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# CARL JUNG

- **P.G.Sem -4**
- **Paper- EC -1**
- **Introduction to Clinical Psychology**

# CARL JUNG

- **Carl Gustav Jung** Swiss Standard German:( 26 July 1875 – 6 June 1961) was a Swiss psychiatrist, psychotherapist, and psychologist who founded the school of analytical psychology.

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- Carl Jung's theory, known as analytical psychology, posits that the human psyche comprises the conscious ego, personal unconscious, and a deeper collective unconscious, a shared reservoir of ancestral experiences manifesting as universal patterns called archetypes.

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- Central to his work is individuation, the lifelong process of integrating these unconscious elements for wholeness, often explored through dreams and symbolism, moving beyond mere ego-identity to embrace one's true, complete self, particularly significant in midlife.

# ARCHETYPES

- Jung argued that archetypes constitute fundamental elements of the human psyche. He described archetypes as universal symbols or patterns that are present in the collective unconscious, a deeper layer of the psyche that is shared by all human beings. Archetypes can be discovered in myths, fairy tales, religion, art, and dreams, and they shape human behavior, emotions, and thought patterns

# COLLECTIVE UNCONSCIOUS

- Central to Jung's framework is the notion of the collective unconscious, which is different from the personal unconscious, which features centrally in Freud's psychoanalytic theory.
- The Jungian collective unconscious is a reservoir of archetypal symbols and motifs that are shared across cultures and generations.

# PERSONA AND SHADOW

- **According to Jung, the persona represents the social mask we wear to navigate the external world, while the shadow embodies the repressed, darker aspects of our psyche. Integrating the shadow is crucial for achieving psychological wholeness**

# INDIVIDUATION

- In Jungian psychology, individuation refers to the process of psychological development and self-realization that results from the integration of the conscious and unconscious facets of our psyche.

# SYMBOLIC IMAGERY AND DREAMS

- Jung believed that the unconscious communicates through symbols and images, which can be explored through dreams, active imagination, and creative expression.

# ANIMA/ANIMUS

- Jung's concept of the anima and animus refers to archetypal structures within the human psyche that represent the contrasexual aspects of our unconscious. A woman's contrasexual aspect of the unconscious would be the animus, and a man's would be the anima. In other words, Jung believed that everyone has both a male and a female part and that we need to embrace and integrate them in our processes of individuation