

# Basic Principles of Jungian Psychology Part I

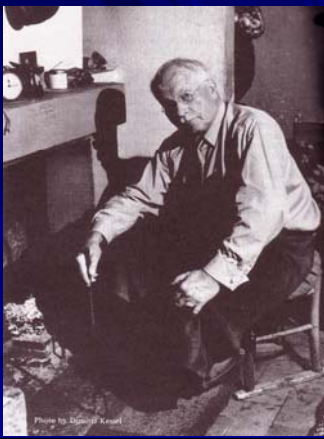
## Structure of the Psyche and Complex Theory

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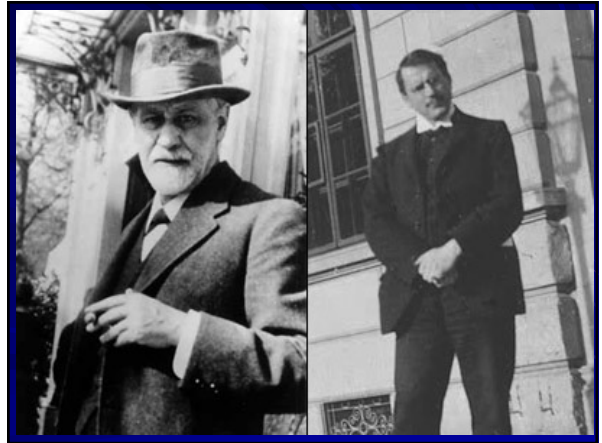
# Basic Principles of Jungian Psychology Part I

- Feb. 6 - Structure of the Psyche and Complex Theory
- Feb. 27 - Persona and Shadow
- Mar. 6 - Anima and Animus
- Mar. 27 - Individuation

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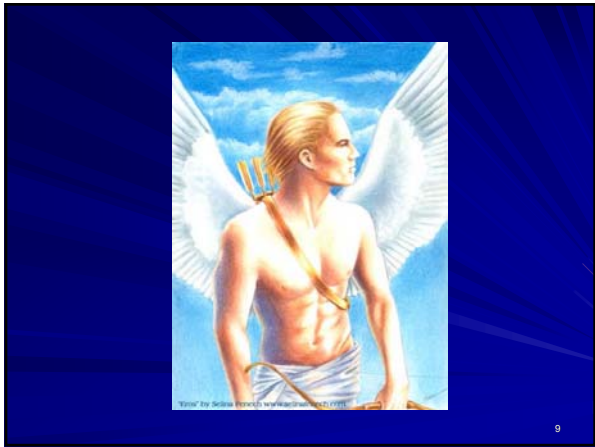
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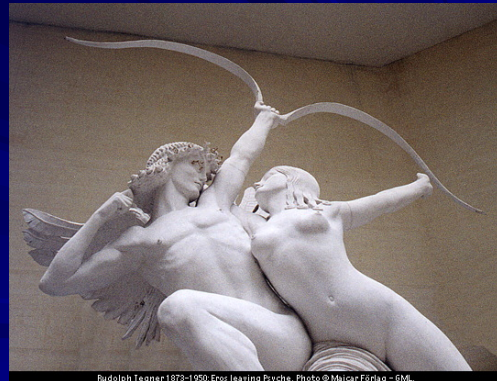
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Rudolph Tegner 1873-1950. Eros leaving Psyche. Photo © Maicar Fotlag - GME.

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“...no simple theory...will ever be capable of grasping the human psyche, that mighty and mysterious thing...”

"General Aspects of Dream Psychology" (1916). In CW 8: *The Structure and Dynamics of the Psyche*. pg. 527

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- “totality of all psychic processes, conscious as well as unconscious” (CW 6, 797)
- consciousness + unconscious + body = psyche; a whole, no body/mind or body/soul dichotomy
- psyche expresses itself in these three realms/modes
- consciousness – rational awareness/thinking
- unconscious – dreams, fantasies, parapraxes
- body – somatic/physical symptoms
- Jung uses it interchangeably with the German word *Seele* (which has no single English translation; soul/being)
- a dynamic structure: movement, change, growth, transformation

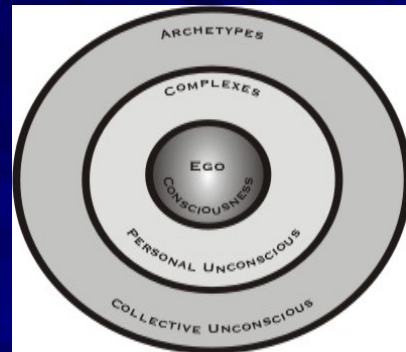
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Model: a rational/intellectual attempt to explain an experiential reality

Topographical model / map:

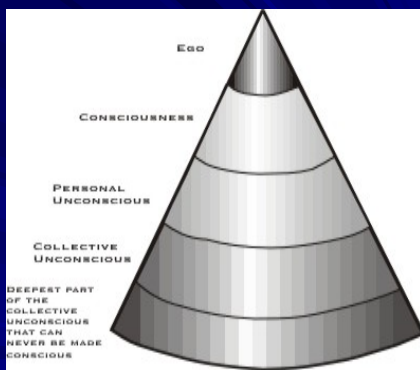
Conscious  
Personal Unconscious  
Collective Unconscious

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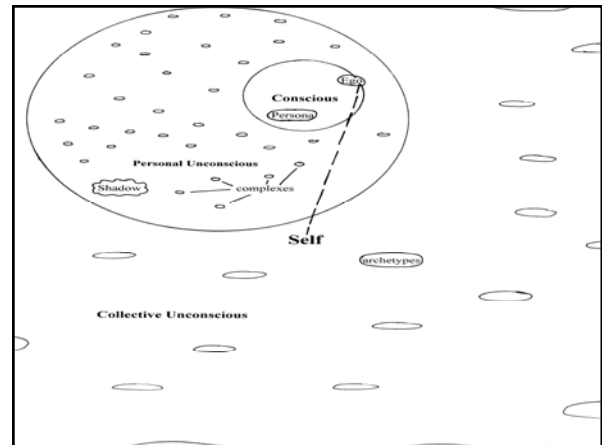
Circular Model of Jung's Psyche (Adapted from Jacobi, 1973)

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Conical Model of Jung's Psyche (Adapted from Jacobi, 1973)

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## Consciousness

- Structure within consciousness is the ego
- Ego is critical/not only a negative term
- Ego (as archetype) sits at the centre of the ego-complex
- a personal history of the individual's development of consciousness and self-awareness (i.e., interface of consciousness and unconscious-becoming-conscious)

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## Ego: Five core functions

stability of personality  
stability of identity  
cognition  
executive functioning  
reality testing

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## 1- Stability of personality

everything that makes up one's personality (likes & dislikes, values, ways of behaving, etc.) is relatively stable over time

personality disorders

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## 2 – Stability of identity

self-awareness/self-identity: knowledge of one's personality, one's skills, one's deficiencies, one's family, one's sense of one's self in the world, who I see when I look in the mirror

Personality disorders

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## 3 - Cognition

processing of information, problem-solving, storing of memories

Depression  
Anxiety Disorders  
(reduce the ability to do all this)

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## 4 – Executive Functioning

dealing with the demands of the everyday; making decisions; doing by rout

Depression  
Anxiety Disorders  
Phobias  
Alzheimer's

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## 5 – Reality Testing

consciousness/unconscious boundary, expect and obey basic laws of physics

psychosis  
drug-induced states – 'altered states'  
trances

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## The Unconscious

all that is not conscious

memories (some we can't retrieve/remember)  
all material not available to consciousness  
all repressed material

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## The Personal Unconscious

Usually the most easily and, therefore, the first accessed

Personal Experiences

Unique to each individual

Complexes (formed out of personal experiences, with feelings attached)

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## Complex

feeling-toned dissociations around a common theme

split-off psyches

autonomous (at least functionally)

“complexes behave like independent beings” (CW 8, para. 253)

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core archetypal image

personal interactions/experiences

the emotional events of earlier life become fixed and operative in the adult psyche

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when constellated (triggered, come into play) they contribute to behaviour and are marked by affect whether a person is conscious of them or not  
influence our personality; act in an unusual way, a strange way  
affect the ego's functioning

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“Everyone knows nowadays that people have complexes. What is not so well-known, though far more important theoretically, is that complexes can have us.”  
(CW 8, 200)

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‘via regia to the unconscious’

‘the architect of dreams’

ego ↔ complexes

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- psychosis - a complex overwhelms the ego
- neurosis – ego functioning affected/ruled by a complex
- inflation/possession - the ego identifies with the complex

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## The Collective Unconscious

A deeper level

not very easily accessed

not experienced directly like the contents of the personal unconscious

Common to all humans

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Evident in symbol-producing capacity/necessity of humans: mythology, religions, folktales

Structure in C.U. is the archetype

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## Archetypes

- inherited part of the psyche
- innate psychological structure
- “typical modes of apprehension” (CW 8, p. 137)
- that is, patterns of psychic perception and understanding common to all human beings

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- linked to motifs repeated everywhere and throughout history
- patterns of behaviour clustered around the basic and universal experiences of life: birth, coming-of-age, marriage, parenthood, death, etc.
- experience archetypes through symbols/images in our dreams

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**“The dream is specifically the utterance of the unconscious. Just as the psyche has a diurnal side which we call consciousness, so also it has a nocturnal side: the unconscious psychic activity which we apprehend as dreamlike fantasy.”**

“The Practical Use of Dream Analysis” (1934). In CW 16: *The Practice of Psychotherapy*. pg. 317

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## The Body

- Expresses the workings of the psyche through somatization, i.e., making physical that which is psychological
- Anxiety, panic, waking from nightmares
- Storing of psychological pain
- psychological product of physical event/trauma (re-experiencing pain of an accident in the body during psychological work, for example)

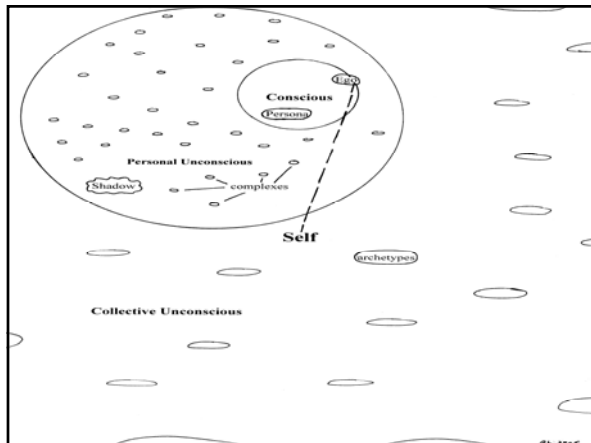
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## The Self

- The central archetype in the psyche
- central organizing archetype that regulates all the other archetypes and the whole psyche
- Central process of the psyche; everything we experience, all development is regulated by the Self; the seat of wisdom – the wisdom of the psyche

“The ego stands to the Self as the moved to the mover”. (Jung)

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## Psychodynamics

- 'psychic processes' implies activity, movement, flow, energy
- the psyche is an energetic system

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The goal is for the individual to connect with/engage with/confront the contents of the unconscious and engage in the process of individuation.

The psyche is oriented towards healing.

The teleological goal – the aim – of life is union with the Self

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## Compensation

Psyche as self-regulating structure/process

Seeking homeostasis: balancing, adjusting, supplementing

Unconscious compensates/balances any tendency towards one-sidedness on the part of consciousness, of the ego

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## Bibliography

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"A Review of the Complex Theory", CW 8, pp. 92-104

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