

Holy Archetypal Symbols, Batman!

A Superheroic
Introduction to
Carl Jung



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Outline

- Background
- Philosophy
- Theoretical overview
- Archetypes
- Psychopathology
- Jungian therapy

Carl Gustav Jung

- Born on July 26, 1875 in a small Swiss village
- Classically educated as a boy by his father, a local county parson
- Studied medicine and decided to focus on psychiatry as a way to bring together faith and reason



Professional career

- Upon graduation from the University of Basel, Jung took a position in Zürich working under Eugen Bleuler studying schizophrenia
- During this time (1900-1909), Jung advanced word association as a usable technique for therapy, coined the term *complex*, and published his first book, *The Psychology of Demetia Praecox*

Professional career

- Jung met Sigmund Freud at a conference in Vienna in 1907 and the two became, for the next five years, close friends and colleagues
- With the publication of *Symbols of Transformation* in 1912, Freud broke contact and friendship with Jung due to Jung's rejection of so many of the ideals central to Freud's theories

Writings and Influence

- Published 20 books and an immense amount of articles, with his collected works being second in size only to Freud's
- Jung was awarded honorary degrees by eight universities and made an honorary fellow of the Royal Society in England
- His influence has made itself known in the fields of psychology, archaeology, anthropology, and mythology
- Jung wrote extensively until his death on June 6th, 1961

Philosophical Basis

“The psyche is not of today: its ancestry goes back many millions of years.”

- Jung strongly believed in the influence of heredity and its impact on modern man
 - This, however, was more in a historical sense than a physical sense

Overview of Theory

- Three main parts to Jung’s theory of mind
 - the Libido
 - the Psyche
 - the Levels of Consciousness
- Jung strongly advocated mind-body dualism
 - Most mental illness cannot be explained by biological factors and etiology alone

Overview of Theory

- Both affective, or emotional, and rational contents of the mind are grouped together
- Jung's theory is based on a principle of opposites

“The conflict between the opposites can strain our psyche to the breaking point, if we take them seriously, or if they take us seriously.”

Libido

- Unlike Freud, who used libido to refer only to sexual energy, Jung's definition of libido meant the sum total of psychic energy that drives one's personality

“Libido is intended simply as a name for the energy which manifests itself in the life-process and is perceived subjectively as conation and desire.”

the Psyche

- The psyche is a region in which identities of the personality can move into and out of with some effort
 - Opposed to Freud's theory, in which the structures of the mind are rigid and immovable
- Psyche is divided into two levels of awareness – conscious and unconscious

Conscious Mind

- Refers to that part of the mind to which we have access
- Two main parts of conscious mind
 - Collective conscious/persona
 - Personal conscious/ego complex

Unconscious Mind

- Refers to that part of the mind that we cannot actively or purposefully gain access into
- Two main parts of unconscious mind
 - Personal unconscious
 - Collective unconscious

“I term collective all psychic contents that belong not to one individual but to many, i.e. to a society, a people or to mankind in general.”

Symbols of the Unconscious

- Much of the therapy Jung advocated involved the understanding of symbols that emerged from the unconscious
 - This could happen through dreams, word association, or meditation
- Symbols are a living entity that joins together the separate parts of consciousness



Archetypes

“Everyone carries a shadow, and the less it is embodied in the individual’s conscious life, the blacker and denser it is...”

“What are archetypes?”

“They are elementary ideas, what could be called ‘ground’ ideas. These ideas Jung spoke of as archetypes of the unconscious. ‘Archetypes’ is a better term because ‘elementary idea’ suggests headwork. Archetype of the unconscious means it comes from below. The difference between Jungian archetypes of the unconscious and Freud’s complexes is that the archetypes...are manifestations of the organs of the body and their powers. Archetypes are biologically grounded, whereas Freudian unconscious is a collection of repressed traumatic experiences from the individual’s lifetime. The Freudian unconscious is a personal unconscious, it is biographical. The Jungian archetypes of the unconscious are biological. The biographical is secondary to that.”

Joseph Campbell to Bill Moyers

Archetypes

- All people have an enormous amount of archetypes that manifest themselves
 - No set number, instead they are fluid and highly individualized
- These are highly similar in people across different cultures and geographies

“The archetype cannot be explained in just any way, but only in the one that is indicated by that particular individual.”

Archetype Illustrations

- The following slides will give examples of common archetypes using a symbolism that should be fairly familiar to members of this culture

the Persona

the personal conscious

- This is the public self, the compromise between the true self and one's social role
- Too much emphasis on this archetype will result in the loss of the true self; too little and one develops an asocial personality



the Shadow

the personal unconscious

- This represents drives and desires at odds with social responsibilities
- Derived from our primitive ancestry, these primal urges are destructive if not kept in check



the Self

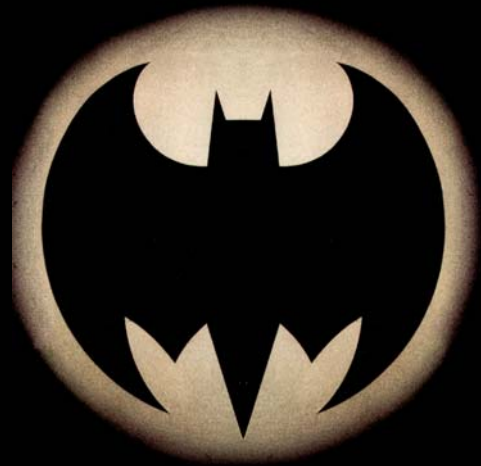
- The central archetype, this represents a movement towards unity by the persona and the shadow
- Can be symbolized by a mandala



the Mandala

“the magic circle”

- Usually a circular or spherical formation, associated with the idea of a quaternity
- This symbolizes unity or wholeness and shows an assimilated persona



the Child

- This represents the hope and promise of a new beginning
- Reminds the Self of it's origins and potential for future development



the Trickster (or Clown)

- Often a half human/ half animal magical being fond of jokes and pranks who hampers the Self and keeps away unity



the Wise Old Man

the archetype of meaning

- A form of the animus that helps to propel the Self towards unity
- Reveals to the Self the nature of the collective unconscious
- Can be seen as the “Great Mother” in women



the Soul (Animus and Anima)

- This is our inner opposite, the male inside the female and vice versa
- Confronting and accepting this is a major step towards unity of the persona



Jung on Religion

“You can take away a man’s gods, but only to give him others in return.”

Balancing the mind

- Jung saw man as having a “natural religious function”
- The expression of this influences one’s psychic health, just as with other instincts

Origins of religion



Purpose of religion

- Religion has always tried to provide satisfying forms for deep human needs in a healthy way
- Unhealthy ways often take the form of “isms”
 - Communism
 - Fascism
 - Racism

Purpose of religion

- The experience of recognizing the self is the highest purpose of religion
- This is overwhelming and often seen as a visitation from a higher power
- Seeing the “god-image” or self and matching it to one’s religion prevents a split in one’s nature

A dark future

“Side by side with the biological, the spiritual, too, has its inviolable rights.”

- Jung felt that the spiritual needs of people were too often downplayed and rejected
- When symbols and myths lose their capacity to transform libido due to our increasing reliance on science, new myths must be invented

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Psychopathology

“Show me a sane man
and I will cure him for
you...”

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Theory of Psychopathology

“The vast majority of mental illness
(except those of a direct organic nature)
are due to a disintegration of the
consciousness caused by the irresistible
invasion of unconscious contents.”

Theory of Psychopathology

- Mental illness is seen as an invasion from the unconscious by something incompatible with the ego
 - This mixing of the unconscious and conscious together and throws the system into disorder
 - This causes the afflicted to feel as though they are in a dream state, where nothing is truly stable or real

Theory of Psychopathology

- Jung did believe that some mental illnesses, such as schizophrenia, were due to biological factors and could only be cured as such



Jungian therapy

“Psychiatry is the care of
the id by the odd...”



Therapeutic Goals

“There is no coming to consciousness
without pain...”

- Life depends strongly on polarities, and the recognition of the opposites in one's own mind is a main goal of therapy
- A confrontation with the unconscious is intended to let the individual recognize the denied aspects (the shadow) of one's self

Therapeutic Goals

- Change takes place not in stages, but rather as a continual growth by two processes
 - Individuation – refers to the full expression of all pieces of the ego
 - Transcendence – refers to combining the ego pieces into a unified personality

Stages of Psychotherapy

- Confession
 - The natural first stage, catharsis
- Elucidation
 - Explaining why the client came in results in some form of projection
- Education
 - Focuses on efforts to change current behavior

Stages of Psychotherapy

- The first three stages are sufficient for most people, but there is a fourth stage
- Transformation
 - This is attempted with those clients for whom attaining normality is not possible
 - Directed towards those who have above average potentials, since they naturally gravitate towards being abnormal

Therapeutic Techniques

- Dream analysis and amplification
 - Is intended to sensitize dreamers to their inner processes and reveal conflicts
- Meditation
 - Used to aid in focusing on desires, needs, and goals
- Word association
 - Used to help the unconscious “speak out”

Jungian vs. Freudian

- Both focus on the unconscious and its role in therapy
- Both see the personality as the self
- Jungian sees libido as all energy, primarily that directed towards spiritual needs, not the sexualized version of Freud

Jungian vs. Behaviorism

- Both acknowledge the impact of culture and society
 - Collective unconscious/social learning
- Jungian does not focus on making observations or relying on operational definitions to assist in therapy

Great Jung Quotes

- If one does not understand a person, one tends to regard him as a fool
- If there is anything we wish to change in our children, we should first examine it and see whether it is not something that could better be changed in ourselves

