



## THE GUILD OF ANALYTICAL PSYCHOLOGISTS

### FOUNDATION COURSE

The Foundation Course aims to provide students with an introduction to the life and work of Carl Jung. It introduces students to the historical context of Jung's work and explores some major themes in Jung's unique contribution to the understanding of the psyche and within the development of contemporary psychoanalytic theory and practice, this will include:

- Jung's life
- Historical context and development of psychology in the later 19<sup>th</sup> and early 20<sup>th</sup> century
- Jung's work with Freud

Jungian theory to be covered will include an overview of Jung's mapping of the psyche

- Theory of opposites
- Concept of psychic energy
- Complex theory
- Ways in which we can access the unconscious
- Importance of symbols in Jungian theory
- The place of spirituality and religion

For those students wishing to take their studies further, the Foundation Course offers a comprehensive starting point from where further Jungian theory can be studied.

For those seeking to train in Jungian analysis with G.A.P. attendance on the Foundation Course is highly recommended for students entering the G.A.P. Certificate in Jungian Studies course (the first stage of the Diploma in Analytical Psychology). The Foundation Course is also aimed at anyone who is interested in Jungian psychology and would benefit from a systematic approach to some of his major ideas.

The syllabus overview is set out below. The final seminar will be one session of 1.5 hours. Each of the other seminars will be split into two sessions of 1.5 hours each and will include tutor and student input and group discussion. The seminars will be online on Wednesday evenings from 5.30pm to 7.00pm (seminar 1 will start at 5.15pm). Students will be given



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presentation titles and a reading list and will be asked to prepare some material to present at the seminar.

One aim of the Foundation Course is to help students become acquainted with the material and be in a better position to decide whether to pursue their studies further. If students wish to be considered for the Certificate Course, they will be required to write one essay of no more than 1800 words on a theme of their choice from one of the Foundation Course seminars that they have attended. This is to be submitted at the beginning of the summer term.

Students will be expected to participate in seminars and prepare for the seminars in accordance with the detailed syllabus.

### Autumn Term

<b>Seminar 1</b>	<b>Jung, the Man</b>
	To give an overview of Jung's life and the context within which he lived and worked.
<b>Seminar 2</b>	<b>Map of the Psyche</b>
	To introduce main themes of Jung's understanding of the psyche: conscious & unconscious, introversion & extraversion, psychic energy. Ego, persona and fundamental components of unconscious: personal, collective; complex, archetype, shadow, anima, animus.
<b>Seminar 3</b>	<b>Freud and Jung</b>
	To go into more detail of Jung's collaboration with Freud, the main areas of agreement and disagreement in their theoretical development and what led to their separation.

### Spring Term

<b>Seminar 4</b>	<b>Jung's Theory of Psychic Energy/Libido</b>
	To introduce Jung's theory of psychic energy & comparison with Freud's use of 'libido'. Psychic energy in the structure of the psyche: availability of energy to consciousness, energising of the complexes, psychic energy and archetypes. Symptoms of energy displacement. Psychic energy in therapeutic work.
<b>Seminar 5</b>	<b>Jung's Theory of Opposites</b>
	To introduce Jung's theory of opposites and the dynamic of the opposites within the psyche: Male/female, yin/yang, light/dark, unity/duality. Shadow/persona; conscious/unconscious and holding the tension of opposites and emergence of symbolic resolution.

<b>Seminar 6</b>	<b>Jung's Theory of Complexes</b>
	To explore the complexes as components of the psyche: definition & qualities of complexes, the feeling toned complex, autonomy of complexes, conscious and/or unconscious. Relation of complex to archetype. Free association & word association, how Jung developed the latter with the Word Association Test and how this led to his theoretical development.
<b>Seminar 7</b>	<b>Development of Consciousness &amp; Stages of Development</b>
	To investigate Jung's developmental theory and how this relates to the individuation process & personal myth and the Self. Damage to normal development, including trauma.

### Summer Term

<b>Seminar 8</b>	<b>Accessing the Unconscious</b>
	To develop an understanding of the ways in which Jung accessed the contents of the unconscious. Collectively in myths, rituals, religions and fairy tales and the symbolic content of these. Personally: dreams, active imagination, meditative states. The importance of image and symbol. Cultural differences/similarities. The importance of anthropology and ethnology and the creative arts in accessing the unconscious.
<b>Seminar 9</b>	<b>Jung and the Symbolic Life</b>
	To explore the importance for Jung of symbols and how he understands the symbolic nature of unconscious imagery.
<b>Seminar 10</b>	<b>Jung and Spirituality</b>
	To explore the spiritual content and quality of Jung's work and why this is an important aspect in the Guild. The relationship of the individuation process and the spiritual quest/journey. The God image in the psyche. Why Jung devoted so much of his research time to Eastern religions and philosophies and the relationship with Western spirituality. To engage with aspects of personal story from the group.
<b>Seminar 11</b>	<b>Review of the course</b>
	To review the course and present certificates.