

Location: OAJA office, Arts and Letters Club, 14 Elm St.

2323***Anatomy of the Shadow*****Elisabeth Pomès**

Saturday, February 18

10:00am – 12:30pm

15 of 19

Saturday, March 18
Saturday, April 22

10:00am – 12:30pm
10:00am – 12:30pm

This series of three seminars will explore various aspects of the Shadow.

In the first seminar we will watch excerpts from *Black Swan* and discuss some of the themes presented in the movie: Shadow and Achievement (Perfection Complex), Shadow and Family (Mother complex) and Shadow and the Body (the disowned body).

In the second seminar, attention will be given to the Archetypal Shadow and the Dark Self with some exploration of the Shadow in Fairy Tales. (The Fairy Tale for this seminar will be announced.)

In the third seminar we will explore Shadow Work through Analysis, Stories and Dreams.

In each of the seminars, candidates will be invited to do a small presentation on the subject of Shadow.

Required reading:

- Jung, C.G.: Collected Works
 - CW7 “On the Psychology of the Unconscious”
 - CW8 “On the Nature of the Psyche”
 - CW9i “A Study in the Process of Individuation and Archetypes of the Collective Unconscious”
 - CW10 “After the Catastrophe”
 - Note: This list is by no means exhaustive; candidates are invited to read extensively on the subject in the Collected Works.
- Maté, Gabor. *When the Body Says No*.
- O’Kane, Françoise. *Sacred Chaos, Reflections on God’s Shadow and the Dark Self*.
- von Franz, Marie-Louise. *Shadow and Evil in Fairy Tales*.
- Young-Eisendrath, Polly. *Hags and Heroes, a Feminist Approach to Jungian Psychotherapy with Couples*.

Required Viewing (Movies):

- *Black Swan*, 2010, by director Darren Aronofsky (*mandatory viewing*)

Optional Viewing (Movies):

- *Dr. Jekyll and Mr. Hyde* (1941)
- *The Picture of Dorian Gray* (1945)

Arts and Letters Club, 14 Elm St.

2324

Jung: The Fundamental Essays

Saturday, February 18
Saturday, March 18
Saturday, April 22
Friday, May 12

Steven Minuk
2:00pm – 4:30pm
2:00pm – 4:30pm
2:00pm – 4:30pm
10:00am – 12:30pm

A reading of fundamental essays from the Collected Works that articulate core ideas in Jung's system. These texts differentiate Jung as a thinker and illustrate how his model of the psyche evolved and expanded during his career.

In this reading series, certain touchstones emerge: Jung's rupture with Freud on the nature of the libido; his theory of the Collective Unconscious and the archetypes; his postmodern model of the psyche; and finally, his argument that psyche must be understood within the context of quantum mechanics.

We will cover one essay per class in the order cited below. Candidates must read essays in advance of meetings with an eye to identifying key themes and patterns. Candidates will prepare brief reflections for each meeting to discuss and hand in.

Required reading:

- Jung, C.G. CW4, "Theory of Psychoanalysis" (through par 457).
- Jung, C.G. CW9i, "Archetypes of the Collective" (pars. 1-86).
- Jung, C.G. CW8, "On the Nature of the Psyche".
- Jung, C.G. CW8, "Synchronicity: An Acausal Connecting Principle" (Omit or just skim pars 872-915).

Arts and Letters Club, 14 Elm St.

2325

Group Supervision Colloquium

Sunday, February 19

Sunday, March 19

Sunday, April 23

Sunday, May 14

Paul Benedetto

10:00am – 1:00pm

10:00am – 1:00pm

10:00am – 1:00pm

10:00am – 1:00pm

**See end of program below for full description of Group Supervision Colloquia content and learning goals.*

Limited to Stage 2 Candidates

Location: Lamp's Room, Arts and Letters Club, 14 Elm St.

2326

Individuation in Fairy Tales

Sunday, February 19

Sunday, March 19

Sunday, April 23

Sunday, May 14

Annemarie Petrusek

10:00am – 12:30pm

10:00am – 12:30pm

10:00am – 12:30pm

10:00am – 12:30pm

Marie-Louise Von Franz writes that "Fairy tales are the purest and simplest expression of collective unconscious psychic processes." As such, they describe "the Self, which is the psychic totality of an individual and also, paradoxically, the regulating center of the collective unconscious." (VonFranz, 1996. p. 2). These seminars will explore aspects of "psychic processes" in fairy tales which are related to the process.

A brief reflection paper to be submitted after the last seminar.

Required reading:

- Jung, C.G. *Psychological Types* (1921), CW 6, para 757 -764.
- von-Franz, M.L. *The Interpretation of Fairy Tales, Revised Edition*. Boston: Shambala Publications, 1996 pp. 1-37.
- Zipes, Jack. *The Complete Fairy Tales of the Brothers Grimm, Third Edition*. New York: Bantam Books, 2003.

Suggested reading:

- von-Franz, M.L. *Individuation in Fairy Tales*. Boston: Shambala Publications, 1990.

Arts and Letters Club, 14 Elm St.

2327

Manifestation of the Unconscious in Graffiti Writer's Art

Thursday, March 16

Brian Mayo

7:00pm – 9:00pm

This course will examine the world of graffiti writer's art from a Jungian psychological perspective. The history of graffiti writing will be traced from its origins in the subways and back alleys of Philadelphia and New York in the 1960's to the world-wide phenomenon it has become. Jung's concepts of the ego, personal and collective unconscious, feeling toned complexes, archetypes, the mandala and the Self will be an integral part of the psychological discussion.

The purpose of the course is to illustrate how the unconscious psyche manifests in everyday life and the role psychological projection plays in that process. Examples of graffiti writer's art, from tags to throw-ups and wild style lettering will be presented for discussion and interpretation.

Recommended reading:

- Jung, C.G. CW13, "The Spirit Mercurius Part 2," pp. 204-250.
- von Franz Marie-Louise, C.G. Jung - *His Myth in Our Time*, "Chapter 7: The Mandala" pp. 139 -157.

Arts and Letters Club, 14 Elm St.

2328

Bagdad Café: An Exploration of the Individuation Process

Friday, April 21

Terilynn Graham Freedman

1:00pm – 3:30pm

Bagdad Café is a 1987 film by German writer/director Percy Adlon. While it wasn't a box-office hit, it is a genuine treasure in its rich portrayal of the psychological processes of transformation and individuation. The film tells the stories of two women who could not be more unlike each other, finding themselves through each other in the Nevada desert. It illustrates and develops concepts key to Jungian psychology such as shadow, animus/anima, eros, sacrifice, inflation, the transcendent function, libido, the creative instinct, the tension of the opposites, and, of course, the Self.

Required viewing:

- *Bagdad Café* (1987) available through Amazon Prime video or Apple streaming services.

Suggested reading:

- Jung, C.G. CW7 “Individuation” pp., 173-241.

2329

Alternative Therapies: Internal Family Systems (IFS) and the Jungian Approach: A Comparison

Saturday, May 13

Paul Benedetto
2:00pm – 4:30pm

In our continuing series on “Alternative Therapies,” this course introduces Internal Family Systems (IFS) as a psychotherapeutic modality that can be employed in conjunction with a Jungian approach. We will explore the basic assumptions and goals of the IFS model. We will compare IFS parts with Jungian complexes and the IFS Self with the Jungian Self. We will identify and distinguish the general groups of IFS Parts. We will also look at Legacy Burdens (i.e. transgenerational complexes), consider the absence of archetypes in the IFS model, and have a short experience of the IFS model in an exercise.

Suggested reading:

- <https://ifs-institute.com/resources/articles/internal-family-systems-model-outline>

Additional reading:

- Schwartz, Sweeny, *Internal Family Systems Therapy*, Second Edition. 2020.

Arts and Letters Club, 14 Elm St.

****Group Supervision Colloquium***

In group supervision colloquium, Stage 2 candidates will present clinical material for study and group discussion. Each participant will be expected to present case material, which will provide an opportunity for professional communications and the development of a collaborative and productive atmosphere. We will focus on the structure and dynamics of therapeutic interaction and cover topics impinging on the clinical engagement which may include: initial client contact and engagement, the therapeutic frame, mental health and risk assessment, inter- and intra-psychodynamics, the use of imaginal and archetypal material including dreams, the use of supervision and personal/training analysis to support clinical work, transference/ countertransference dynamics, appropriate client referral, and effective closure procedures.

We will also focus on the maintenance of the therapist’s clinical health and stance, particular as it relates to the professional role and the safe and effective use of self.

Note: Over and above the foregoing content, some GSC’s may cover other specific clinical topics and issues.