

What is Jung?

Fact Sheet about Jungian Psychology to accompany story on David Ward-Nanney's *Powder Dreams*

- Jungian analysis is a method of psychotherapy developed by C.G. Jung, the eminent Swiss psychiatrist (1875-1961).
- There are about 2,500 Jungian analysts around the world.
- Jung was an early colleague of Sigmund Freud and is famous for such terms as “archetype,” “complex,” “introvert” and “extravert,” “shadow,” “anima” and “animus,” “collective unconscious,” “synchronicity” and “individuation.”
- Jungian analysis is a therapeutic system, a “depth psychology” or “psychology of the unconscious” in which you facilitate a conversation with the unconscious energies that move through each individual.
- Dream interpretation is integral to any Jungian analysis.
- Jung contends that most dreams are attitude-compensations (unlike Freud who asserts they are wish-fulfillments), and that the unconscious challenges the ego to consider its perspectives.
- Dreams offer the ego information, advice, constructive criticism, even wisdom
- Jungian analysis’ purpose is to establish an effective relation between the ego and the unconscious to facilitate a transformation of the psyche.

Credit:

Jung New York, <http://www.jungnewyork.com/whatisit.shtml>

C. G. Jung Page, <http://www.cgjungpage.org/>