**Carl Gustav Jung - main concepts**

**C. G. Jung - personality:** Swiss psychiatrist and psychotherapist, founder of analytical psychology.

Interested in religion, spirituality, and philosophy in addition to psychology.

Developed the concepts of archetypes, collective unconscious, individuation, introversion and extroversion.

Friends with Freud, had a falling out after 6 years when their ideas differed on the role of libido and sexuality in personal growth.

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| **COLLECTIVE UNCONSCIOUS:** A part of the unconscious mind, shared by a society, a people, or all humankind, that is the product of ancestral experience. Inherited memory of archaic remnants from humankind’s evolutionary past (“reservoir of human experience”).Its content is **structured into** Archetypes (see below).It can be **manifested through** various products of human mind like dreams, hallucinations, visions, but especially through mythology, fairytales, literature and art in general. Both his greatest and most widely criticized contribution. |
| **ARCHETYPES:****Components of the collective unconscious** which serve to **organize and direct human thought and behavior.** Inherited **patterns of** thought or **symbolic imagery** derived from the past collective experience. Typically figures (see below) but also animals (snake, fox, raven…) or situations.Other definitions: shapes of human mind; universal patterns that structure human psyche/organize human imagination; innate universal **pre-conscious psychic dispositions**; **inherited potentials that are actualized when they enter consciousness** as images or manifest in behavior/interactionsMAIN ARCHETYPES:**The Anima:** feminine image in male psyche – both feminine side of man and man´s sexual expectation of women.**The Animus:** masculine image in female psyche (masculine side of a woman + woman´s sexual expectation of men).Psychic representations of the sexual instinct.**The Shadow:** archetype composed of repressed ideas, weaknesses, desires, instincts and shortcomings, the dark side of a personality  | **The Wise Old Man:** represents guidance, knowledge, and wisdom (who has reached wholeness/completion)**The Great Mother:** nurturing, comforting principle**The Bad Mother:** force of death and destruction**The Father:** authority figure; stern, powerful**The Divine Child:** represents innocence, naivity, vulnerability, helplessness on the one hand, and spontaneity, creativity and divine power on the other hand.**The Maiden: “**damsel in distress”- represents innocence, purity, desire**The Hero:** champion, defender, rescuer**The Trickster:** deceiver, liar, troublemaker**The Persona**: how we present ourselves to the world, represents all of the different social masks that we wear among different groups and situations**The Self:** represents totality of the whole psyche, unity of personality, unification of the consciousness and unconsciousness of an individual (the goal of Individuation), wholeness |
| **INDIVIDUATION:** Whole-life process of integration of various aspects of one´s personality.**Process of self-development** through which opposites in personality should be synthesized and the personal and collective unconscious brought into consciousness to be assimilated.It includes encountering with the Shadow (necessary for a person to become whole).Has **2 parts: 1.** First half of one´s life-course: Ego-differentiation (Ego=center of consciousness) **2.** Second half of one´s life-course: Return to the Self (Self=center of total personality including the unconscious). |