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# NEO FREUDIAN – CARL GUSTAV JUNG

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# CARL JUNG

- Carl Jung's personality theory focuses on the interplay between the conscious and unconscious mind, universal archetypes, the process of individuation, and psychological types.
- The theory emphasizes the integration of various aspects of personality to achieve self-realization and encompasses universal and individual dynamics.
- Jung's ideas about **extraversion** and **introversion** were the basis for the **MBTI** personality test.
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- Jung believed in synchronicity, which are events that seem connected but aren't logically related.

# Carl Jung's Analytical Psychology



# JUNGIAN ARCHETYPES

- Jung developed the concept of Jungian archetype. These archetypes are patterns that represent ancestral wisdom amongst humans. Each of these archetypes exists within every human, as they are part of the collective unconscious. However, how we each express these archetypes will vary:
- The persona archetype is the part of ourselves that shows up in our daily interactions.
- The shadow represents sexuality, primal instincts, and the darker parts of our life that we tend to avoid sharing with the world.
- The anima and animus account for how gender roles show up in our lives, with the anima representing how the male psyche conceptualizes the feminine and the animus representing how the female psyche conceptualizes the masculine.
- The self is our truest essence of being. It is who we are when we have integrated our subconscious with the conscious.

# EXTRAVERSION AND INTROVERSION

- Jung is known for being the first to identify two separate personality types as **extroverted** and **introverted**.
- **Extraversion** refers to individuals who have a psyche that tends to be more outgoing, talkative, assertive, and bold.
- **Introversion** refers to individuals with a psyche that exists on the opposite side of the spectrum from extraversion. Those who are identified with introversion may be shy , quiet, and private.

# THE COLLECTIVE UNCONSCIOUS

- Sometimes referred to as the "**objective psyche**," the collective unconscious refers to the idea that a segment of the deepest **unconscious** mind is genetically inherited and not shaped by personal experience.
- According to Jung's teachings, the collective unconscious is common to all human beings. Jung also believed that the collective unconscious is responsible for a number of deep-seated beliefs and instincts, such as spirituality, sexual behavior, and life and death instincts.
- According to Jung, the collective unconscious is a collection of knowledge and imagery that every person is born with and that is shared by all human beings due to ancestral experience.
- Though humans may not know what thoughts and images are in their collective unconscious, the psyche is thought to be able to tap into them in moments of crisis.

# PERSONA AND SHADOW

- According to Jung, the persona represents the social mask we wear to navigate the external world, while the shadow embodies the repressed, darker aspects of our psyche. Integrating the shadow is crucial for achieving psychological wholeness .
- Jungian therapists and coaches often engage in shadow work — the attempt to make these less desirable aspects of ourselves conscious and to integrate them by acknowledging and making peace with them.

# ANIMA/ANIMUS

- Jung's concept of the anima and animus refers to archetypal structures within the human psyche that represent the contrasexual aspects of our unconscious. A woman's contrasexual aspect of the unconscious would be the animus, and a man's would be the anima. In other words, Jung believed that everyone has both a male and a female part and that we need to embrace and integrate them in our processes of individuation.
- In the process of individuation, we need to integrate our anima/animus into our conscious awareness. This integration leads to greater psychological balance and wholeness. Jung also emphasized that the anima/animus can have a shadow aspect