

A Primer Of Jungian Psychology

Carl Jung was the founder of analytical psychology who revolutionized the way we approached the human psyche. Drawing on Eastern mysticism, mythology and dream analysis to develop his theories, Jung proposed many ideas which are still influential today, including introversion, extroversion and the collective unconscious. Knowledge in a Nutshell: Carl Jung introduces psychologist Jung's ideas in an engaging and easy-to-understand format. Jungian psychology expert Gary Bobroff breaks down the concepts of the psyche, collective unconscious, archetypes, personality types and more in this concise book. He also explores the influence on Eastern philosophy and religion on Jung's ideas, and how spiritualism enriched his theories. With useful diagrams and bullet-point summaries at the end of each chapter, this book provides an essential introduction to this influential figure and explains the relevance of Jung's ideas to the modern world. ABOUT THE SERIES: The 'Knowledge in a Nutshell' series by Arcturus Publishing provides engaging introductions to many fields of knowledge, including philosophy, psychology and physics, and the ways in which human kind has sought to make sense of our world.

Aniela Jaffé(c) explores the subjective world of inner experience. In so doing, she follows the path of the pioneering Swiss psychologist C.G. Jung, whose collaborator and friend she was through the final decades of his life. Frau Jaffé(c) shows that any search of meaning ultimately leads to the inner mythical realm and must be understood as a limited subjective attempt to answer the unanswerable. Any conclusion drawn from such a quest is one's very own - its formulation is one's own myth.

A brilliant introduction to the spirit and practice of Jungian psychology, with a unique understanding of Jung's ideas. "One of the few remaining 'first generation' psychologists." -- Journal of Analytical Psychology

This comparative study of the basic concepts of Freud and Jung is designed to give a comprehensive understanding of Jung's work. The author traces the development of Jung from his initial fascination with Freud's ideas to his gradual liberation from these powerful concepts and the final breakthrough into his own unique theories of man and the cosmos. Jung's fundamental viewandmdash;that the psyche is a totality of conscious and unconscious elements that seeks to realize itselfandmdash;stands in sharp contrast to Freud's early view of the psyche as primarily the effect of prior causes. Hence Freud tends to stress the pathological, whereas Jung looks to the creative and self-transcending aspects of human nature. The final section of the book describes the development of Jung's ideas after the death of Freud, particularly his concept of the archetypes.

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A condensation and summary of Carl Jung's life and work, including his concepts of the collective unconscious and his masterful investigations into the roots and meanings of dreams.

A close examination of the heart of Jung's theory of psychological growth and individuation.

"Illustrates the broad scope of analytical psychology and the interrelationship of Jung's cultural, scientific and clinical work. Definitions are accompanied by choice extracts from Jung's Collected Works, with informed commentary and generous crossreferences."--

Based on the Tavistock Lectures of 1930, one of Jung's most accessible introductions to his work.

There are few individuals whose work has had such wide-ranging, long-lasting effects as that of C.G. Jung. In this text, Von Franz shows the development of Jung's ideas from their origins to their empirical documentation in his numerous books, papers and recorded lectures.

Comprehensive description of Jungian thought, addressed particularly to those considering analysis and to therapists of other back grounds who wish to better understand the clinical application of Jung's model of the psyche.

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Herbert Silberer was an early member of Freud's Vienna Group whose work was unique and prodigious; yet, owing to his expulsion from the psychoanalytic community, his contributions have been dismissed for close to a century. Based on original documents and primary sources, A Primer of the Psychoanalytic Theory of Herbert Silberer: What Silberer Said recovers the psychoanalytic theory of Herbert Silberer, revealing its connections to philosophy, theology and transcendence, and examining how his writings influenced C. G. Jung. The book begins with an overview of what is known of Silberer's life, before commencing with an exploration of his writings. Charles Corliss covers topics including Silberer's groundbreaking construct of the hypnagogic phenomenon, the process and meaning of symbolism and symbol formation, alchemy and its connection to his major work Problems of Mysticism and Symbolism, the use of symbols in Freemasonry and his influential understanding of dreams and their meaning. The book also explores Silberer's complex relationship with the field of psychoanalysis, including his opposition to many psychoanalytic assumptions. Introducing and assessing the main contributions of Silberer's work, this book will be of interest to analytical psychologists and Jungian psychotherapists in practice and training, as well as to academics and students of Jungian studies and the history of psychoanalysis, psychoanalytic studies, theology, philosophy and the history of psychology.

"It was the genius of C.G. Jung to discover in the 'holy technique' of alchemy a parallel to the psychological individuation process. This book, by Jung's long-time friend and co-worker, completely demystifies the subject. Designed as an introduction to Jung's more detailed studies, and profusely illustrated, here is a lucid and practical account of what the alchemists were really looking for--emotional balance and wholeness"--back cover.

What does it really mean to be a grown up in today's world? We assume that once we "get it together" with the right job, marry the right person, have children, and buy a home, all is settled and well. But adulthood presents varying levels of growth, and is rarely the respite of stability we expected. Turbulent emotional shifts can take place anywhere between the age of thirty-five and seventy when we question the choices we've made, realize our limitations, and feel stuck—commonly known as the "midlife crisis." Jungian psycho-analyst James Hollis believes it is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. In Finding Meaning in the Second Half of Life, Hollis explores the ways we can grow and evolve to fully become ourselves when the traditional roles of adulthood aren't quite working for us, revealing a new way of uncovering and embracing our authentic selves. Offering wisdom to anyone facing a career that no longer seems fulfilling, a long-term relationship that has shifted, or family transitions that raise issues of aging and mortality, Finding Meaning in the Second Half of Life provides a reassuring message and a crucial bridge across this critical passage of adult development.

Carl Jung was really close to Sigmund Freud. They even became friends over the years, but they parted ways when it came to psychology. While Freud's approach was clinical and scientific in the Western sense, Jung started to draw his inspiration from Eastern philosophies and religions. Because of Carl Jung we have today a bridge between the mythological and mysterious world and the world of psychology. His research into dreams and sub-conscious parts of the minds offers riveting insights into human psychology that none before him have been able to. While Freudian psychology is still the branch most taught within universities, there is a large undercurrent of Jungian psychology seeping into our society. Especially the spiritualists and the New Age movement have embraced Jung as a teacher to better understand their own "Shadows" and dark aspects of the psyche. In this short read you will be given a concise and insightful introduction into the world and psychology of Carl Jung.

Providing a comprehensive overview of Jung's basic concepts and their application, this text provides an introduction for students and readers new to Jungian ideas. Part One, on psychological types, the shadow and the persona, leads on to a section on archetypes and complexes. This is followed by chapters on projection and identification, anima and animus. The text then turns to the midlife crisis, and to neurosis and individuation. It then addresses the analytic experience; and concludes with a series of writings on psychological development, self-knowledge, personality and individuation, and the religious dimension.

Many of the earliest books, particularly those dating back to the 1900's and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

An examination of Freud's theory of psychoanalysis discusses how the English translations have distorted his writings and describes Freud's view of the nature of the soul

This book grew out of the author's desire to pinpoint key passages in Jung's writings that have nourished him for years. It provides readers with the main ingredients of Jung's work and suggests how they might flavor a life in search of meaning. Each chapter is headed by an appetizer, which is then fleshed out by the author's commentary—an elucidation or experiential interpretation, sometimes both—meant to stimulate the reader to ruminate on the unconscious factors that influence us all. Those seeking a more robust meal will be amply rewarded by following up the references.

This is title no. 99 in the series Studies in Jungian Psychology by Jungian Analysts. The Secret World of Drawings is a book so helpful and practical that a wide variety of psychotherapists, health care practitioners, educators, and artists continue to replace their much-beloved dog-eared copies every few years. 100 illustrations (74 in color). A rich reference section invites the reader to an in-depth voyage through other readings in art therapy, Jungian psychology, mythology, and symbolism.

Although alchemy is popularly regarded as the science that sought to transmute base physical matter, many of the medieval alchemists were more interested in developing a discipline that would lead to the psychological and spiritual transformation of the individual. C. G. Jung discovered in his study of alchemical texts a symbolic and imaginal language that expressed many of his own insights into psychological processes. In this book, Marie-Louise von Franz examines a text by the sixteenth-century alchemist and physician Gerhard Dorn in order to show the relationship of alchemy to the concepts and techniques of analytical psychology. In particular, she shows that the alchemists practiced a kind of meditation similar to Jung's technique of active imagination, which enables one to dialogue with the unconscious archetypal elements in the psyche. Originally delivered as a series of lectures at the C. G. Jung Institute in Zurich, the book opens therapeutic insights into the relations among spirit, soul, and body in the practice of active imagination.

BASICS OF HUMAN BEHAVIOR Absorbing, easy to read and understand, here is a fascinating presentation of Freud's principal theories on psychology. Culled from forty years of writing by the founder of psychoanalysis, this is the first book which gives, in a comprehensive and systematic form, Freud's thinking on the organization, dynamics and development of the normal human personality. Calvin S. Hall outlines Freud's penetrating diagnosis of the balances existing between the mind and emotions, and points out his important discoveries about the parts played by instincts, the conscious and unconscious, and anxiety in the functioning of the human psyche. In discussing the elements that form personality, the author explains the ideas of the pioneer thinker in psychology on defense mechanisms, the channeling of instinctual drives, and the role of sex in the boy and girl maturing into man and woman. Lucid, illuminating and instructive, this is an important book for everyone who wants to understand human behavior—in himself and in others. "A Primer of Freudian Psychology is compact, readable, accurate."—Gordon W. Allport, Professor of Psychology, Harvard University

In this definitive introduction to the work of C. G. Jung, Dr. Robertson explains how Jung reintroduced Westerners to the world of archetypes--the imagery of the collective unconscious, of mythology, and the symbols in nature. He discusses the structure and dynamics of the psyche, the meaning of dreams, the shadow, the anima/animus, and the mysterious figure of the Self. This practical yet inspiring introduction can make Jung's exciting philosophy/psychology part of your life.

Carl Jung's contributions to our understanding of the human psyche have made him one of the most significant figures in the field of analytical psychology. His concepts of the collective unconscious, archetypal personality patterns, extroversion and introversion; his inquiry into the functions of thought, instinct, and feeling; his masterful investigations of the roots and meaning of dreams - all have had profound and far-reaching influence. A Primer of Jungian Psychology offers a clear and concise presentation of Jung's life and work, and of the theories that have become fundamental to our basic understanding of behaviour. Including everything from Jung's beliefs on the basic structure of the personality to his controversial ideas on the psychological relevance of occultism, astrology, alchemy, and extrasensory perception, this comprehensive volume is essential reading for anyone interested in the hidden depths of the mind.

Essential reading for anyone interested in contemporary psychotherapy, Contemporary Jungian Analysis, written by members of the Society of Analytical Psychology in London, covers the key concepts of Jungian analysis and therapy as it is practised today. Each chapter brings together two essays by different authors to give different perspectives on themes which are of common interest to psychotherapists of all persuasions. Topics include: * infancy * gender * transference * popular culture * assessment and pathology * dreams and active imagination * the training of the therapist * religious and spiritual issues.

Lost your mate, your energy, peace of mind? Welcome to midlife crisis. Jung's basic concepts--persona, shadow, anima/animus, complexes, projection and typology--come alive as one man's plight is dramatically portrayed with humor, compassion and ruthless clarity.

Micah Toub faced quite a few psychological challenges when he was growing up. And two of his best guides through them – as well as the biggest causes of them – were his parents. Part memoir, part introduction to famous and infamous psychological concepts past and present, Growing Up Jung tells the story of a boy raised by two psychologists. It's an extraordinary coming-

of-age story, replete with more sexual confusion and domestic dysfunction than even the average adolescent has to endure. And through the telling of that story, Toub is able to discuss such topics as why Freud's obsession with Oedipus threatens our chances today of being close to our mothers; the methods a Jungian psychologist might use to help a young man overcome sexual anxiety; and why it is okay to sometimes let your inner-murderer out for the night. Referencing the written works of the thinkers discussed, books that have been written about them, and relevant contemporary pop culture, Toub discusses and explains such topics as Synchronicity, Archetypes, and the Oedipus Complex, as well as lesser-known corners of the psyche, such as the Ally, the Dreambody, and what Jung called Active Imagination. And he is able to weave all this information seamlessly into his own story, because if there was a psychological problem going, it went Toub's way. Call it synchronicity. And if you don't know what synchronicity is, see chapter 5.

Jung's model of typology is the basis for type tests widely used in business and university, including the Myers-Briggs Type Indicator (MBTI). This book explains in detail Jung's views on the psychological attitudes of introversion and extraversion, the functions of feeling, thinking, sensation and intuition, and the pesky role of the unconscious. Includes an essay by H.K. Fierz, "The Clinical Significance of Extraversion and Introversion". Diagrams.

For Carl Gustav Jung, analysis was a spiritual quest: a deeply serious endeavour to come to terms with oneself, to accept oneself, and to become, as far as possible, the person it was intended one should be. His emphasis on the spiritual aspects of human nature, his view of the meaning of dreams and the importance of subjective experience, brought him into conflict with his mentor, Sigmund Freud. Regarded by many of his contemporaries as a visionary mystic, his contributions to psychology and psychiatry in the areas of entroversion and introversion, archetype, individuation, and collective unconscious have subsequently come to light. In this brilliantly lucid exposition, his friend and colleague E. A. Bennet introduces us to the the thought of Carl Gustav Jung in the context of his life and life's work.

Twelve essays by the distinguished analyst Marie-Louise von Franz—five of them appearing in English for the first time—discuss synchronicity, number and time, and contemporary areas of rapprochement between the natural sciences and analytical psychology with regard to the relationship between mind and matter. This last question is among the most crucial today for fields as varied as microphysics, psychosomatic medicine, biology, quantum physics, and depth psychology.

More than a mere overview, the book offers readers a strong grounding in the basic principles of Jung's analytical psychology in addition to illuminating insights.

C. G. Jung, despite not being widely known for his views on sexuality or the treatment of sexual issues, made extensive contributions to understanding the complexities of this field throughout his life. In *Jung and Sex*, Edward Santana makes the case that reclaiming this knowledge can address substantial problems with current treatments and support many who struggle with sexual issues. This thorough exploration of Jung's approach to sexual issues presents a wide-ranging new look at his work and adds contemporary perspectives for helping those suffering with sexual difficulties. The book calls for an important bridging of clinical perspectives to address the contemporary challenges of complex sexual issues and brings attention to a large body of Jung's work on human sexuality, ranging from pioneering thoughts on sexual expressions of the soul to understanding ways to treat sexual symptoms. *Jung and Sex* provides a comprehensive analysis of Jung's views on, and clinical approaches to, sexual issues and treatments, using this knowledge in order to help those with sexual problems and the professionals who support them. It is an essential text for understanding critical dimensions of human sexuality. *Jung and Sex* is an important contribution that closes a gap in the literature of Jungian psychology. It offers unique insights into the subject for Jungian psychotherapists, analytical psychologists, sex therapists, and relationship counselors. The book also supports the work of academics and those interested in contemporary applications of Jungian and post-Jungian studies.

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