

# Carl Jung and Madala's

## Interesting/Unique Facts

- Father taught him Latin at the age of six
- Studied medicine at the University of Basel
- could read several ancient European languages including Sanskrit
- Had a capacity for very lucid dreaming and occasional visions
- One of Sigmund Freud's younger colleagues

Excerpt from book/ article  
/textbook

## University/ School attended (worked at)

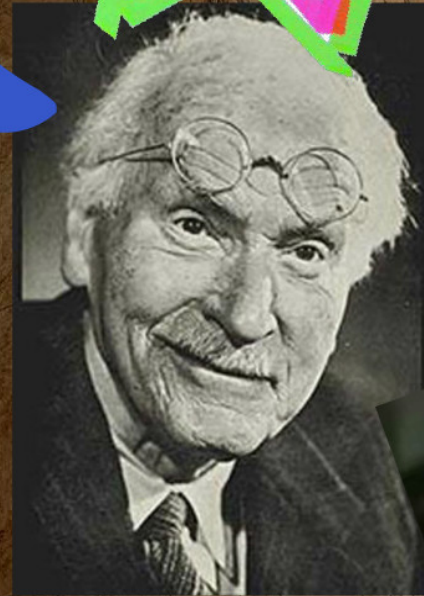
- Attended a boarding school in Basel Switzerland
- Taught classes at the University of Zurich
- Took a position at the Burghoeltzli Mental Hospital in Zurich under Eugene Bleuler, who was an expert of schizophrenia

## Major Contributions to Psychology

- One of the creators of modern depth psychology
- Contributed many ideas such as complex, archetype, persona, shadow, anima and animus, personality typology, and dream interpretation
- Proposed and developed the concepts of the

Visions of the  
future

Born on July 26<sup>th</sup>,  
1875  
Died on June 6<sup>th</sup>,  
1961



Carl Gustav Jung



# Carl Jung: Bridge between Psychoanalytic and Neoanalytic

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Jung's relationship to Freud

Contacted Freud in 1907 after reading  
Interpretation of Dreams

Freud selected Jung to be his protégé to carry  
on psychoanalytic tradition





# Jung, continued

- Jung drifted from Freud
  - Motivations and goals of individuals are more important than sexual urges
  - Existence in universal archetypes
  - Personality is goal- and future-oriented as opposed to being fixed by childhood
  - Freud was threatened by Jung's ideas
  - Parted ways by 1913

Jung termed his own psychology  
"Analytic Psychology"

Jung scathingly wrote, "...your technique of treating your pupils like patients is a *blunder*. In that way you produce either slavish sons or impudent puppies... I am objective enough to see through your little trick" (McGuire, 1974).

# Jung's Basic Assumptions

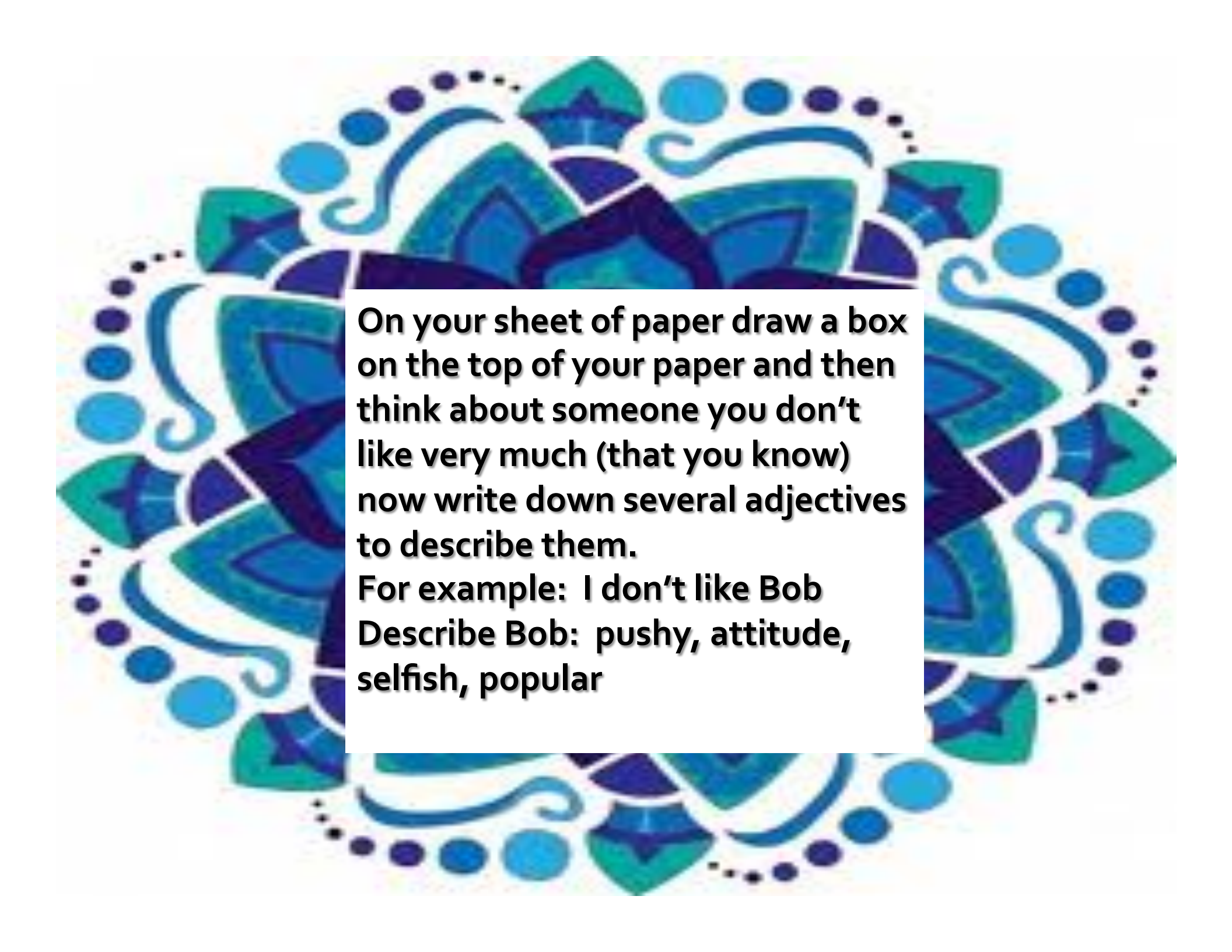
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- Less focus on sexuality, more on human history and the supernatural
- Duality (Dual nature to personality)
  - All people have essentially “two” personalities on a variety of variables (Introversion and Extraversion) Good Evil Yen Yang
- **Collective Unconscious a common reservoir of images derived from our species universal experiences. It explains why, for many people, spiritual concerns are deeply rooted and why people in different cultures share certain myths and images, such as mother as a symbol of nurturance.**

# Jung's Archetypes

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- Archetypes: archetype as an expression of the Self and considers that by exploring the manifestations of the archetypes one can take the first step on the path towards individuation
- Best-known archetypes
  - Persona/Shadow, Animus/Anima, Magician, Child-god, Mother, Hero/Demon



**On your sheet of paper draw a box  
on the top of your paper and then  
think about someone you don't  
like very much (that you know)  
now write down several adjectives  
to describe them.**

**For example: I don't like Bob  
Describe Bob: pushy, attitude,  
selfish, popular**



# Archetypes, cont.




## ➤ Persona and Shadow (The battle within)

- Two opposing archetypes
- Idealized outward appearance (Persona) versus dark, unacceptable motives and desires (Shadow)
- Results in socially unacceptable thoughts and actions, similar to Id vs. Superego battles

## ➤ Hero and Demon (the outside battle)

- Hero is strong, good force that battles the enemy
- Demon represents cruelty and evil



**Think of an archetype as an  
expression of the Self and  
considers that by exploring the  
manifestations of the  
archetypes one can take the first  
step on the path towards  
individuation**



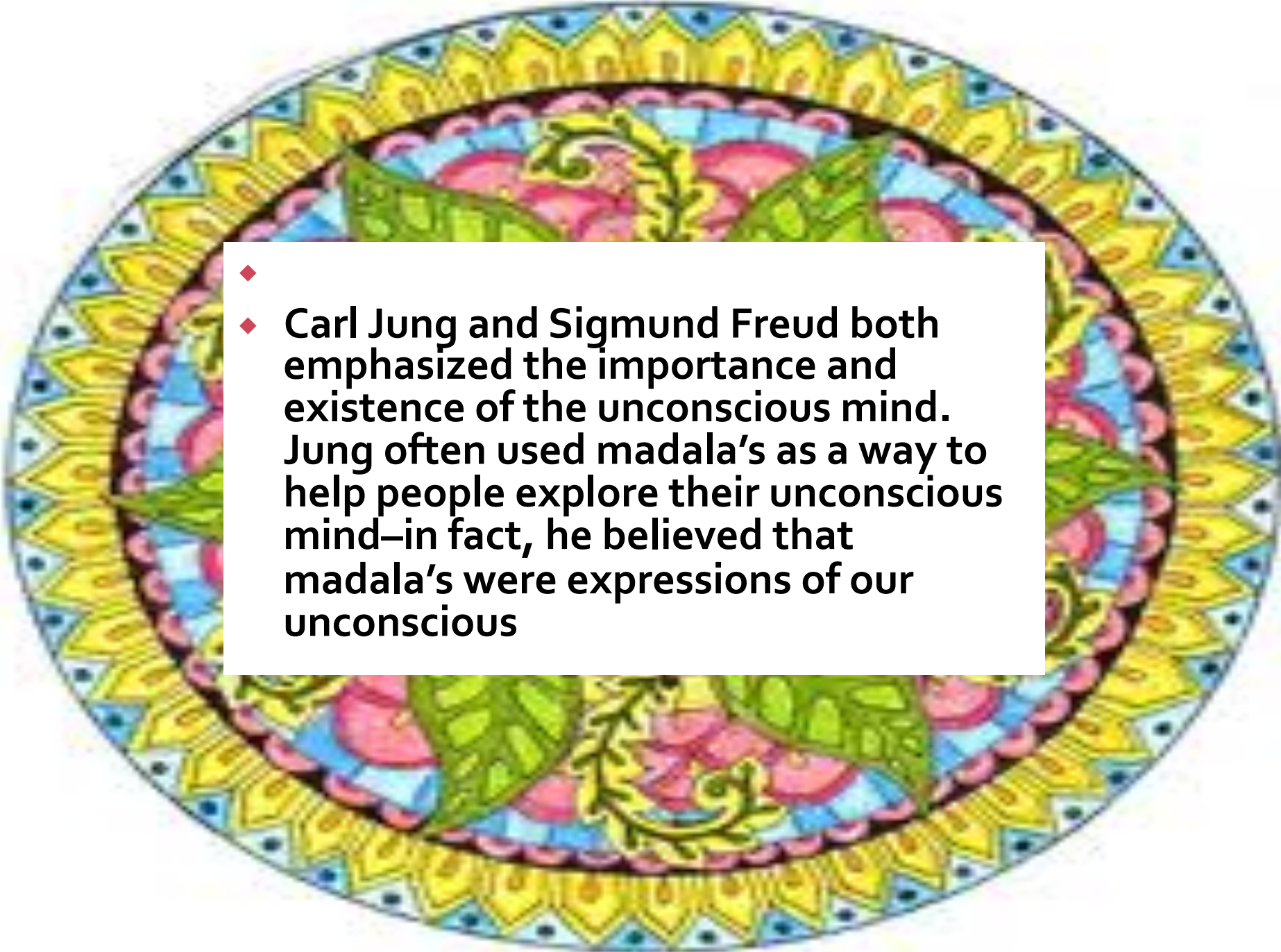
Archetype	Motivation	Motto	Core Desire
Creator	Stability & Control	If it can be imagined, it can be created.	Create something of enduring value.
Caregiver	Stability & Control	Love your neighbor as yourself.	Protect people from harm.
Ruler	Stability & Control	Power isn't everything. It's the only thing.	Control
Jester	Belonging & enjoyment	If I can't dance I don't want to be part of your revolution.	To live in the moment with full enjoyment.
Regular Gal/Guy	Belonging & enjoyment	All mean and women are created equal.	Connection with others.
Lover	Belonging & enjoyment	I only have eyes for you.	Attain intimacy and experience sexual P
Hero	Risk & mastery	Where there's a will, there's a way.	T worth through courageous and difficult action.
Outlaw	Risk & mastery	Rules are meant to be broken.	Revenge or revolution.
Magician	Risk & mastery	It can happen!	Knowledge of the fundamental laws of how the world or universe works
Innocent	Independence & fulfillment	Free to be you and me.	To experience paradise.
Explorer	Independence & fulfillment	Don't Fence Me In.	The freedom to find out who you are through exploring the world.
Sage	Independence & fulfillment	The truth will set you free.	The discovery of truth.

<http://www.youtube.com/watch?v=1pp3XhFNxxY>

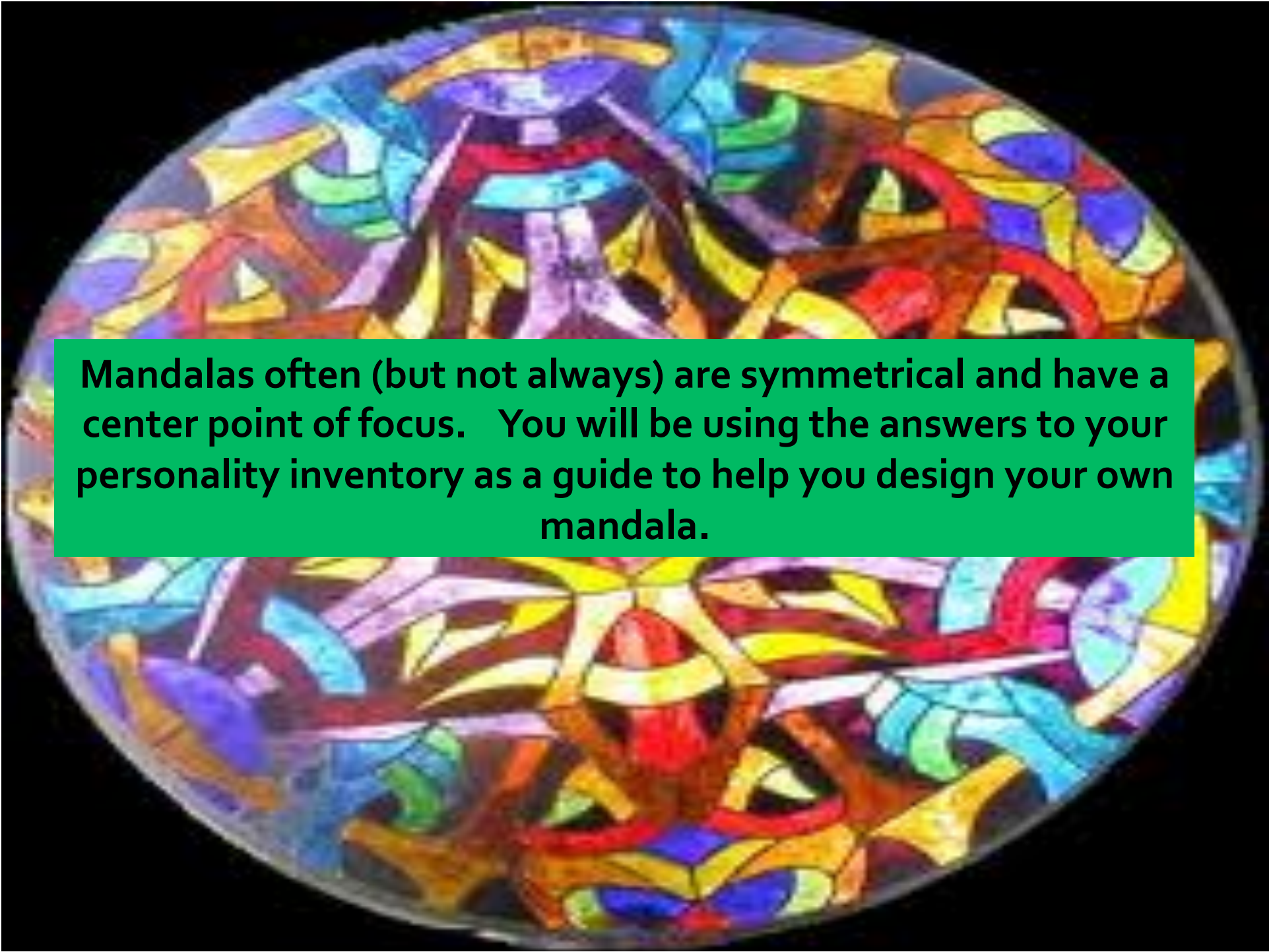
# Jung's Topographical Model

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- Conscious → What we are currently aware of (class, Spring Break)
- Unconscious → Where battles between opposing archetypes take place (memories, understanding of future, and repressed battles; struggle between Persona and Shadow for identity)
- Collective Unconscious → Where archetypes are (Understanding and awareness of Persona and Shadow by all human beings)

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- ◆
  - ◆ Carl Jung and Sigmund Freud both emphasized the importance and existence of the unconscious mind. Jung often used mandala's as a way to help people explore their unconscious mind—in fact, he believed that mandala's were expressions of our unconscious



A vibrant, circular mandala composed of numerous overlapping, irregular shapes in a variety of colors including red, yellow, blue, green, and purple. The design is highly detailed and symmetrical, with a central point of focus. The colors are arranged in a way that creates a sense of depth and movement, with some colors appearing more prominent than others. The overall effect is a complex, harmonious pattern that is both visually striking and balanced.

Mandalas often (but not always) are symmetrical and have a center point of focus. You will be using the answers to your personality inventory as a guide to help you design your own mandala.

When you create your own mandala, think of it as an echo of your soul. You can design a mandala to symbolize a state of mind that you would like to achieve. Mandalas are great tools for meditation and increasing self-awareness. Many different cultures around the world use mandalas in their spiritual practices.

