

ANALYTICAL PSYCHOLOGY

By

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INTRODUCTION

- ❑ Carl Jung was a Swiss psychiatrist and psychoanalyst who developed analytical psychology, a school of thought within psychology that emphasizes the importance of archetypes, the collective unconscious, and individuation.
- ❑ Analytical psychology is based on the belief that the psyche is a complex and multifaceted system that is influenced by both conscious and unconscious factors.

EARLY YEARS

❑ Analytical psychology was founded by Carl Jung, a Swiss psychiatrist who was initially trained in Freudian psychoanalysis. However, Jung broke with Freud in 1912 and began to develop his own theories about the psyche.

THE DEVELOPMENT OF ANALYTICAL PSYCHOLOGY

❑ In the years following his break with Freud, Jung developed a number of key concepts that are central to analytical psychology, including the archetypes, the collective unconscious, and individuation. He also wrote extensively about dreams, mythology, and religion, and his work has had a profound influence on many areas of psychology, including psychotherapy, personality theory, and the study of religion.

THE GROWTH OF ANALYTICAL PSYCHOLOGY

□ Analytical psychology has grown in popularity since Jung's death in 1961. There are now over 3,000 analytical psychologists practicing in over 50 countries. The International Association for Analytical Psychology (IAAP) is the professional organization for analytical psychologists, and it provides training, certification, and accreditation for analytical psychologists.

ANALYTICAL PSYCHOLOGY TODAY

□ Analytical psychology is a vibrant and growing field of psychology. It is used in a variety of settings, including private practice, hospitals, and universities. Analytical psychologists work with people of all ages and backgrounds, and they help people to understand themselves better, to resolve psychological problems, and to achieve individuation.

THE STRUCTURE OF THE PSYCHE

- The psyche is divided into three main parts:
 - ❑ **The conscious mind:** The part of the psyche that is aware of itself and its surroundings.
 - ❑ **The personal unconscious:** The part of the psyche that contains memories, thoughts, and feelings that are not currently conscious, but can be brought into consciousness through therapy or other means.
 - ❑ **The collective unconscious:** The part of the psyche that is shared by all humans and contains archetypes, which are universal symbols and images that represent fundamental aspects of the human experience.

ARCHETYPES

- ❑ Archetypes are powerful symbols that represent universal human experiences such as the hero, the mother, the wise old man, and the anima/animus.
- ❑ Archetypes can be found in dreams, myths, fairy tales, and other cultural products.
- ❑ They can also be experienced directly in the form of visions or dreams.

THE COLLECTIVE UNCONSCIOUS

- ❑ The collective unconscious is a vast reservoir of archetypes that is shared by all humans.
- ❑ It is believed to be the source of our creativity, our dreams, and our religious and spiritual experiences.
- ❑ The collective unconscious is also believed to be the source of our shadow, which is the part of our personality that we repress or deny.

INDIVIDUATION

- ❑ Individuation is the process of becoming a fully realized individual.
- ❑ It is a lifelong process that involves integrating the conscious and unconscious parts of the psyche, and reconciling the opposites within the personality.
- ❑ Individuation is the goal of analytical psychology.

THE EGO

- ❑ The ego is the conscious part of the personality that is responsible for our sense of identity and our sense of reality.
- ❑ It is the mediator between the conscious and unconscious parts of the psyche.
- ❑ The ego is constantly striving to maintain a balance between the opposing forces within the personality.

THE SHADOW

- ❑ The shadow is the part of the personality that we repress or deny.
- ❑ It contains our negative traits, our fears, and our desires.
- ❑ The shadow is often projected onto others, which means that we see our own shadow traits in other people.
- ❑ Integrating the shadow is an important part of the individuation process.

THE ANIMA AND ANIMUS

- ❑ The anima is the feminine side of the male personality, and the animus is the masculine side of the female personality.
- ❑ They are both archetypes that represent the opposite sex.
- ❑ The anima and animus are often unconscious, but they can be made conscious through therapy or other means.
- ❑ Integrating the anima and animus is an important part of the individuation process.

THE SELF

- ❑ The self is the totality of the personality, including the conscious and unconscious parts.
- ❑ It is the goal of individuation to become aware of the self and to integrate all of the parts of the personality into a unified whole.
- ❑ The self is often represented by the mandala, which is a circular symbol that represents wholeness.

PERSONA

□ The persona is the mask that we present to the world. It is the way that we want others to see us.

ANALYTICAL PSYCHOLOGY AND THERAPY

- ❑ Analytical psychology is a powerful tool for therapy.
- ❑ It can be used to help people understand themselves better, to resolve psychological problems, and to achieve individuation.
- ❑ Analytical therapy typically involves a combination of talking therapy, dream analysis, and active imagination.

CONCLUSION

- ❑ Analytical psychology is a complex and sophisticated school of thought that offers a unique perspective on the human psyche.
- ❑ It is a valuable tool for understanding ourselves and our place in the world.

THANK YOU

