

REWILDING PSYCHE SEMINAR WELCOME

Rewilding Psyche Faculty

September 11th

Friday 2:00pm -4:00pm



Opening Session: Welcome & Land Honoring

We open the year by gathering together to honor the land and space that will hold us for this seminar. We'll discuss the seminar's ethos and founding vision, establish group expectations, and begin getting to know one another as a cohort. The session includes a land honoring ceremony, group introductions through personal objects, and a group sand tray.

Objectives:

- Establish a felt sense of place and relationship with the land we'll meet on throughout the year.
- Orient participants to the seminar's ethos and founding vision.
- Clarify group expectations and norms for the seminar year.
- Begin building cohort relationship through introductions and a group sand tray experience.

Please bring:

A gift for the land (dried herbs, honey, tobacco, or similar) for the land honoring ceremony

A figure or image that represents where you are as you come into the seminar (an item from nature, a keepsake, an image, etc.) — this will be used for your introduction to the group

JUNG'S KEY CONCEPTS IN DREAM INTERPRETATION

Stephen Foster, PhD, LPC, Jungian Analyst

Friday September, 11th, 2026

4:00 p.m. to 6:00 p.m.

Saturday September 12th , 2026

9:00 a.m. to 4:00 p.m.



Early in his career, C.G. Jung was influenced by the ideas of Austrian neurologist Sigmund Freud. However, Jung's prior work with psychotic patients led him to develop his own path, and in 1913, with the publication of the second half of *Symbols of Transformation*, Jung separated from Freud to pursue his own ideas that were discovered through his *Red Book* process. This book became the foundation of his theoretical model and everything that followed.

In this opening seminar devoted to dreams, we will review the map of Jung's fundamental ideas and the traditional terminology used to describe what I refer to as the *parts and processes* of Analytical psychology. These include Jung's proposed structure of the psyche with its various parts, the concepts of psychic energy and the transcendent function, and Jung's synthetic method.

Jung's thoughts on dream interpretation incorporated his ideas on the opposites and compensation along with his *theory of psychic energy* which moved beyond Freud's sexual drive theory as the only motivating force in the psyche. Psychic energy included his concepts of the *affect laden complex* with its *archetypal core*, the archetypal forces of *shadow*, *anima* and *animus*, the *Self*, as the basic parts that facilitate individuation. Jung incorporated these concepts into what he called his *Synthetic Method* of dream interpretation, which was his attempt to offer a non-reductive process for working with analysands to interpret their dreams. The synthetic method is a process that circumambulates the subjective/objective personal associations, mythic and symbolic amplifications, the flow of psychic energy, including the prospective nature of dreams.

The basic text for the class is James Hall's book *Jungian Dream Interpretation: a handbook of theory and practice*. Reading material from Jung's collected works has also been assigned, but if you are in the early stages of learning about Jung's model of the psyche and Analytical psychology, Jacobi's text is highly recommended.

Seminar Objectives

- Define the synthetic (or constructive) method and how it is used in dream interpretation
- Explain how Jung named and viewed the four parts of a dream
- Define subjective and objective and why they are important in dream interpretation
- Examine and articulate how images illustrate complexes and archetypal themes
- Articulate Jung's view on compensation and its role in facilitating individuation

Required Reading

**Hall, J. (1983). *Jungian Dream Interpretation: a handbook of theory and practice*. Inner City Books Title #13; available from innercitybooks.net.

Dreams and Psychic Energy by C.G. Jung:

The Analysis of Dreams (CW 4, Para 64 to 94)

Dreams and Psychoanalysis by C.G. Jung:

General Aspects of Dream Psychology (CW8, Para 443 to 529)

On the Nature of Dreams (CW 8, Para 530 to 569)

The Practical Use of Dream Analysis:

The Practical Use of Dream Analysis (CW 16, Para 294 to 352)

The Synthetic or Constructive Method (CW 7, Para 121 to 140)

Supplemental Readings

Jacobi, J. (1973). *The Psychology of C.G. Jung: An introduction with illustrations*. Yale University Press. Recommended sections: Jung's structure of the psyche, psychic energy, the transcendent function.