

DEEPENING THE WORK: RELATIONAL PSYCHOTHERAPY THROUGH A JUNGIAN LENS

A YEARLONG COURSE FOR LICENSED CLINICIANS
IN THE EAST BAY

What does it mean to take a “relational” approach to depth psychotherapy? In this year long course, we will turn to the work of Stephen Mitchell, Philip Bromberg, Robert Stolorow, Michael Eigen, and others, as well as to case presentations from faculty and participants to begin to answer that question in an individual way for each of our participants. We will also consider the work of the psychoanalyst Sandor Ferenczi who was pushed into obscurity after his rupture with Freud. His writing on mutuality in analysis was suppressed for many years. Only in recent decades has Ferenczi’s work begun to be recognized as a foundation for what we now call relational psychoanalysis.

Even less well known is the relational nature of the work of C.G. Jung— another psychoanalyst who became ostracized from the Freudian psychoanalytic school. Jung presented many, thoroughly modern views about psychotherapy that are deeply resonant with those developed by the relational school. The overlap between Jung’s ideas and those of the contemporary relational school offer us a wider lens through which we can creatively outline the nature of healing in a relational approach.

This yearlong program will be the Jung

For two personalities to meet is like mixing two different chemical substances: if there is any combination at all, both are transformed. In any effective psychological treatment the doctor is bound to influence the patient; but this influence can only take place if the patient has a reciprocal influence on the doctor. You can exert no influence if you are not susceptible to influence.
— (JUNG, 1929, P.71)

Institute’s first in the East Bay, and the first to present contemporary relational analysts through the hearts and minds and experience of Jungian analysts. We will learn of the profound connection between Jung’s work and current thinking on the power of the relationship and the mutual influence of patient and therapist to heal the wounds of both.

COURSE COORDINATORS:
BETSY COHEN, PHD; MARK SULLIVAN, PHD

A YEARLONG COURSE FOR CLINICIANS

This course is designed for practicing clinicians. To enroll you must be licensed in the field of mental health. If you are a pre-licensed clinician or a licensed practitioner in a closely related field, please contact Sarah Schafer at sschafer@sfjung.org with a short description of your relevant clinical experience for review before registering.

The yearlong course is divided into eight seminars, running three or four weeks each. The seminars take place on Monday evenings at St John’s Presbyterian Church in Berkeley. An initial Monday evening meeting and two subsequent Integration Group meetings will help frame the course. The Integration Groups will give class members the opportunity to offer feedback to course coordinators and further process material covered in class.

69.5 possible continuing education hours. Credits issued are based on actual course attendance and require the completion of seminar evaluations and a brief post-exam response. Credits are approved for MD, PhD, MFT, LCSW & RN.

THE C.G. JUNG INSTITUTE OF SAN FRANCISCO
2040 Gough Street
San Francisco, CA 94109

“[The] spirit of mutuality of affective participation, of course, was introduced to the field of psychoanalysis by Ferenczi (1933), the intellectual forerunner of both the interpersonal and object relations schools of thought.”
— IRWIN HIRSCH, 1994

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2015 – 2016 ACADEMIC YEAR



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A YEARLONG COURSE FOR LICENSED CLINICIANS

IN THE EAST BAY
MONDAY EVENINGS
SEPTEMBER 2015 – JUNE 2016
2727 COLLEGE AVE, BERKELEY, CA 94705

DEEPENING THE WORK: RELATIONAL PSYCHOTHERAPY THROUGH A JUNGIAN LENS

A YEARLONG COURSE FOR LICENSED CLINICIANS

2727 College Ave, Berkeley, CA 94705

All classes run from 7 to 9 PM unless otherwise indicated.

SEMINAR DESCRIPTIONS/DATES

INITIAL MEETING

Monday, September 21, 7 PM – 9 PM

With Course Coordinators Betsy Cohen, PhD, and Mark Sullian PhD, MFT

SEMINAR ONE

MUTUAL UNCONSCIOUS INFLUENCE, FLEXIBILITY AND VULNERABILITY

Mondays, October 5, 12, 19, 26

With Betsy Cohen, PhD

In 1909 Carl Jung, Sandor Ferenczi, and Sigmund Freud all sailed together from Germany to Clark University in Worcester, Massachusetts. Each developed a unique understanding of the psyche and psychotherapy. The greatest similarity in approach is between Jung and Ferenczi, who both broke with Freud and were then ostracized from traditional psychoanalysis.

The similarity between these two great thinkers is not well known. There is overlap between Jung's metaphor of the king and queen (therapist and patient) in the alchemical bath, and Ferenczi's understanding about reciprocity and mutual influence of the analyst and patient. Ferenczi is more known in relational psychotherapy than is Jung. Both write about mutual unconscious participation of analyst and patient, a dialectical encounter, and both are more experimental and believe in the humanity of the therapist who takes on the suffering of the patient, each growing from the relationship.

SEMINAR TWO

RELATIONAL JUNGIAN ANALYSIS AND THE RECOVERY OF BEING

With Bryan Wittine, PhD

Mondays, November 2, 9, 16, 23

Enlightenment is simply your natural state of felt oneness with Being, . . . the eternal, ever-present One Life beyond the myriad forms of birth and death. . . . [It] is accessible to you now as your own deepest self, your true nature. — ECKHART TOLLE

Jung wrote on the Self as the “image of God” in the psyche. Psychoanalyst Neville Symington offered the image of a “true god” that must be chosen to be realized. Both are pointing to our Being: our aliveness, awareness, and the “One Life” we are part of.

Symington makes a valuable contribution. As a result of childhood traumas we build defensive strategies that leave us feeling alienated from our Being, each other, and the world. Recovery of Being is central to healing and wholeness. For Symington, however, its recovery must be chosen through creative acts and meaningful interaction with others, not only deep contemplation.

This seminar will focus specifically on the loss and recovery of Being. We will examine states of self-loss, the nature of Being, how our lives change if we choose it, and the analyst's participation that supports recovery.

SEMINAR THREE

MEETING AND CREATIVE EMERGENCE: THE SILENT INTERPENETRATING MIX OF THERAPIST AND PATIENT

With Maria Chiaia, PhD

Mondays, Nov 30; Dec 7, 14; Jan 4

In this Seminar special attention will be given to the co-transference and the intersubjective/relational field, and what is trying to emerge from the silence in the relationship.

The interpenetrating mix of therapist and patient is an essential condition of the non-verbal relating that occurs between the unconscious images, feelings and associations within the therapist and the patient. Through clinical example, paying attention to the articulate and inarticulate, the describable and indescribable, we will look at this edge of experience and how it is expressed and experienced in the relational field. In working within the co-transference, the understanding of developmental failure as well as a desire for mystery, meaning and inspiration will be discussed

SEMINAR FOUR

DANCING WITH EROS: DISCOVERING A PLACE FOR BOTH THE PATIENT'S AND THE THERAPIST'S EMOTIONAL LIFE IN DEPTH WORK

With Mark Sullivan, PhD, MFT

Mondays, January 11, 25; February 1, 8

In *The Red Book*, Jung speaks of realizing how he needed to turn towards the full range of his emotional responses in order to grow,

REGISTRATION

REGISTRATION AVAILABLE AT: WWW.SFJUNG.ORG

TUITION: \$1800

Tuition includes continuing education credits and online access to readings.

Cancellation Policy: Refunds, less a \$25 cancellation policy prior to September 15, 2015.

Questions: Contact Extended Education at (415) 771 – 8055 ext *208, or sschafer@fjung.org.

The C.G. Jung Institute of San Francisco is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

The C.G. Jung Institute of San Francisco designates this live event for a maximum of 69.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

something that he submitted to only with great difficulty as he struggled with feelings of shame and self-loathing. In this course, we will consider the work of C.G. Jung, Stephen Mitchell, and others to discover how having our emotional experience can lead us towards wholeness, including the emotional experience in the analytic hour we have as psychotherapists.

INTEGRATION GROUP MEETING

With Course Coordinators Betsy Cohen, PhD, and Mark Sullian PhD, MFT

Monday, February 22

SEMINAR FIVE

SUBMISSION AND SURRENDER AS MODES OF RELATING IN PSYCHOANALYSIS AND ANALYTICAL PSYCHOLOGY

With Steve Zimmelman, PhD

Mondays, February 29; March 7, 14, 21

This seminar explores the nature of power and love, autonomy and dependence, on both archetypal and personal dimensions within the psychotherapeutic relationship. We will use as our texts two seminal papers in the field of relational psychoanalysis: Emmanuel Ghent's “Masochism, Submission, Surrender: Masochism as a Perversion of Surrender” and Lewis Aron's “The Tree of Knowledge: Good and Evil,” and compare their perspectives with excerpts from two works completed in the aftermath of WWII: C.G. Jung's essay, “Answer to Job” and Erich Neumann's “Depth Psychology and a New Ethic.” Each of these authors offer a perspective on splitting and integration, and suggest different ways of standing in the tension between objectification and wholeness.

SEMINAR SIX

BEYOND JUNG'S NOTION OF THE SYZGY: RELATIONAL AND JUNGIAN REFLECTIONS ON QUEERING THE GENDER BINARY AND WORKING IN PSYCHOTHERAPY WITH TRANSGENDER AND GENDER NONCONFORMING INDIVIDUALS

With Anita Josefa Barzman, MD, CCH, RSHom(NA)

Mondays, March 28, April 4, 11, 18

In our clinical work, many of us start from an inadvertently binary frame of mind regarding gender expression. This series of classes will explore what we bring to our consulting rooms with respect to our attitudes and working assumptions regarding sexuality and gender expression. Learning objectives include broadening participants' appreciation for the continuum of gender expression, and increased awareness of the unconscious relational elements that we bring to our work with respect to our own experiences of embodied gender and sexuality.

Readings will include some primary material from Jung regarding his notion of the syzgy, as well as readings from queer theory and relational analysts who have contributed to the fields of gender studies and sexuality, including Jessica Benjamim and Melanie Suchet.

SEMINAR SEVEN

OUT OF DISSOCIATION INTO CREATION THROUGH RELATION: CONNECTING WITH ART AND SOUL

With Helen Marlo, PhD

Mondays, April 25; May 2, 9, 16

This seminar examines analytic work with dissociation and trauma, beginning with Jung's seminal relational conceptualizations. Additional relational contributions from Harry Stack Sullivan, Bromberg, Stolorow, Stern, Kalsched, and Knox will be surveyed. Dissociation will be investigated as an “unconscious decision to keep experience unformulated” (Stern, 2003), along with Jung's formulation that dissociation is natural to the psyche and may enable creation. We will explore how engagement with art and soul, including its manifestation in synchronicities, are forms of relationality that express and transform the dissociated into the created. Poetry, art and relational dimensions of aesthetics and soul, including aesthetic conflict and spiritual wounding, with analyst as artist and mystic, will exemplify these ideas.

SEMINAR EIGHT

THE THERAPEUTIC RELATIONSHIP AND ACTIVE IMAGINATION

With Robin Eve Greenberg, MFT

Mondays, May 23, June 6, 13; 6:30 – 9:00 PM

We will review Jung's discovery and development of active imagination and the transcendent function, and explore the transformative, integrative function of imagination, creativity and play within the analytic relationship. We will be giving special attention to the emergent Self and the relational vas, and consider Jung's pioneering regard for mutuality in conjunction with contemporary relational perspectives. The analytic relationship creates a safe-enough situation for opening to the unconscious. We will explore how the therapist's capacity to work imaginatively with countertransference material can be deeply influential. The class will incorporate reading, lecture, clinical material, discussion, and experiential amplifications to create an engaging learning experience.

INTEGRATION GROUP MEETING

With Course Coordinators Betsy Cohen, PhD, and Mark Sullivan PhD, MFT

Monday, June 20

Analysis, is fundamentally dyadic... requiring the transformation of two people in their engagement with each other. ...The counter-part to the ability to influence constructively is the capacity to make oneself available to influence, to make oneself open to transformation through the impact of another. — (MITCHELL, 1997, P. 26)