

## TENDING THE SOUL

An 9-month Course on

### THE ART AND PRACTICE OF JUNGIAN PSYCHOTHERAPY

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*The spirit of the depths...conquered [my] arrogance, and I had to swallow the small as a means of healing the immortal in me. The spirit of the depths took my understanding and all my knowledge and placed them at the service of the inexplicable and the paradoxical.*

—Jung: *The Red Book*

Jung's recently published *Red Book*, in which he recorded the powerful inner images that burst forth from his unconscious and became the basis of his psychology, begins with a dialogue between the "spirit of the times" and the "spirit of the depths." The first spirit speaks for collective values, rational and practical considerations, and complexes that shape our personal, subjective worlds. The spirit of the depths, however, is far more mysterious. It inspires dreams, visions, art, creativity, spiritual development, cultural evolution, and all activities in which we encounter the vast potential of the human soul.

After his break with Freud, Jung began to suffer a major transformational crisis in which he repeatedly feared he was losing his mind. He realized he had been living a life identified with the "spirit of the times," too much in his persona and ego-ambitions. A major change in orientation was in order. He needed to tend to his own soul. Now in midlife, Jung heard the spirit of the depths speak to him from within. It insisted he look within himself to find his own "center" through dialogues with various characters. *The Red Book* is an account of those dialogues.

In this 9-month course, we will reflect together on the ways in which therapists might invite patients to listen to the same spirit of the depths that inspired Jung. What is it we can do—or refrain from doing—to help our patients become receptive to this spirit rather than complying with the spirit of the times? The deeper, more alive issues and goals of therapy emerge as both therapist and patient pay careful attention to what the spirit of the depths is telling them. How can we facilitate a conversation with this spirit and the characters of the inner world in a therapeutic relationship we co-create with our patients?

The need for psychotherapy to help patients listen to the spirit of the depths is arguably more important in today's world than in Jung's. In our mental health field the spirit of the times speaks far louder than the voice of the soul. Cognitive-behavioral methods, evidence-based principles and techniques, brain research, psychopharmacology, and brief treatment now dominate the field. Important as these may be, they are not the same as psychotherapy oriented toward depth, meaning, value, spiritual well being, and the vast creative potential of the human soul. It is in listening to the soul that what Jung called the "supreme meaning" might be found. Jungian psychotherapy seeks to tap that greater human potential.

This does not mean, however, that we can ignore the spirit of the times. An important aspect of Jungian psychotherapy is to invoke the "transcendent function," which arises from the dialogue

between these two spirits and from the interplay of consciousness and the unconscious. The psyche addresses its conflicts by presenting first one side, then the other. Jung said that when these spirits dialogue, as if they were “two human beings with equal rights,” a movement occurs that “leads to a new level of being.”

In this 9-month course we focus on the above themes and will seek the following:

1. To help our patients listen within themselves to the spirit of the depths as it “speaks” through their free associations, dreams, fantasies, life-experiences, symptoms, and their relationship with you, the therapist;
2. To make interventions based on what we hear from the spirit of the depths as it “speaks” through our reveries, inner experiences, and the relationship with our patients;
3. To distinguish between the repetitive (or personal) and archetypal (or transpersonal) dimensions of the transference.
4. To understand the basic principles of the transcendent function and how it emerges in psychotherapy.
5. To expand our capacity to use mythological, religious, and other symbolic material, arising in both us and our patients, in creative, growth-enhancing ways;
6. To develop skill at working clinically in ways that are typically Jungian: use of metaphor, dreams, active imagination, sandplay, and expressive arts.

### Format

This course will have three components:

1. The first Saturday of each month we will have a 4-hour didactic seminar on a specific topic.
2. An ongoing clinical case seminar that meets Monday evenings weekly for 2 hours. The purpose of the clinical case seminar will be to amplify the preceding Saturday morning didactic topic and apply it specifically to clinical cases offered by the analyst and the members of the group.
3. Three sessions during the year focusing on our own personal unfoldment using symbols of the unconscious and practices associated with Jungian psychotherapy: sandplay, active imagination, dreams, and expressive arts.

### Schedule and Faculty

2010

Sat. Oct. 2, Mon. Oct. 4, 11, 18, 25

Maria Ellen Chiaia, PhD, on *Tending the Soul through Symbolic Processes*

Bryan Wittine, PhD, LMFT on *Transpersonal Crises and Conflicts*

Mon. Nov. 1

Maria Ellen Chiaia and Bryan Wittine, an evening for personal process and integration

Sat. Nov. 6, Mon. Nov. 8, 15, 22, 29  
Barbara Stevens Sullivan, MSW, on *The Creative Unconscious and the Self*

Sat. Dec. 4, Mon. Dec. 6, 13, 20  
John Beebe, MD, on *Psychological Types from a Jungian Perspective*

2011

Sat. Jan. 8, Mon. Jan. 10, 17, 24, 31  
Beth Barmack, MSW and Mark Sullivan, PhD, LMFT on *The Psychology of the Transference*

Sat. Feb. 5, Mon. Feb. 7, 14, 21  
Diane Deutsche, PhD, on *Transforming Symbols*

Mon. Feb. 28,  
Maria Ellen Chiaia and Bryan Wittine, an evening for personal process and integration

Sat. Mar. 5, Mon. Mar. 7, 14, 21, 28  
Alan Ruskin, PhD, on *The Use of Dreams in Jungian Psychotherapy*

Sat. Apr. 2, Mon. Apr. 4, 11, 18, 25  
Barbara Holifield, PhD, on *The Somatic Unconscious*

Sat. May 7, Mon. May 9, 16, 23, 30  
Richard Stein, MD, on *Jungian Analysis as a Way of the Spirit*

Mon. June 6  
Maria Ellen Chiaia and Bryan Wittine, an evening for personal process and integration