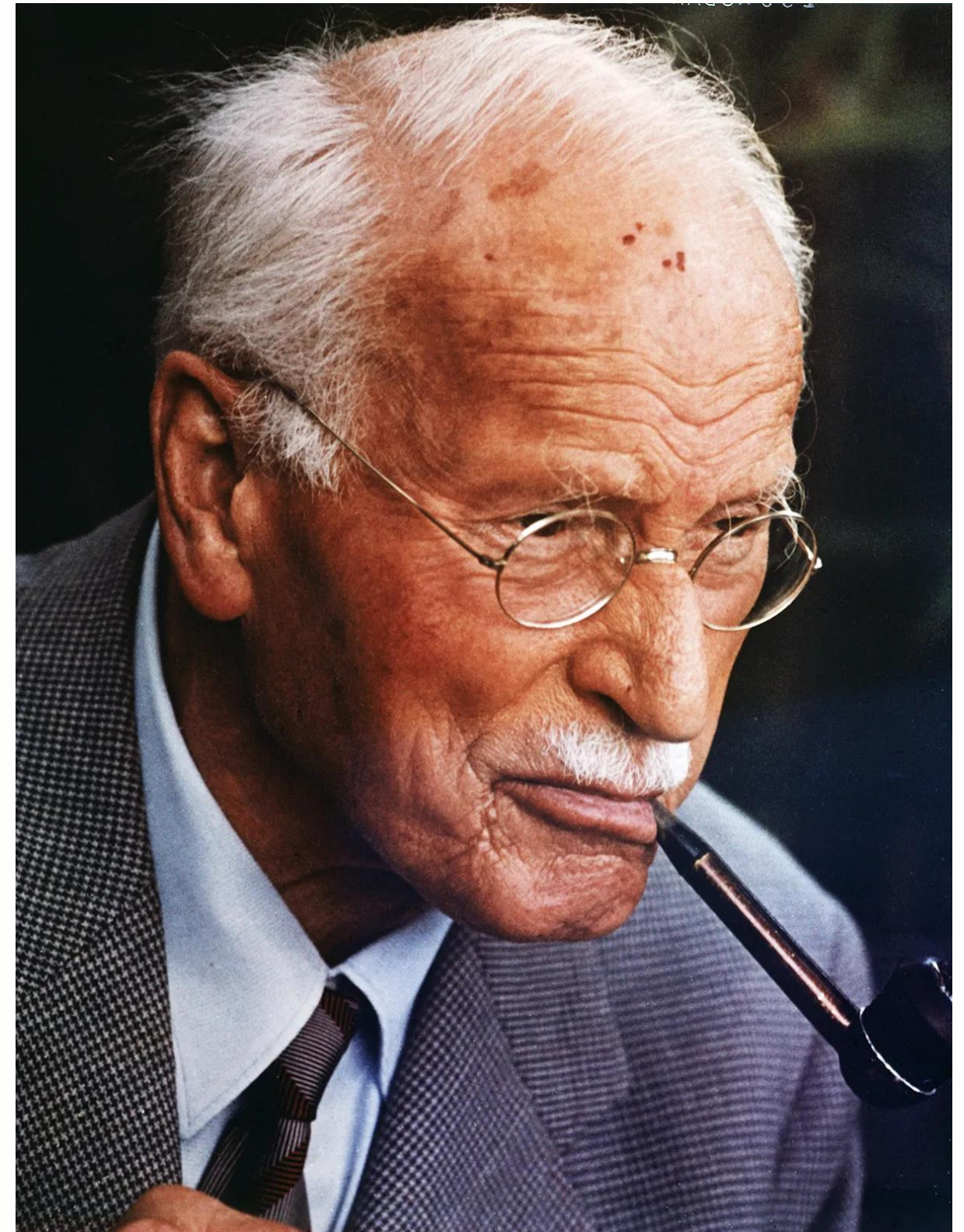
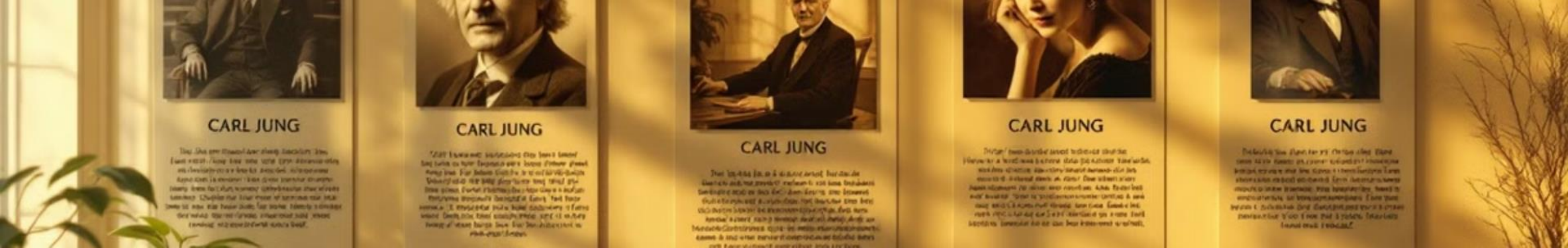


Carl Jung's Analytical Psychology

Carl Jung broke from Freud to establish analytical psychology, believing that occult phenomena influence everyone's lives. He saw people as complex beings with opposing qualities like introversion/extraversion and conscious/unconscious factors.





Jung's Early Life

Birth in Switzerland (1875)

Born to a minister father and the daughter of a theologian.

1

2

Medical Degree

After receiving his degree, Jung read Freud's writings and became acquainted with him.

Break with Freud (1913)

Personal and theoretical differences led to termination of their correspondence.

3

4

Death (1961)

Jung died at age 85 after becoming one of the leading thinkers of the 20th century.

The Conscious Mind

Ego as Center of Consciousness

Jung's notion of ego is more restrictive than Freud's. The ego is the center of consciousness but not the core of personality.

Secondary to the Self

In a psychologically healthy person, the ego takes a secondary position to the unconscious self.

Conscious Images

These are sensed by the ego, while unconscious elements have no relationship with it.





The Personal Unconscious

1 Individual Repository

Embraces all repressed, forgotten, or subliminally perceived experiences of one particular individual.

2 Contains Complexes

Complexes are emotionally toned conglomerations (aggregations) of associated ideas.

3 Personal Yet Connected

Complexes are largely personal but may be partly derived from humanity's collective experience.

The Collective Unconscious

Beyond Personal Experience

Contains images rooted in the ancestral past of the entire species.

Innate Tendencies

Not inherited ideas but humans' innate tendency to react in particular ways.

Universal Patterns

Shared across cultures and time periods, forming the foundation of myths and symbols.

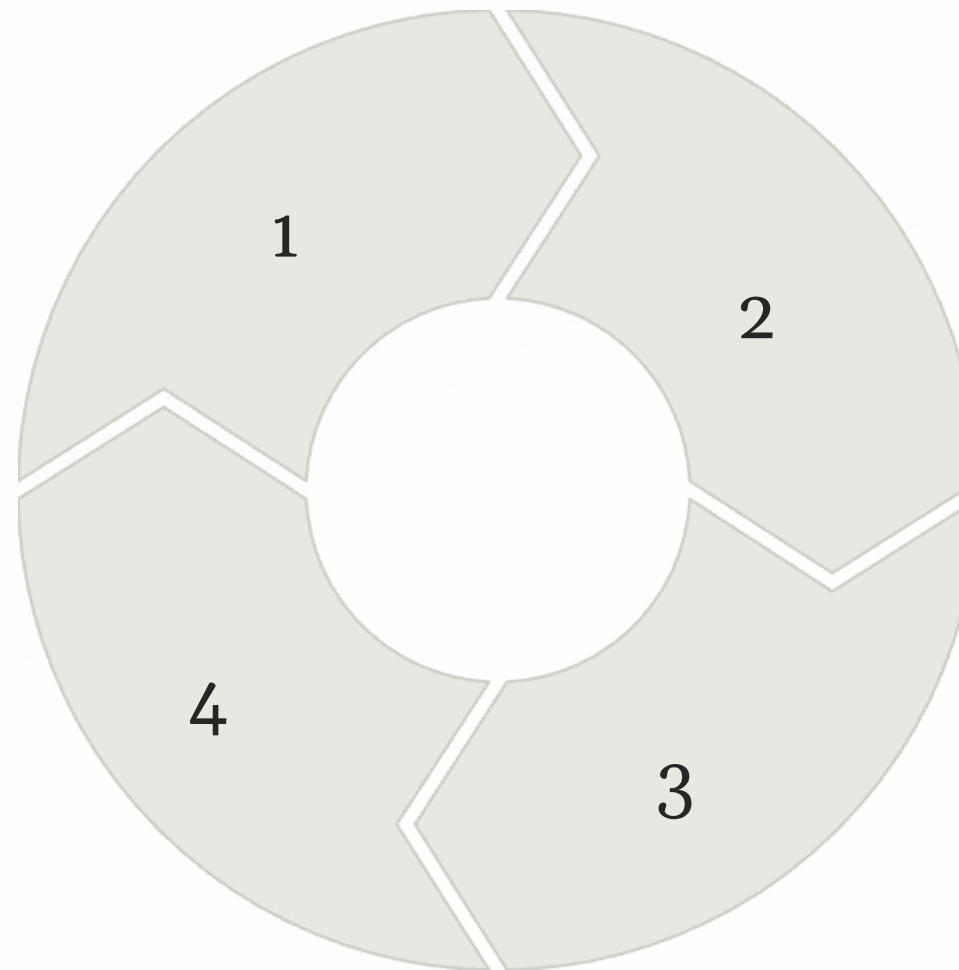
Understanding Archetypes

Ancient Images

Derive from the collective unconscious.

Expression Modes

Express through dreams, fantasies, and delusions when activated.



Emotional Collections

Emotionally toned collections of associated images.

Distinct from Instincts

Archetypes are the psychic counterpart to physical instincts.

Major Archetypes: Persona & Shadow



Persona

The side of personality that people show to the world, like a mask worn by actors.



Shadow

The archetype of darkness representing qualities people hide from themselves and others.



Quest for Wholeness

Knowing one's shadow is the first test of courage in achieving psychological maturity.



Major Archetypes: Anima & Animus



Anima

The feminine side within men that they must accept to achieve maturity.



Animus

The masculine side within women that they must embrace to achieve maturity.



Integration

The second hurdle in achieving psychological maturity and wholeness.

Other Important Archetypes



1 Great Mother

The archetype of nourishment and destruction.



2 Wise Old Man

The archetype of wisdom and meaning.

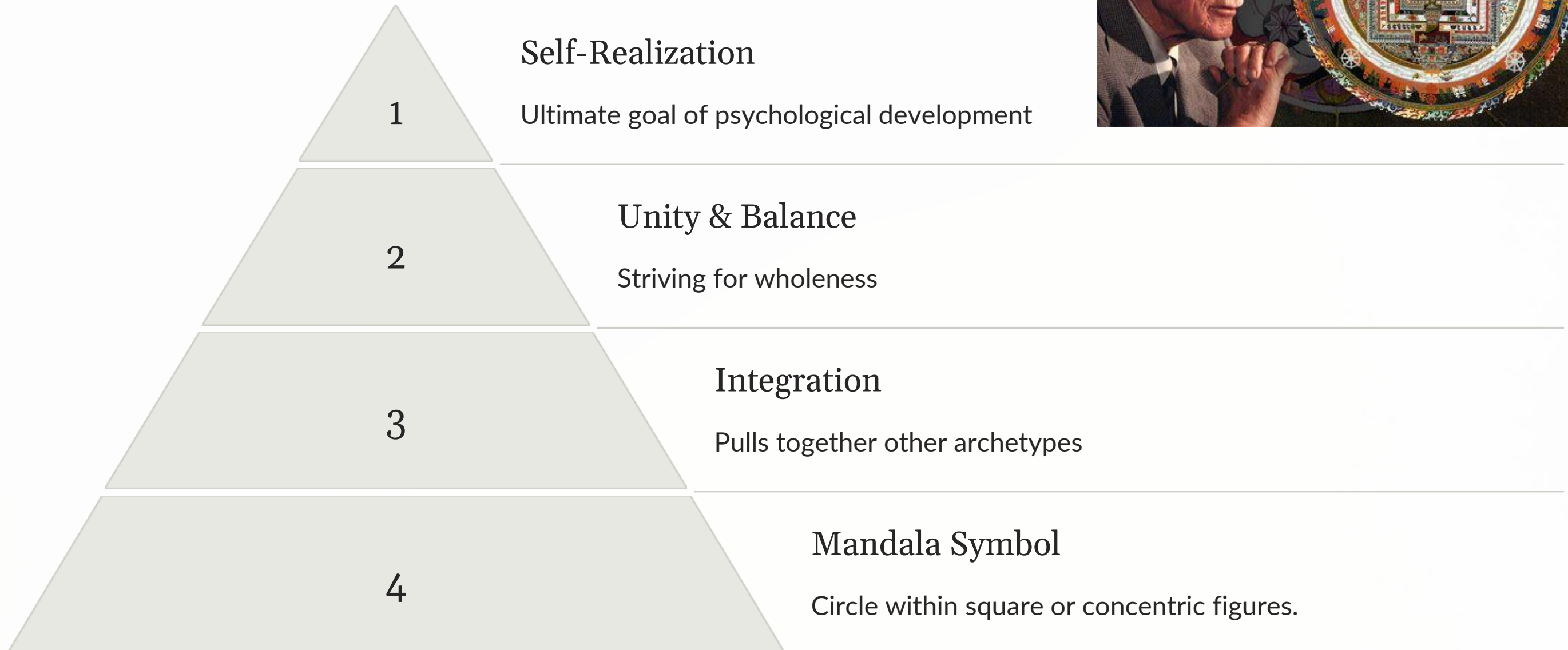
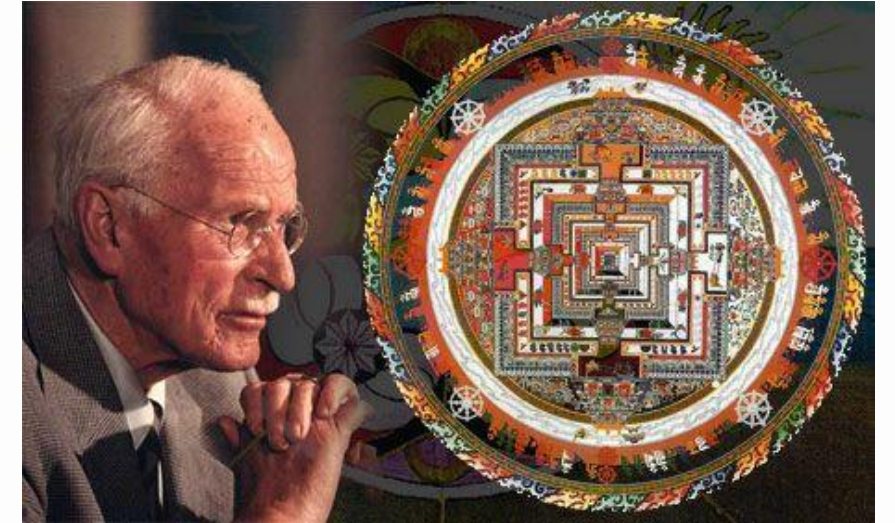


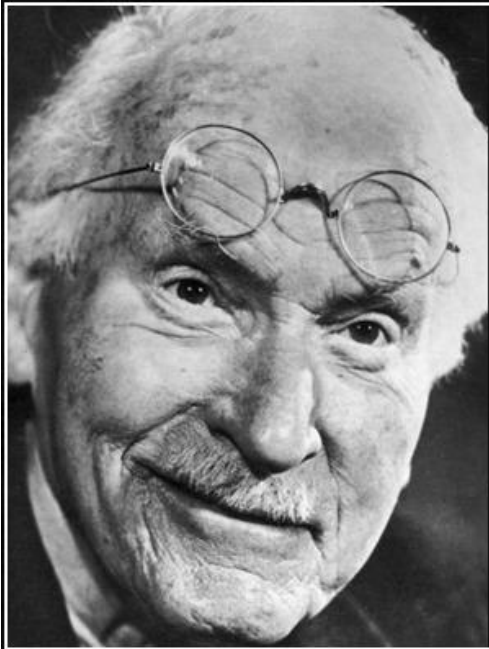
3 Hero

The image of a conqueror who vanquishes evil but has a fatal flaw.



The Self: Archetype of Archetypes

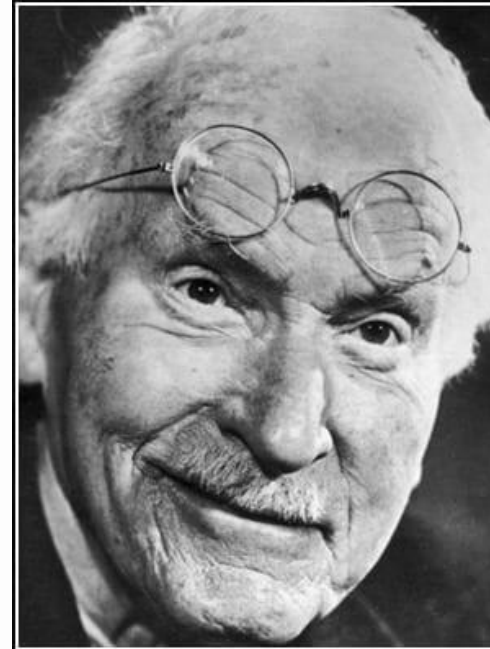




A mandala is the psychological expression of the totality of the self.

— Carl Jung —

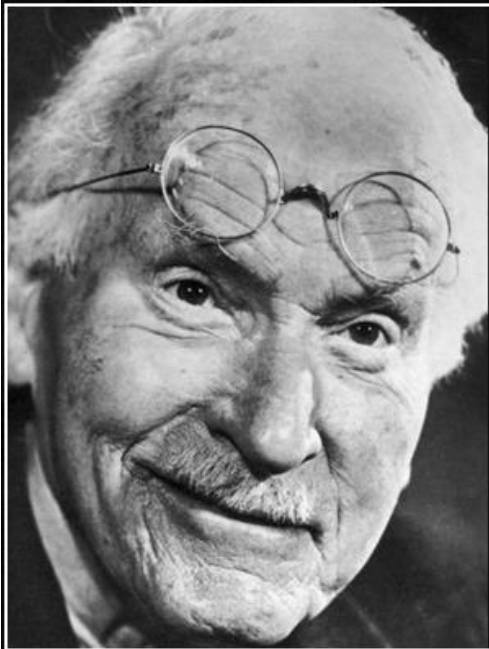
AZ QUOTES



The greater the contrast, the greater the potential. Great energy only comes from a correspondingly great tension of opposites.

— Carl Jung —

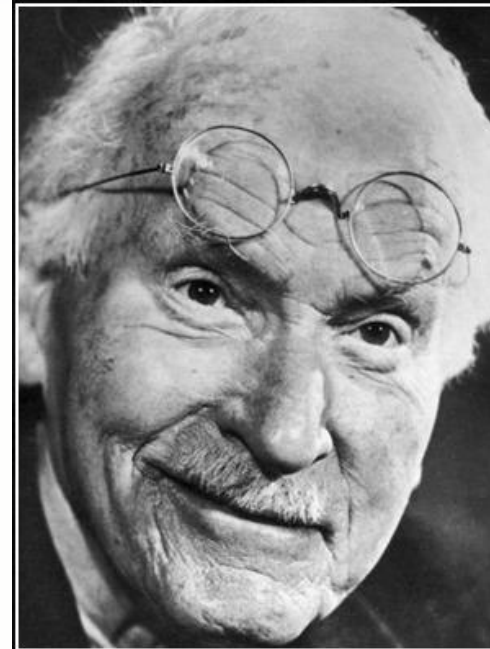
AZ QUOTES



My mandalas were cryptograms concerning the state of the self which was presented to me anew each day...I guarded them like precious pearls....It became increasingly plain to me that the mandala is the center. It is the exponent of all paths. It is the path to the center, to individuation.

— Carl Jung —

AZ QUOTES



The Self then functions as a union of opposites and thus constitutes the most immediate experience of the Divine which it is psychologically possible to imagine

— Carl Jung —

AZ QUOTES

Mandala represents the strivings of the collective unconscious for unity, balance, and wholeness.

Dynamics of Personality: Causal Forces

1

Causality

Past events and experiences shape current personality and behavior.

2

Middle Position

Jung accepted both causality and teleology as motivating forces.

3

Teleology

Future goals and purposes also drive human motivation and development.



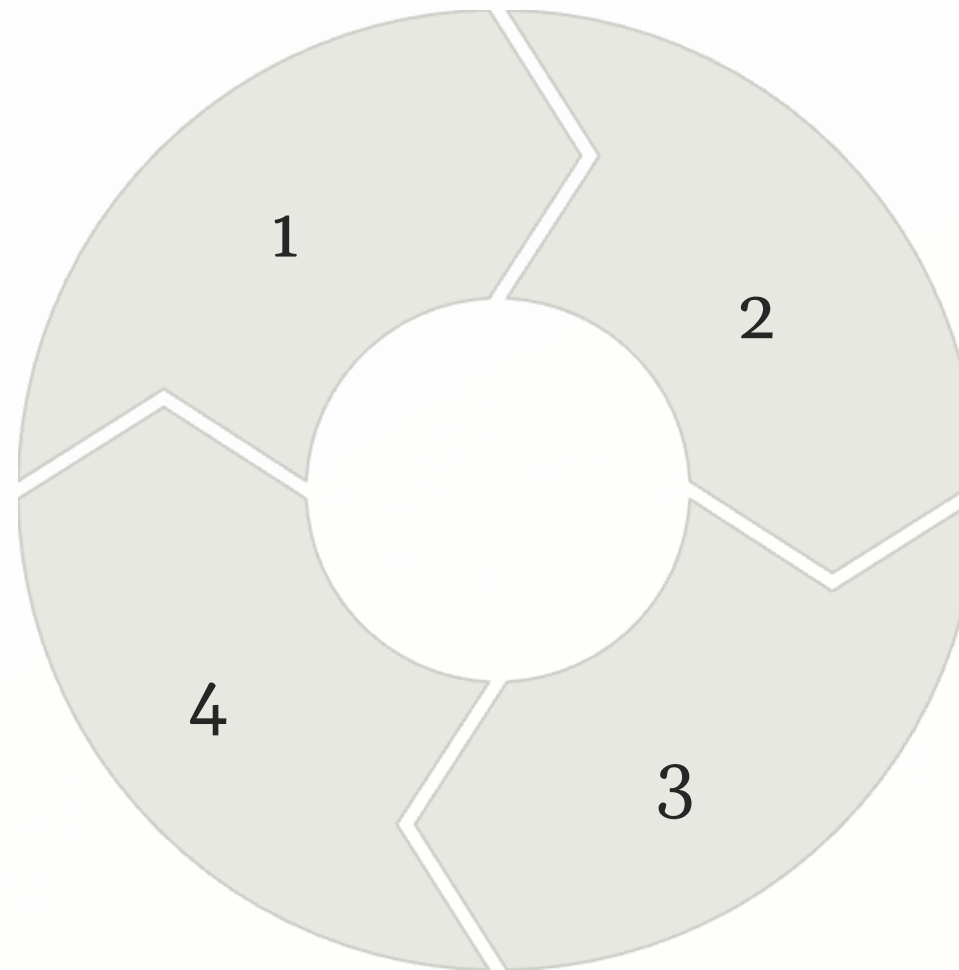
Progression & Regression

Progression

Forward flow of psychic energy for adaptation to outside world.

Necessary Step

Regression is a necessary backward step in successful goal attainment.



Consistent Reactions

Progression inclines a person to react consistently to environmental conditions.

Regression

Backward flow of psychic energy for adaptation to inner world.

Psychological Attitudes



Introversion

Refers to people's subjective perceptions and individualized view of things.

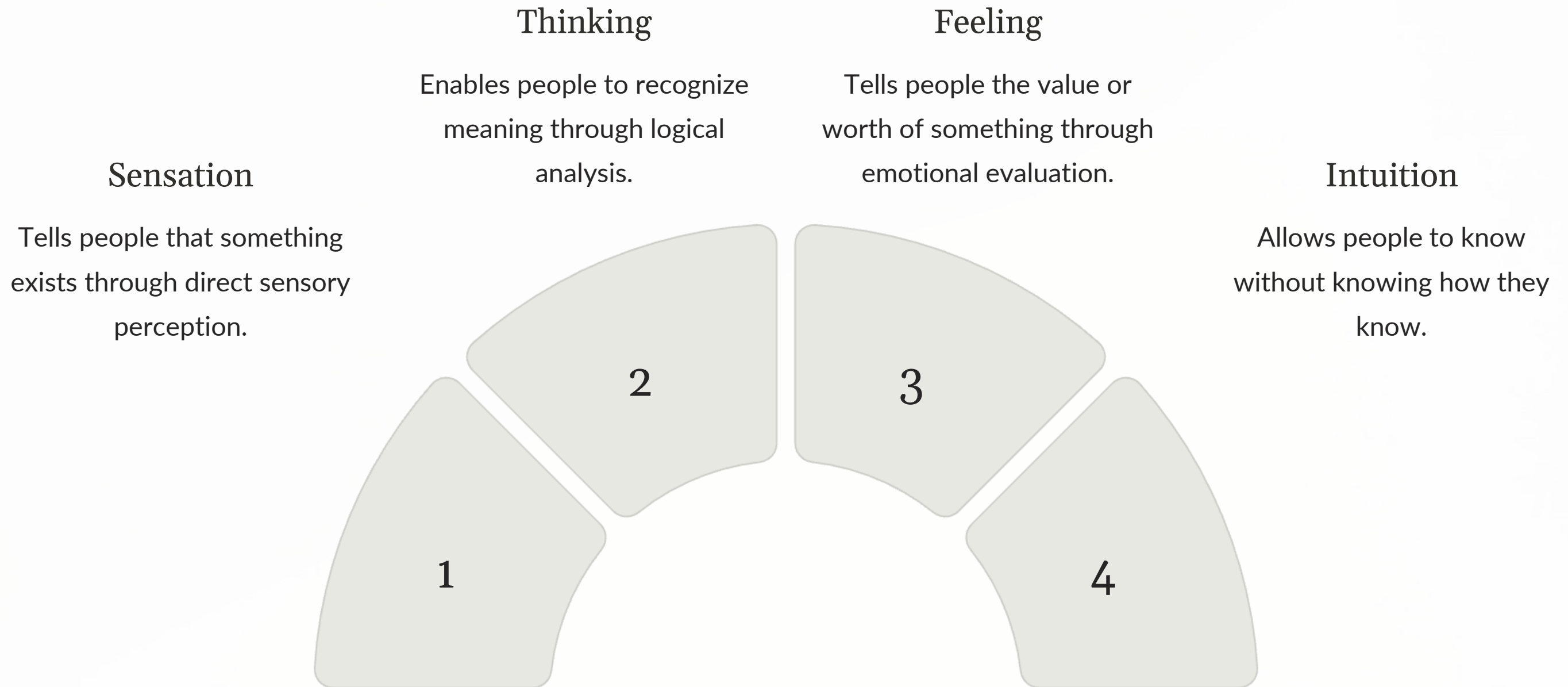
Jung defined attitudes as predispositions to act in characteristic directions. Neither attitude is superior, though they often mistrust each other.



Extraversion

Indicates an orientation toward the objective world and external reality.

The Four Functions of Personality



Eight Psychological Types

Introverted Sensing	Extraverted Sensing
Introverted Thinking	Extraverted Thinking
Introverted Feeling	Extraverted Feeling
Introverted Intuiting	Extraverted Intuiting

Both introversion and extraversion can combine with any of the four functions, forming eight possible orientations or types.



8 types of personality

- **Introverted thinking type:** Independent, influenced by ideas, reluctant to close relationships except for a few people.
- **Extroverted thinking type:** Principled, idealistic, rational, objective, emotions are held back.
- **Introverted feeling type:** Sympathetic, others' satisfaction is important, can be dependent on others but still reluctant to share emotions.
- **Extroverted feeling type:** Strong adaptation, strong communication with the outside world, superficial emotions.
- **Introverted intuiting type:** Mystic, dreamer, artist.
- **Extroverted intuiting type:** Entrepreneurial, high social self-confidence, friendly, sometimes irresponsible.
- **Introverted sensing type:** Calm, passive, controlling and inclined to control.
- **Extroverted sensing type:** Realistic, objective, friendly.



Childhood Development

Anarchic Phase

Early childhood characterized by chaotic, fragmented consciousness.

Monarchic Phase

Development of rudimentary (primitive) ego and more coherent sense of self.

Dualistic Phase

Recognition of self as separate from others, development of opposites.



Youth Stage



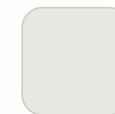
Period of Transition

From puberty until middle life, approximately ages 12-35.



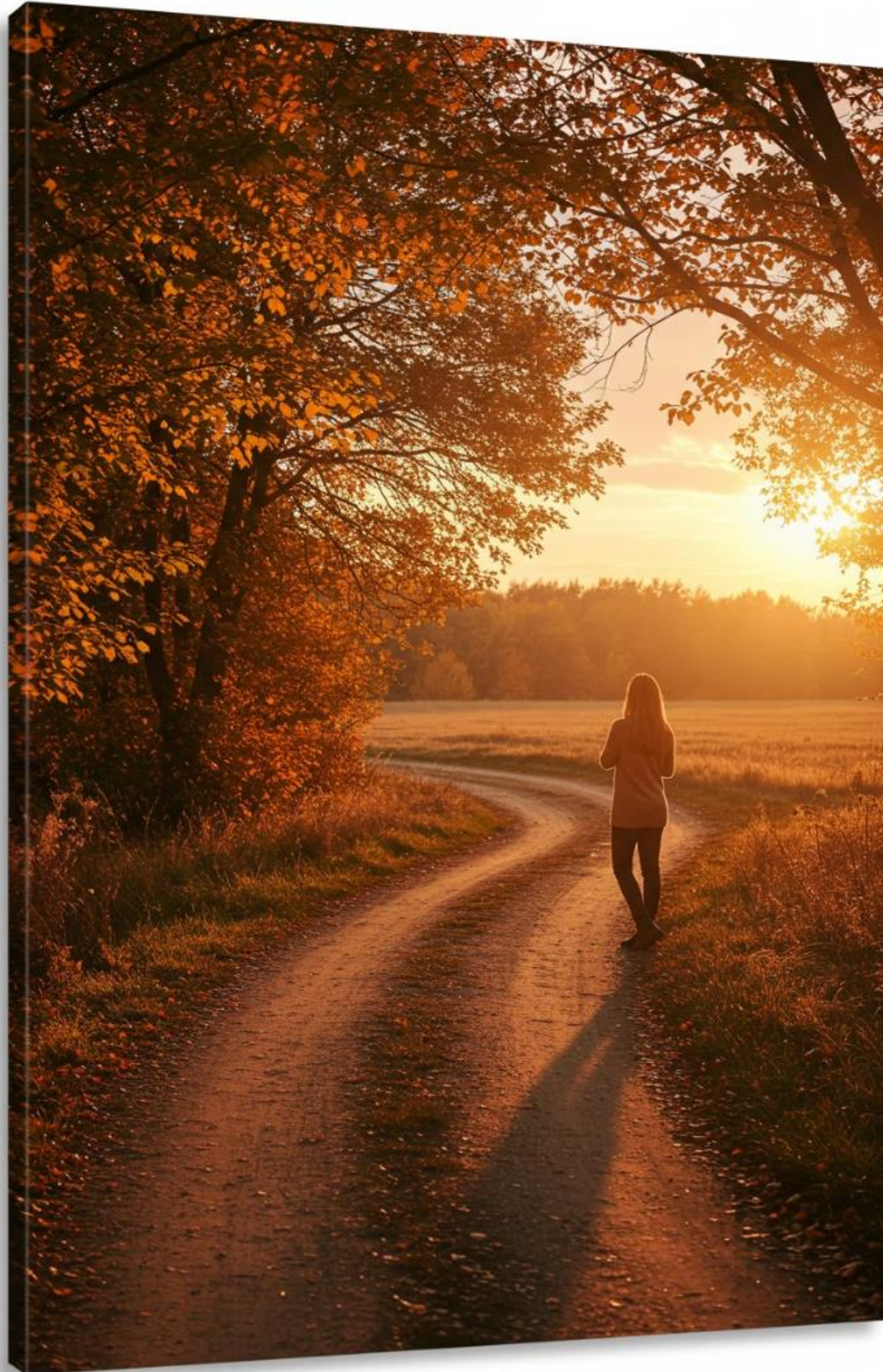
Key Developmental Tasks

Gaining independence from parents, finding a mate, raising a family, establishing career.



Increased Activity

Characterized by maturing sexuality, growing consciousness, and recognition that childhood is gone.



Middle Life

Beginning of Decline

Starts approximately at age 35-40, when the sun begins its downward descent.

Period of Anxiety

Can present middle-aged people with increasing anxieties about aging and mortality.

Tremendous Potential

Also a period of great psychological growth and development of wisdom.

Old Age

1

Psychological Rebirth

Opportunity for deeper self-understanding

2

Self-Realization

Integration of psyche's various parts

3

Preparation for Death

Contemplation of life's meaning

Individuation: The Path to Self-Realization

1

Psychological Rebirth

Transformation of consciousness
through inner work.

2

Integration

Unifying various parts of the psyche
into wholeness.

3

Highest Development

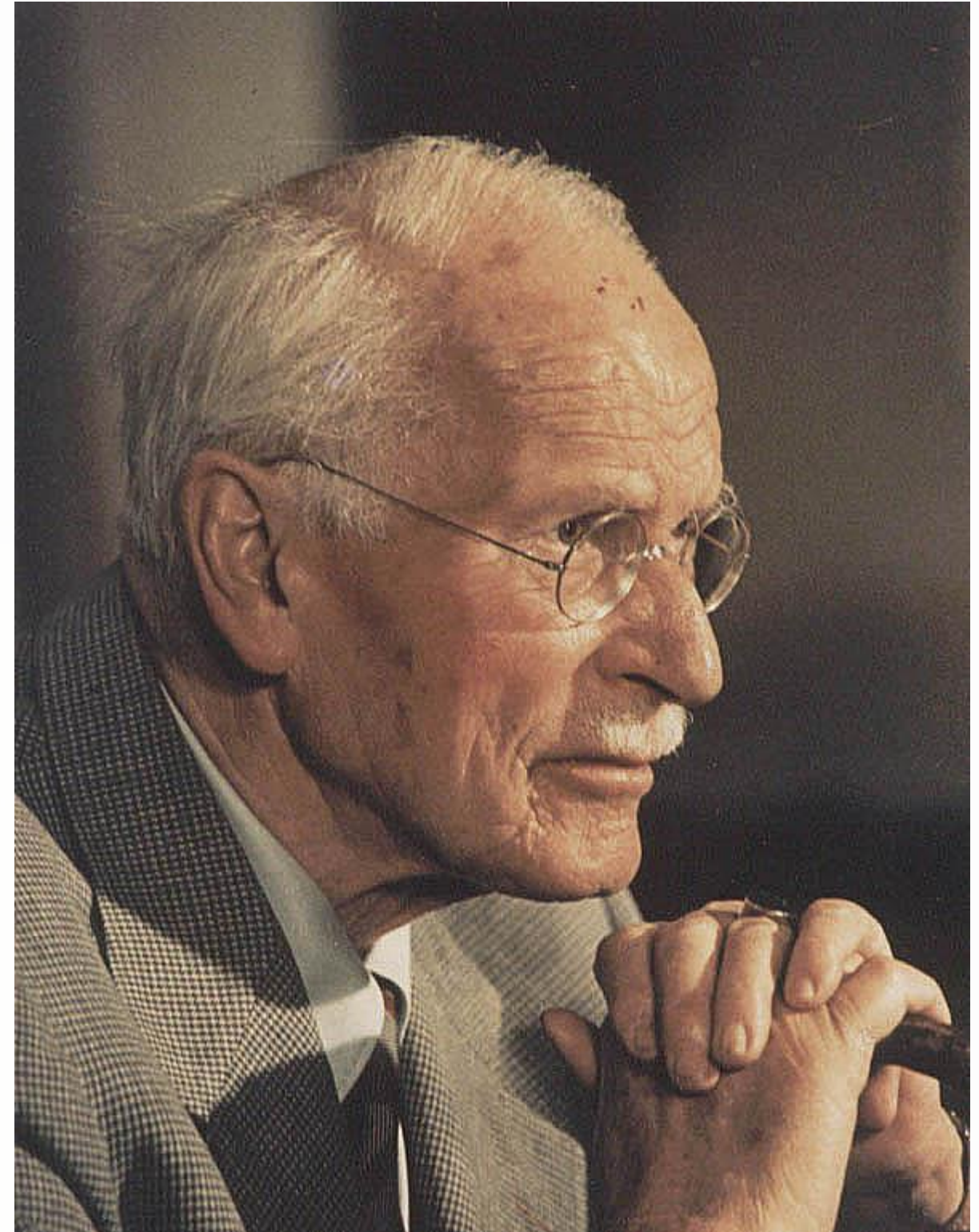
Represents the pinnacle (summit) of
human psychological development.



Jung's Methods of Investigation and Analytical Psychology

Carl Jung developed unique approaches to understand the human psyche, including word association tests, dream analysis, active imagination, and transformative psychotherapy.

His analytical psychology explores both personal and collective unconscious, personality types, and the journey toward self-realization.



Word Association Test

1 The Process

Patients respond with the first word that comes to mind after hearing a stimulus word.

2 Revealing Complexes

Critical responses like delayed reactions, blushing, or stammering indicate a complex has been touched.

3 Physical Signs

Changes in breathing, skin conductivity, and body movements can reveal unconscious material.



Dream Analysis

Purpose

To uncover elements from personal and collective unconscious and integrate them into consciousness.

Big Dreams

Dreams with special meaning for all people, offering proof of the collective unconscious.

Typical Dreams

Common dreams experienced by most people across cultures and time periods.

Earliest Dreams

Dreams remembered from childhood (ages 3-4) that may reveal archetypal content.



Big Dreams

These dreams concern not only the person who saw them, but also people other than the dreamer (e.g., the dream of Hz. Yusuf).

He claims that a dream he had during his trip to the USA with Freud in 1909 is the greatest evidence of his theorem.

In this dream, he saw an old house belonging to Roman history. He walked around this house, walked around the first and second floors. He looked at old objects indicating the Roman period. He entered a hall in the house. In the hall, he saw animal bones and two skulls that were understood to be very old (Jung, *et al.*, 1983).

Jung, who included this dream in the category of great dreams, described the second floor of the house he saw in the dream as the uppermost part of the psyche, the conscious, and the lower floor as the unconscious. The Roman period artifacts symbolize the personal unconscious, and the skeletons symbolize the collective unconscious.

Typical Dreams: These are dreams that almost every person has seen, they only concern the person who sees it. In these types of dreams, archetypal objects such as a wise person, marriage, flying, discovery of a new place, cave exploration, death and birth, moon, water, snake, sun, fish, etc. can be seen.

Earliest Dreams: He suggests that some dreams seen in childhood may come true in the future (Jung, 1938). Recalling a dream he had at the age of 4 regarding his personal life, Jung said that in this dream he saw a dark hall, green curtains, a red carpet and a large tree. According to Jung, dreams in childhood begin to appear at the age of 3-4 and may include imaginative patterns and mythology. In these dreams, which cannot be explained by the person, archetypes are more apparent and clear. In terms of content, an old wise man, trees, fish and heroes may be seen. The occurrence of these dreams changes slightly from young adulthood and continues until the aging process.



Active Imagination (A technique Jung used during his own self-analysis as well as with many of his patients)

Begin with an Impression

Start with a dream image, vision, picture, or fantasy as the foundation.

Concentrate Until Movement

Focus on the impression until it begins to "move" or transform in the mind.

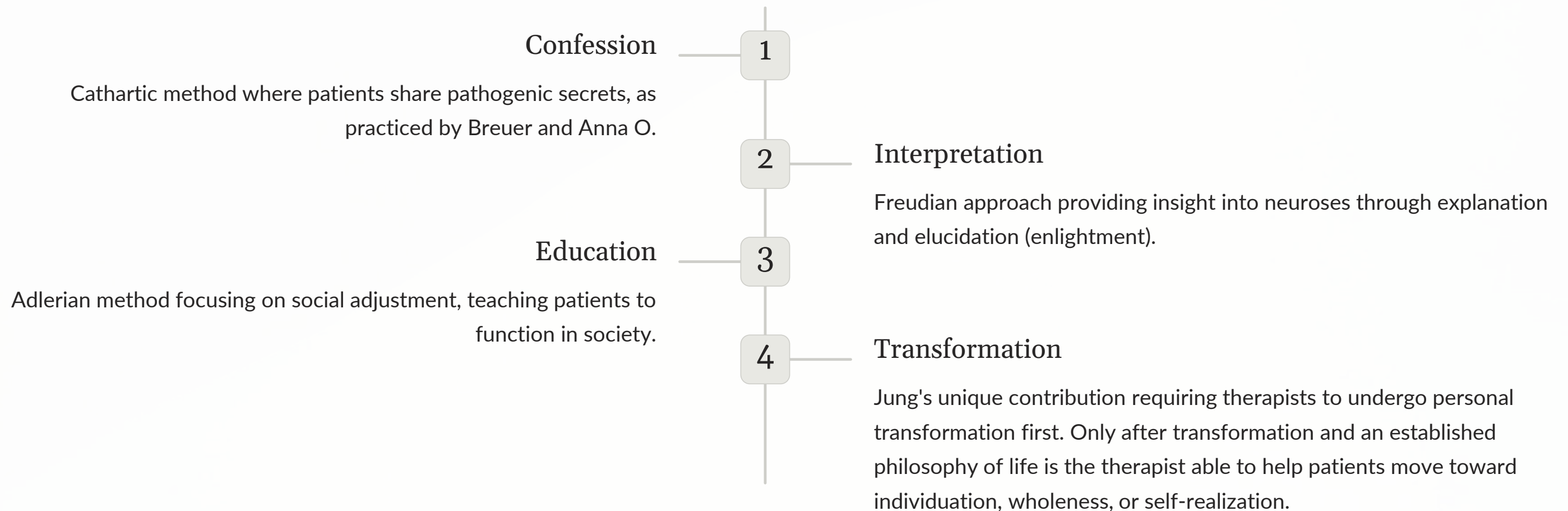
Reveal Archetypal Images

Allow archetypal content to emerge from the unconscious during conscious awareness.

This technique offers an advantage over dream analysis as images are produced in a conscious state, making them clearer and more reproducible.



Four Stages of Psychotherapy



Therapeutic Relationship

Transference

Jung recognized both positive and negative transference as natural when revealing personal information. Some patients called him "Mother Jung" or saw him as a savior.

Countertransference

Jung acknowledged therapists' feelings toward patients. These emotions can help or hinder treatment depending on how they affect the therapeutic relationship.

Doctor-Patient Bond

Jung considered a strong therapeutic alliance essential to successful psychotherapy and individual growth.

Related Research

Myers-Briggs Type Indicator



Research Tool

The MBTI has been used extensively to examine Jung's personality types in various contexts.



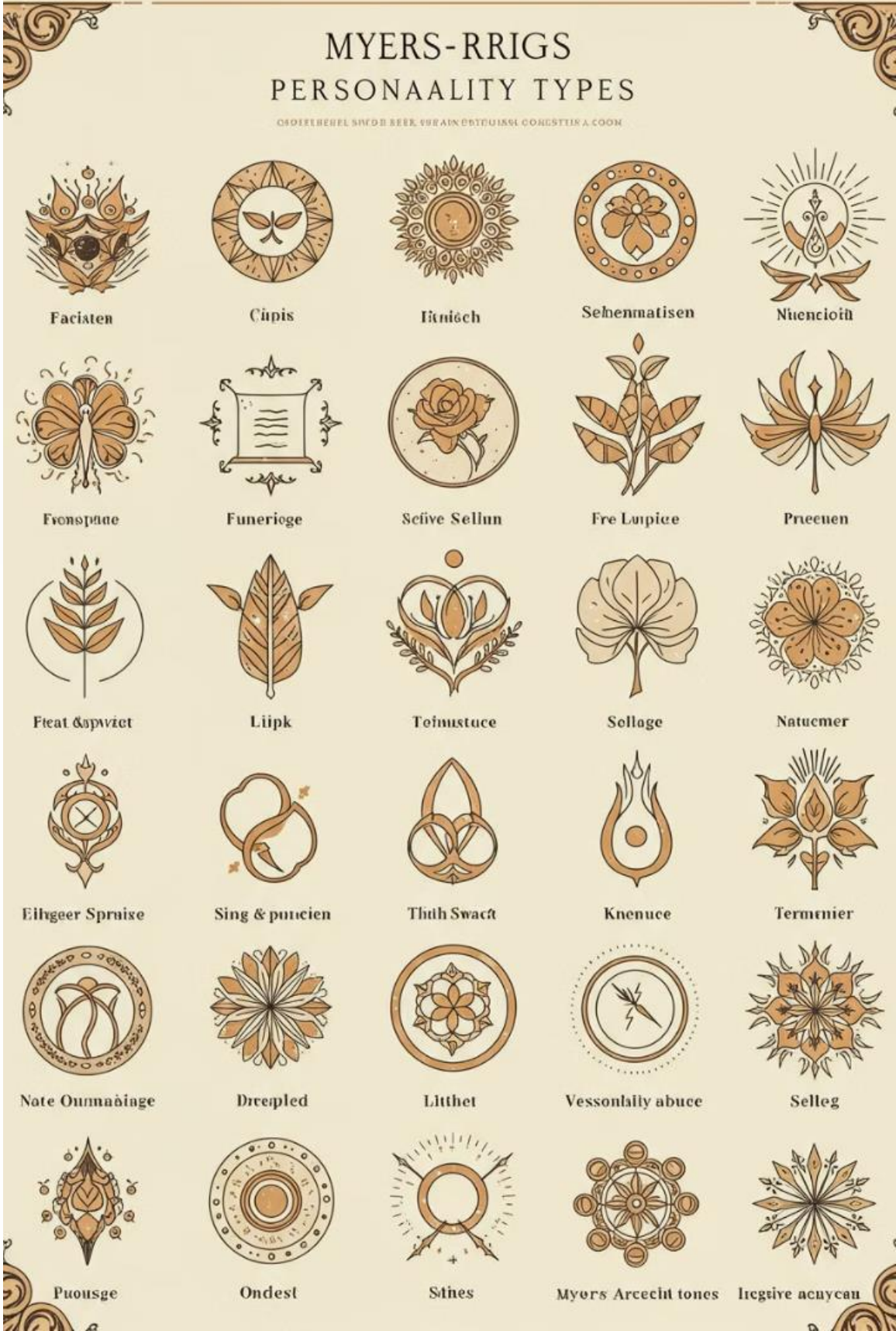
Organizational Applications

Widely used in business settings to study leadership styles and person-job fit.

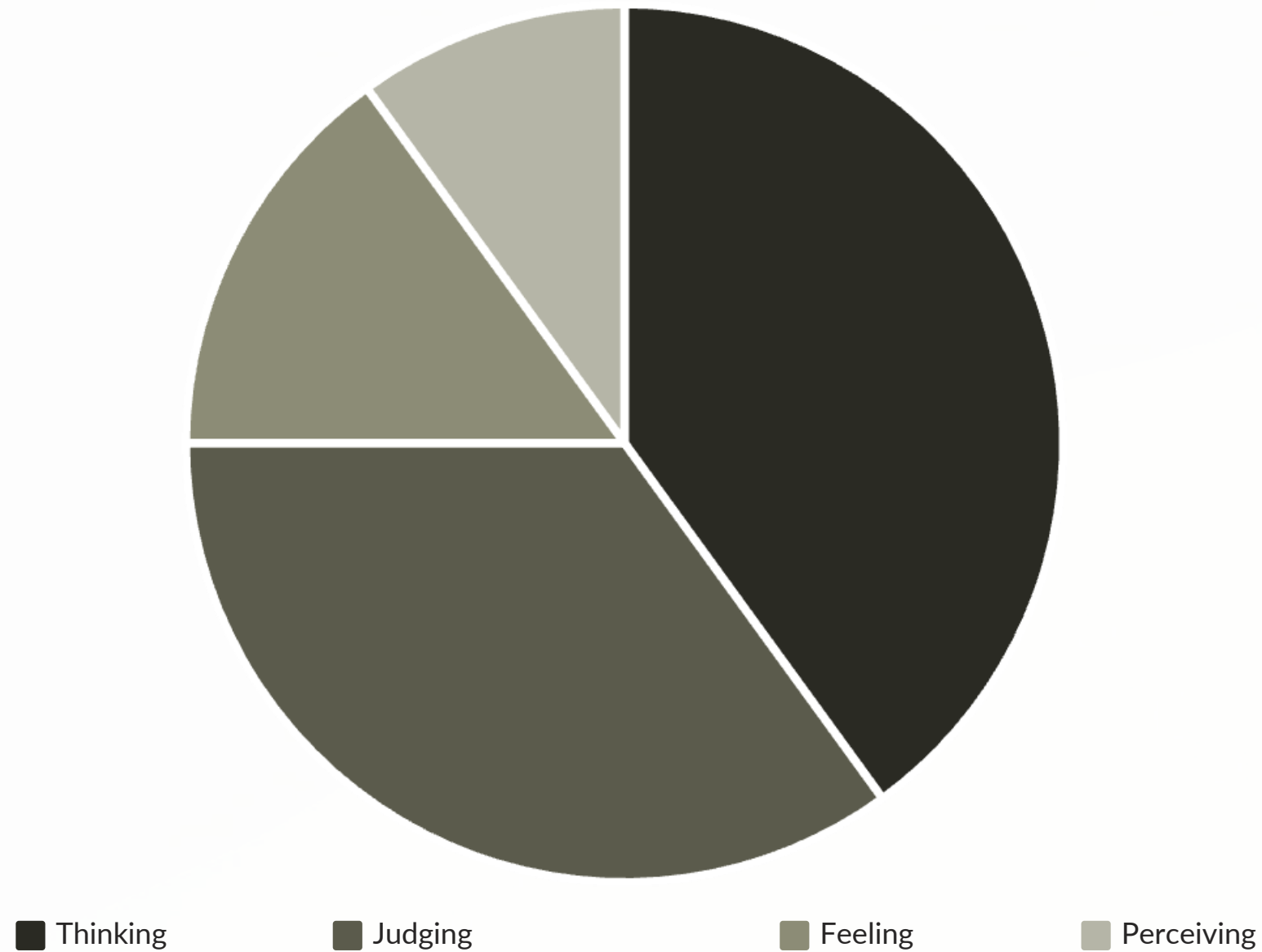


Religious Studies

Employed to compare personality profiles of clergy, churchgoers, and the general population.



Personality Types in Leadership



Research shows business students and managers prefer thinking and judging over feeling and perceiving. However, feeling types are increasing among business students compared to managers.

Emerging Leadership Qualities

1

Traditional Management

Characterized by decisiveness, efficiency, and implementation of plans.

2

Transition Period

Shift toward more human-centered approaches in business leadership.

3

New Leadership Profile

Emphasizes Jung's feeling function: encouragement, consensus building, and empathy.

Jarlstrom and Valkealahti suggest managerial jobs are becoming more focused on coordinating human resources than traditional metrics.



Clergy Personality Types

Francis Psychological Type Scale (2005), specifically designed for completion within the context of a church service (with fewer forced choice items than the MBTI).

3,715

Study Participants

Christian clergy from Australia, England, and New Zealand participated in personality research.

31%

Male SJ Clergy

Percentage of male clergy with Sensing-Judging preferences.

29%

Female SJ Clergy

Percentage of female clergy with Sensing-Judging preferences.

Research revealed preferences for sensing (versus intuiting) and judging (versus perceiving) functions among clergy in these countries.



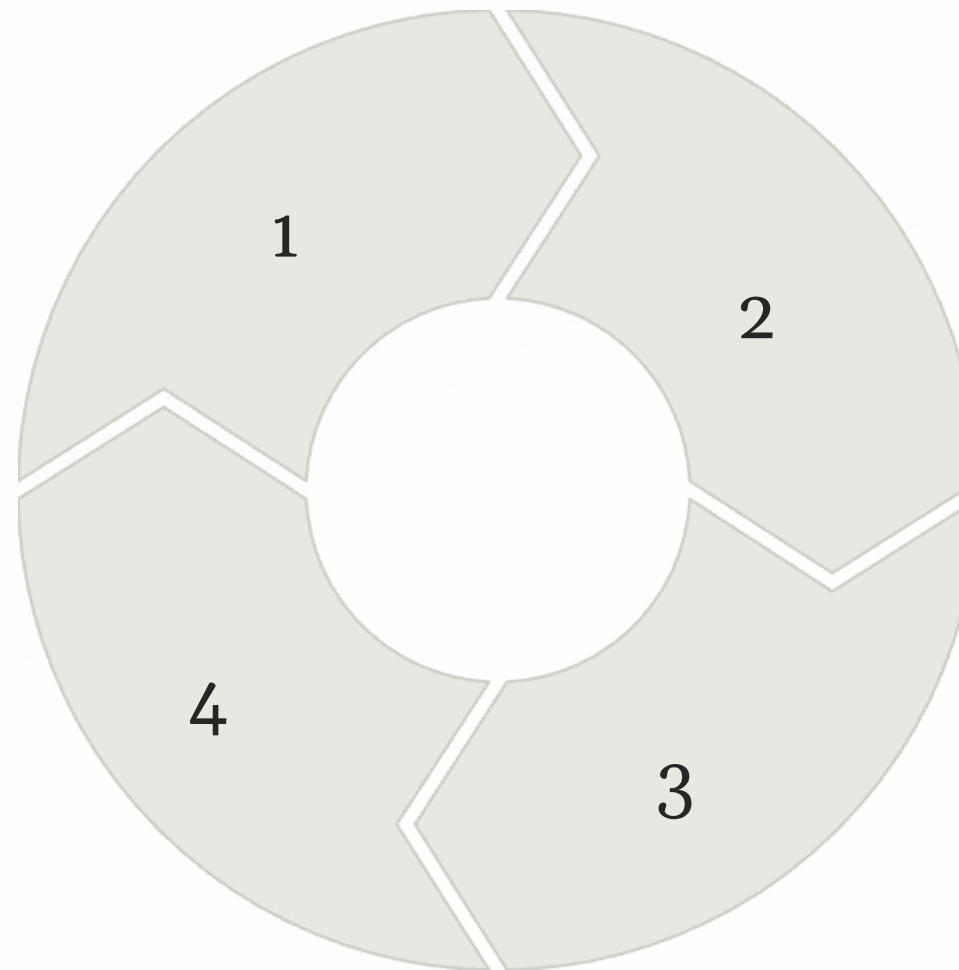
Lay Church Leaders vs. Clergy

Similar Profiles

Lay leaders and congregations show similar psychological profiles.

Implications

These differences present both potential benefits and drawbacks.



SJ Dominance

Strong preference for Sensing-Judging among lay church leaders.

Clergy Difference

Professional clergy show lower percentages of SJ preferences.



MBTI: Critical Perspectives

1 Type vs. Trait Debate

Theoretical criticism centers on whether personality exists as distinct types or continuous traits.

2 Consistency Concerns

Questions about test-retest reliability and whether typologies remain stable over time.

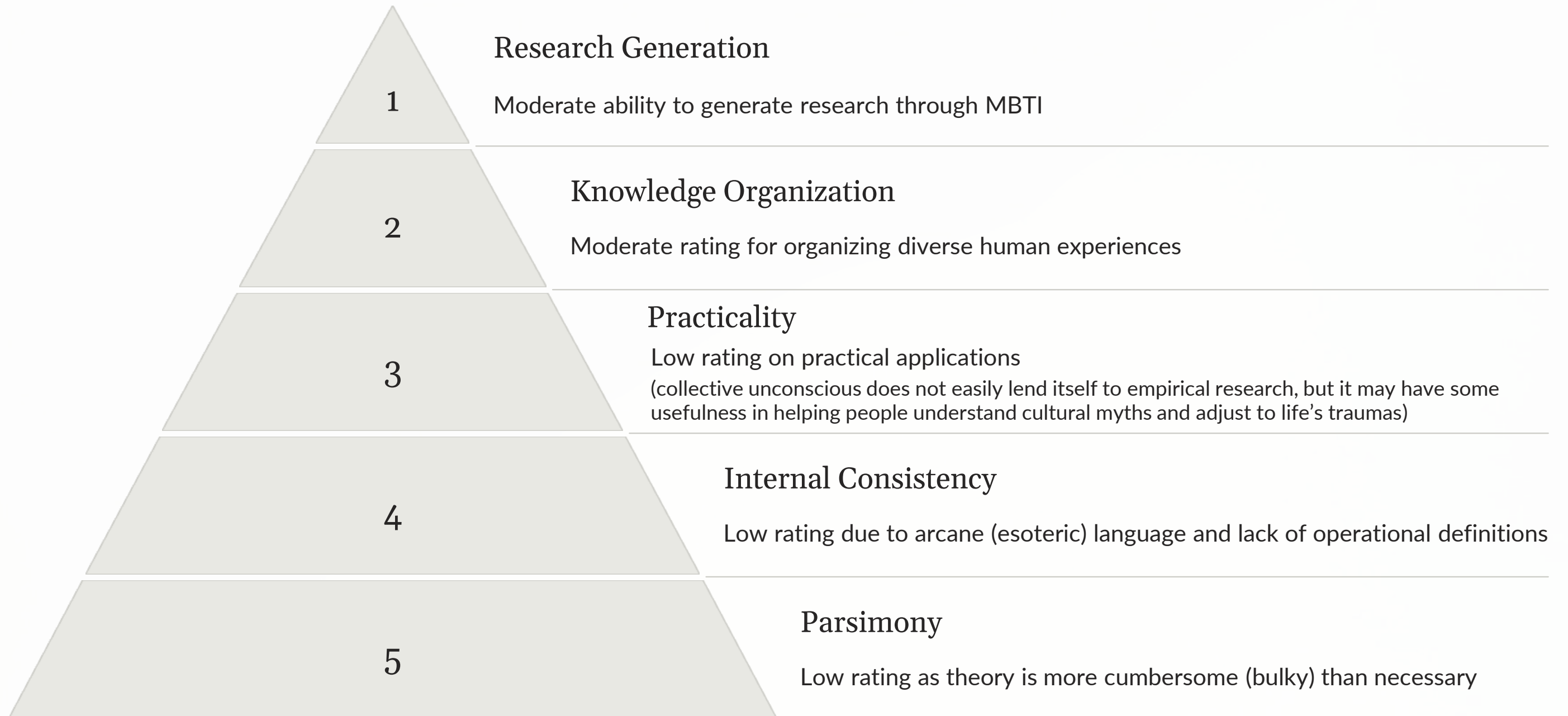
3 Categorical Placement

Validity issues arise when placing people in distinct categories rather than on continuums.

4 Career Prediction Strength

Despite criticisms, the MBTI does effectively measure Jung's types and predict career interests.

Evaluating Jung's Theory





Scientific Limitations

Testability Issues

Jung's theory, like Freud's, is nearly impossible to either verify or falsify through scientific methods.

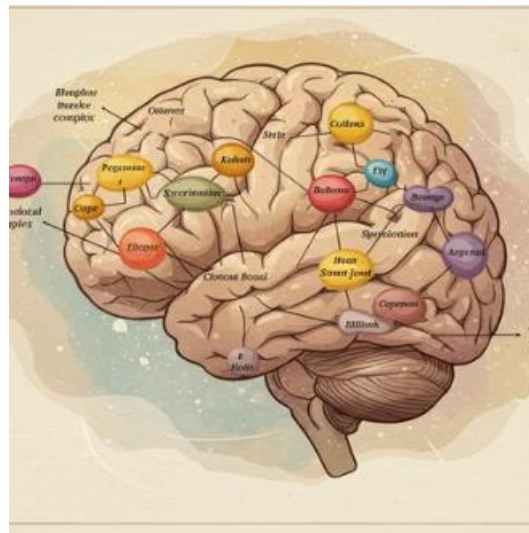
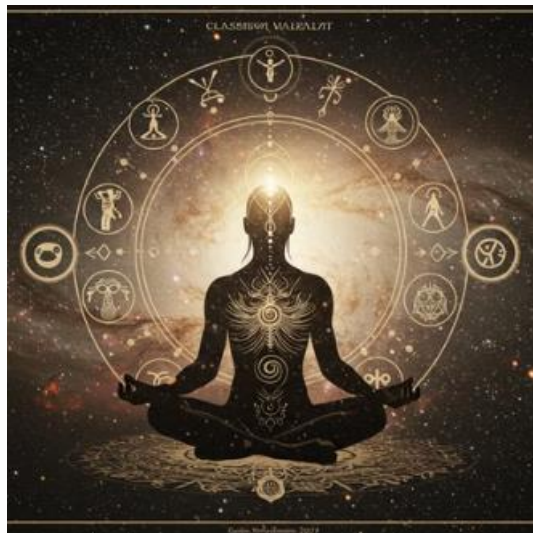
Collective Unconscious

This core concept does not easily lend itself to empirical research or objective measurement.

Operational Definitions

Jung did not define his terms operationally, making precise scientific testing difficult.

Unique Theoretical Contributions



Jung's theory adds a unique dimension to personality psychology by addressing the collective unconscious, archetypes, and phenomena often overlooked by other theorists.

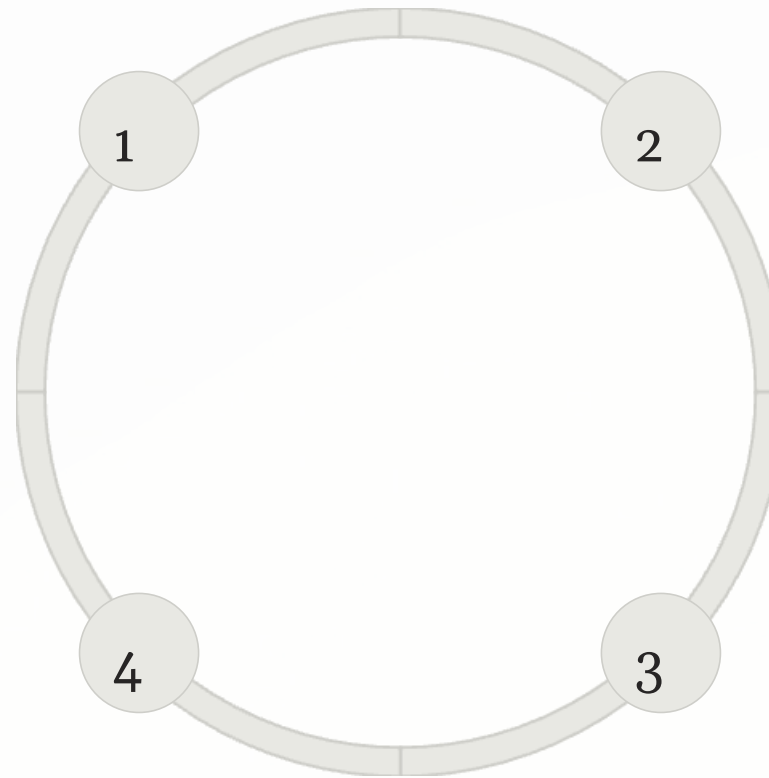
Jung's View of Human Nature

Complex Beings

Humans comprise many opposing poles, invalidating any simple or one-sided description.

Biological Emphasis

Jung's theory leans strongly toward biological rather than social factors in personality.



Neither Optimistic Nor Pessimistic

Jung avoided taking a singular position on human nature's inherent goodness or badness.

Neither Deterministic Nor Purposive

Human behavior stems from both causal factors and meaningful goals.

Opposing Forces in Personality

1

Introversion-Extraversion

No one is completely introverted or extraverted

2

Masculine-Feminine

All people contain aspects of both genders

3

Thinking-Feeling-Sensing-Intuiting

Everyone uses all four functions to varying degrees

4

Progression-Regression

People move in both directions throughout life

The Influence of Complexes and Archetypes



Anima/Animus

The unconscious feminine side in men (anima) and masculine side in women (animus) influence behavior and attraction.



Shadow

The repressed, instinctual side of personality affects dreams, fantasies, and unconscious actions.



Self

The central archetype representing wholeness and the goal of personality integration.

Biological vs. Social Factors

Biological Emphasis

Jung's theory leans strongly toward biological determinants of personality. The collective unconscious, responsible for many actions, is part of biological inheritance.

Limited Social Focus

Except for the therapeutic potential of the doctor-patient relationship, Jung had little to say about specific social practices' effects on personality development.

Cross-Cultural Perspective

In his studies of various cultures, Jung found the differences to be superficial and the similarities profound, reinforcing his biological emphasis.

Jung's Enduring Legacy



Psychological Types

Jung's typology continues to influence personality assessment and career counseling worldwide.



Dream Analysis

His approach to dreams as meaningful communications from the unconscious remains influential in therapy.



Individuation

The concept of self-realization through integration of conscious and unconscious continues to guide personal development.



Collective Unconscious

Jung's exploration of universal symbols and archetypes influences psychology, literature, art, and film.

