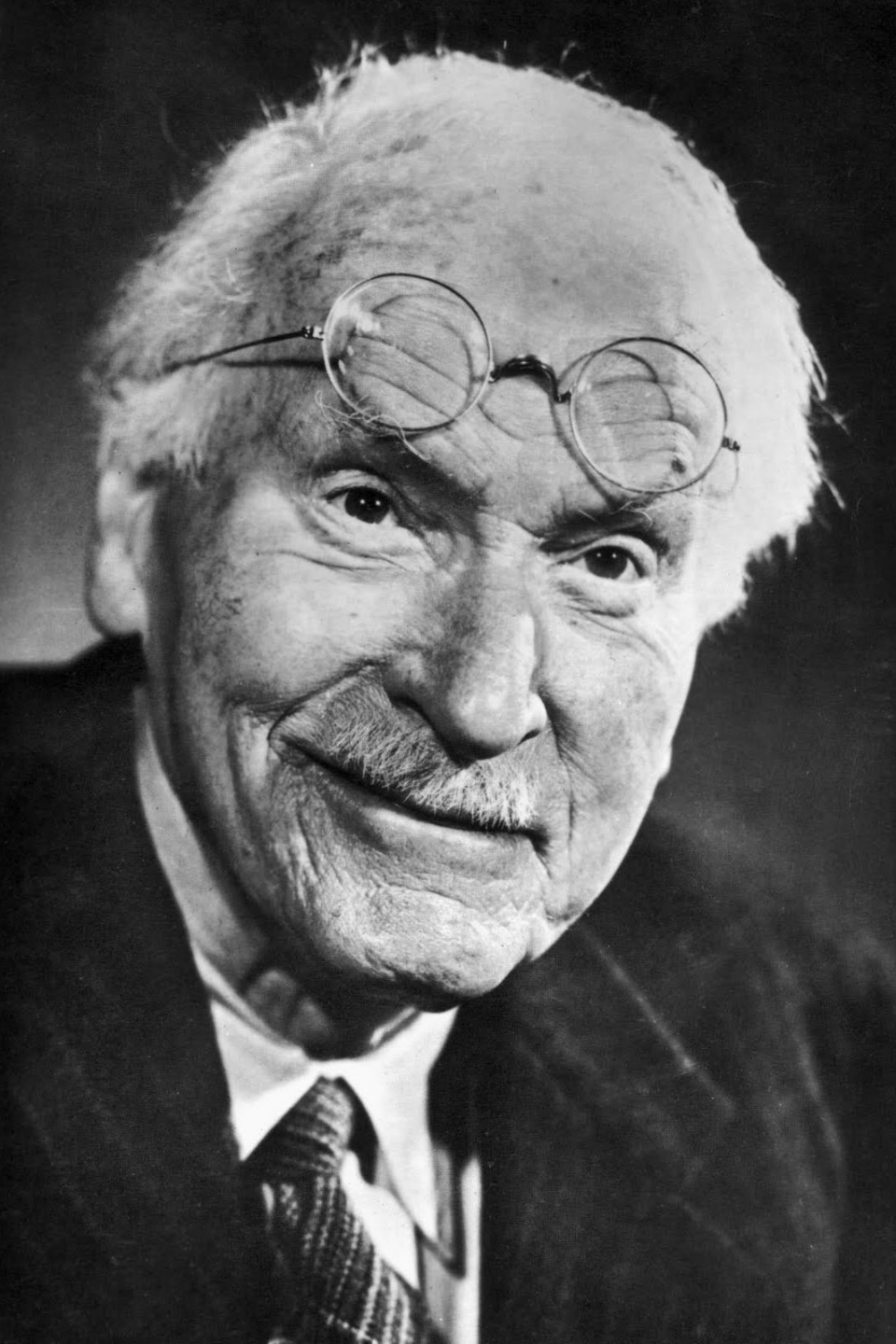


Carl Jung & Analytical Psychology

SIUE PSYC 340

The background of the slide features a dark grey surface with a pattern of numerous circular holes. These holes are arranged in a grid-like fashion, with some being larger and others smaller. The holes are filled with various colors, including red, yellow, green, and blue, creating a vibrant, polka-dot-like effect. The lighting is slightly dim, giving the colors a muted, artistic feel.

Carl Jung



Life of Jung

- Carl Jung (1875-1961) created his personality theory, **analytical psychology**, in the 1910s.
 - He brought together ideas from physics, history, mythology, anthropology, and religion.
 - His theory influenced psychiatry, sociology, economics, political science, philosophy, and religion.

Life of Jung

- Born in 1875 in Switzerland to a family of clergymen
 - Disappointed in his father, who he viewed as kind, weak, and powerless
 - Distrustful of his mother, who he viewed as powerful yet emotionally unstable
- Introverted, lonely, and isolated
 - Deliberately avoided other children, and they avoided him
 - Found solace in his dreams, visions, and fantasies

Life of Jung

- Earned a MD at the University of Zürich in 1902 and specialized in psychiatry
 - Developed a private clinical practice and gave lectures at the University of Zürich
- Began a 7-year correspondence with Freud in 1906, who once designated Jung as his spiritual son and heir
 - Was expelled from Freud's private club of disciples in 1913

Sigmund
Freud



Carl
Jung

Life of Jung

- Did not agree with Freud regarding the:
 - Role of sexuality – Jung broadened Freud’s definition of libido by redefining it as a more generalized psychic energy that included sex but was not restricted to it.
 - Forces that influence personality – Jung believed personality is affected by what happens in childhood and adulthood and by what we aspire to do in the future.
 - Unconscious – Jung probed more deeply into the unconscious and added an entirely new dimension: the inherited experiences of all humans.

Life of Jung

- Published several influential articles and books in the 1910s-1960s
 - Traveled to England, USA, East Africa, and India to broaden his understanding of psychology
 - Provided his insight into Adolf Hitler's psychology to the Allies during WWII
 - Died in 1961 of circulatory disease

Jung's Theory

- Focused on inner growth (instead of relationships with others)
- **Psyche:** Jung's term for personality
 - 3 parts – Personal conscious, personal unconscious, and collective unconscious
- **Libido:** Both a broad, generalized form of life energy and a narrower psychic energy that fuels the psyche



Jung's Model of the Psyche

Principles of Psychic Energy

- **Opposition principle:** A conflict between opposing processes required to generate psychic energy; the primary motivator of behavior
- **Equivalence principle:** Expended energy shifts to another equally desirable part of the personality
 - If new area is not equivalent, excess energy flows into the unconscious
- **Entropy principle:** The tendency to maintain equilibrium in the personality

Aspects of Personality

1. **Ego:** The part of the psyche concerned with perceiving, thinking, feeling, and remembering
 - The center of the consciousness
 - Selective about what it admits into awareness
 - Channels psychic energy internally and externally

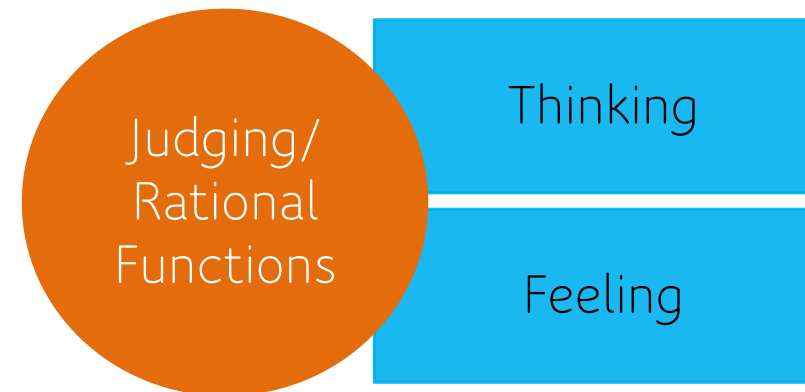
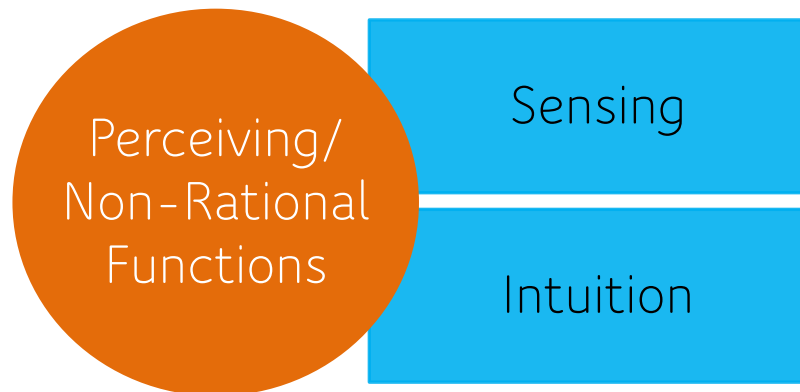
Aspects of Personality

2. Two attitudes of the psyche

- **Extraversion:** The orientation toward external world and others
 - The tendency to be open, sociable, and socially assertive
- **Introversion:** The orientation toward one's own perceptions and judgments
 - The tendency to be withdrawn and shy.
- Everyone has the capacity for both attitudes, but only one becomes dominant.

Aspects of Personality

3. **Psychological functions:** The different and opposing ways of perceiving and judging both the external real world and the subjective inner world
- Everyone uses all four, but one is dominant much of the time.



Aspects of Personality

- **Perceiving functions:** The way we receive and process information
 - **Sensing types** focus on the details of a situation and rely on available information.
 - **Intuitive types** focus on the big picture and rely on unconscious information.
- **Judging functions:** The way we make decisions
 - **Thinking types** use objective and impersonal logic and value integrity.
 - **Feeling types** use subjective and personal values such as peace and compassion.

Aspects of Personality

4. Eight psychological types

Extraverted thinking	Logical, objective, dogmatic
Extraverted feeling	Emotional, sensitive, sociable; more typical of women than men
Extraverted sensing	Outgoing, pleasure seeking, adaptable
Extraverted intuiting	Creative, able to motivate others, and to seize opportunities
Introverted thinking	More interested in ideas than in people
Introverted feeling	Reserved, undemonstrative, yet capable of deep emotion
Introverted sensing	Outwardly detached, expressing themselves in aesthetic pursuits
Introverted intuiting	Concerned with the unconscious more than everyday reality

Aspects of Personality

5. Personal unconscious: The reservoir for trivial or disturbing information that was once conscious but has been forgotten or suppressed

- Little effort required to retrieve material and suppress it again
- Large numbers of experiences are grouped into complexes

6. Complexes: A pattern of emotions, memories, perceptions, and wishes organized around a common theme

- May be conscious or unconscious
- May be harmful or useful

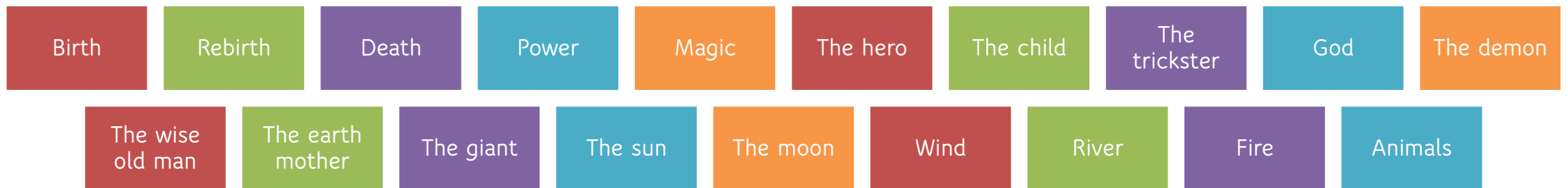
Aspects of Personality

7. **Collective unconscious:** Contains the universal (repeated) experiences genetically inherited from all human and pre-human ancestors
- The deepest and least accessible level of the psyche
 - Made up of instincts (e.g., to potential to be afraid) and archetypes
 - Not shaped by personal experience
 - Used to explain Jung's discovery of common themes and symbols that appeared in diverse parts of the world and in his patients' dreams

Aspects of Personality

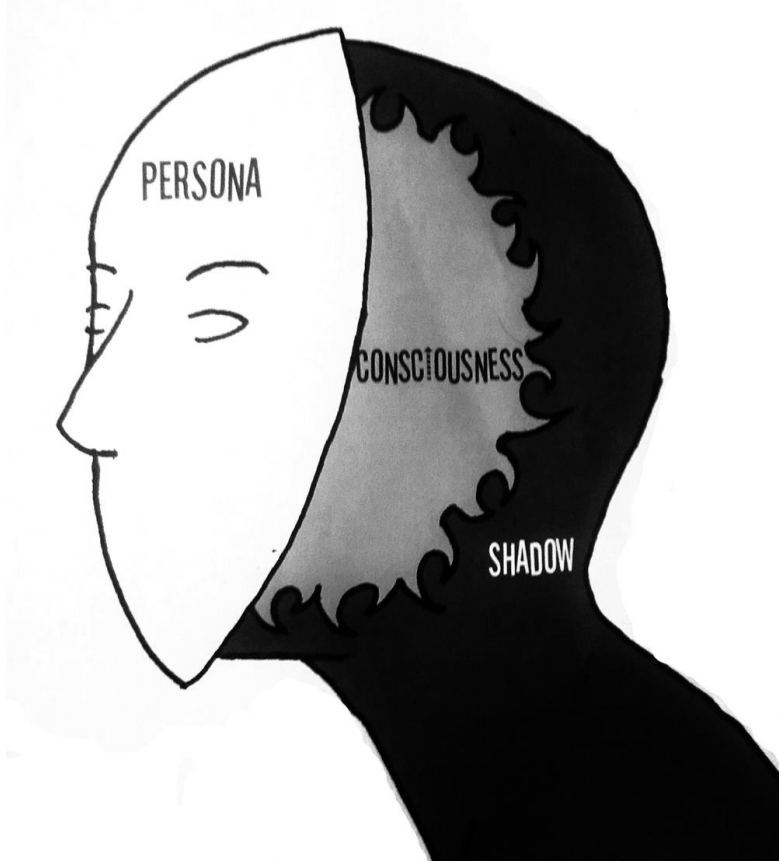
8. **Archetypes:** The pre-existing images, symbols, or forms of the universal experiences of humankind in the collective unconscious

- Not static or fixed
- Can overlap or combine at any given time



Archetypes

- **Persona archetype:** Refers to the mask a person wears to present themselves as someone different from their true selves
 - E.g., A person is nice to their coworkers but mean to their spouse and yells at their children.



Archetypes

- **Shadow archetype:** Contains the basic, primitive animal instincts
 - E.g., You are frightened by dreams about being an "evil mischief-maker" who frightens children on their way to school.
 - The most powerful with the deepest roots of all archetypes
 - Source of evil BUT also vitality, spontaneity, creativity, and emotion
 - Total suppression leads to a dull and lifeless psyche

Archetypes

- **Anima archetype:** Contains the feminine aspects of the male psyche
 - E.g., A father can be very nurturing toward his children.
- **Animus archetype:** Contains the masculine aspects of the female psyche
 - E.g., A mother can be demanding toward her children.
- Both anima and animus archetypes represent Jung's belief that both sexes manifest the characteristics, temperaments, and attitudes of the other sex.
 - A well-balanced personality develops when both are expressed.

Archetypes

- **Self archetype:** Represents the unity, integration, and harmony of a person's total personality
 - Cannot begin to emerge until all the other systems of the psyche develop, which occurs in middle age
 - Striving toward wholeness is the ultimate goal in life.
 - We feel a sense of accomplishment and peace as we learn to balance our roles as an individual, a parent, an employee, and a student.

Jung's Developmental “Stages”

- Jung believed that individuals develop and grow regardless of age and are always moving toward a more complete level of self-realization.
- The ego begins to develop in early childhood.
 - A child's personality either mimics their parents' personalities or compensates for their deficiencies.

Jung's Developmental “Stages”

- The psyche assumes a definite form and content in puberty, a process called **psychic birth**.
 - This period is marked by difficulties and the need to adapt.
 - Until adulthood, the focus is on preparatory activities.
- Everyone's personality undergoes drastic changes in middle age.
 - The process of becoming an individual, fulfilling one's capacities, and developing one's self (**individuation**) begins.

Jung's Developmental “Stages”

- To strive for individuation, middle-aged people must:
 - Confront their unconscious,
 - Dethrone the persona,
 - Become aware of the shadow and acknowledge one's impulses (e.g., jealousy), and
 - Accept and express both the anima and animus.
- Then, the personality can be unified to create a wholeness (**transcendence**).

Jung's Methods

- Believed psychosis develops when the psyche cannot regulate or adapt itself
 - Symptoms can be resolved by bringing the unconscious into the conscious
- **Word association task:** A projective technique that asks patients to respond to a stimulus word with whatever word comes immediately to mind

An Example of an Hysterical Reaction Type

Stimulus word	Reaction Time Unit 0.2 second	Reaction	Reproduction
needle	7	to sew	ship
to swim	9	water	
* †			
voyage	35	to ride, motion, voyager	possession green
blue	10	color	
lamp	7	to burn	
to sin	22	this idea is totally strange to me, I do not recognize it	
bread	10	to eat	NaCl as an opposite barbaric
rich †	50	money, I don't know	
brown	6	nature	
to prick	9	needle	
pity	12	feeling	
yellow	9	color	?
mountain	8	high	
to die	8	to perish	
salt	15	salty (laughs) I don't know	
new	15	old	
custom	10	good	
to pray	12	Deity	
money	10	wealth	
foolish	12	narrow minded, restricted	
pamphlet	10	paper	

* Denotes misunderstanding. † Denotes repetition of the stimulus words.

Jung's Methods

- **Symptom analysis:** An interpretation of symptoms and free associations
- **Dream analysis:** An interpretation of dreams to uncover reoccurring themes, issues, and problems in the unconscious
 - Believed dreams help us prepare for future experiences and events (prospective) and bring about a balance of opposites in the psyche (compensatory)
- **Life-history reconstruction:** The examination of past experiences to identify developmental patterns that may explain present neuroses

Myers-Briggs Type Indicator (MBTI)

- Myers-Briggs Type Indicator (MBTI): A self-report personality test
- Based on Jung's theory
- Developed by Katharine Cook Briggs and Isabel Briggs Meyer
- Identifies 16 (instead of 8) personality types (e.g., ISTJ, ENFP)
- Despite lack of reliability and validity, most popular personality test

Myers-Briggs Type Indicator (MBTI)

- “It is not evident that the instrument can compartmentalize accurately, consistently, and unambiguously individuals’ personality into the 16 type categories” (Pittenger, 2005, p. 218).
- “It is clear that efforts to detect simplistic linkages between type preferences and managerial effectiveness have been disappointing” (Gardner & Martinko, 1996, p. 77).
- “There is not sufficient, well-designed research to justify the use of the MBTI in career counseling programs” (Bjork & Druckman, 1995, p. 99).

Strengths of Jung's Theory

- His word association test became a standard projective technique and inspired the development of the Rorschach inkblot test and lie-detection techniques.
- His concepts of extraversion, introversion, and complexes are widely accepted.
- He was the first to emphasize the role of the future in determining behavior.
- His notion of a “midlife crisis” is supported by considerable research.

Criticisms of Jung's Theory

- His methods were subjective and did not gather data in a systematic fashion.
- His concepts were difficult to understand.
- His writings were inconsistent and lacked systematization.
- Research does not support the existence of 16 distinct personality types.
- His embrace of the occult and the supernatural is probably the source of most of the criticism directed at his theory.