



Carl Jung

What We Will Cover in This Section

- Overview
- Basic elements.
- Model of personality.
- Psychological Types
- Research techniques.
- Issues and contributions.



Influences: Zeitgeist

- **Lonely background.**
- **Influences.**
 - Personal experiences
 - Zeitgeist
 - Simple, sovereign theories.
 - Freud.

Basic Elements

- **PSYCHE**
Basic personality structure.
- **LIBIDO**
General life energy.
 - General life force.
 - Focused on general life problems and activities as they arise.
 - The amount of energy focused on an activity is an indication of its importance.
 - Fixed amount.

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Principle of Opposites

- We have a series of polar opposite forces in our psyche that compel our action.
 - Male <> Female
 - Animalistic <> Spiritual
 - Conscious <> Unconscious
- When one of these areas is developed it is usually at the expense of its opposite.
- The unconscious adjusts for the areas that are neglected/overemphasized in conscious. This process is called *compensation*.

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Individuation

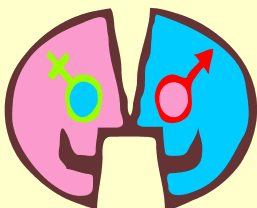
- Process of achieving balance between the competing forces.
- We are born with a whole psyche, but this is in unconscious.
- Development of the elements of personality takes place in conscious.
- Achieving balance gives 'healthy' life.

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Jung's Model



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Ego

- Everything of which we are conscious.
- All thinking, feeling, remembering, perceiving.
- Too much emphasis on conscious (Ego) is bad and leads to *ego inflation*.
- Began the school called *Ego Psychologists*.

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Personal Unconscious

Information we have developed in conscious but has been repressed.

- Developed through personal experience.
- Disturbing.
- Energy associated with it.
- Idiosyncratic.

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Complex

Personal set of disquieting ideas connected by a common feeling or tone.

- Developed through personal experience.
- Uncomfortable.
- Energy associated with it.
- Personal.

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Collective Unconscious, Part 1

- **Collective experiences that humans have had in their evolutionary past.**
 - Results from common experiences.
 - Not consciously aware of this.
 - Leaks through into conscious.

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Collective Unconscious: Archetypes

- **Inherited dispositions to respond to certain elements of the world.**
 - Based on universal human experiences.
 - Never consciously aware of them.
 - Developed to make the Psyche maximally efficient.
- **Seen in**
 - Dreams
 - Symbols
 - Art.

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Archetypes: Elements

- **Persona**

- The public self, The Mask.
- The part of the Psyche that others see.
- Developed through social interactions.
- Society celebrates formal changes in the Persona.
- Too much involvement is a problem.

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Archetype: Elements

- **Anima <> Animus**

- Exists in both sexes.
- Provides a framework for understanding.
- There has to be a balance here.

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Archetype: The Shadow

- **Aspects of the psyche that are rejected from consciousness by the Ego because they are inconsistent with our self-concept.**
 - Our pre-human, animal instincts.
 - Similar to Freud's Id.
 - Gives us passion, aggression.
 - Underinvestment is bad.

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The Self

- **Element that attempts to harmonize the competing forces.**
 - Strives for unity.

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Self-realization

- **Harmonious integration and blending of the forces in the psyche.**
 - This is the goal of the healthy person.

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Jung's Psychological Types



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Attitude

- **Our basic orientation toward the world.**
 - **Extroversion**
 - Psyche focuses outward toward the world.
 - **Introversion**
 - Psyche focuses inward, toward ideas.

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Functions of Thought

- **How people**
 - Perceive the world.
 - Then deal with the information they gather.

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Perceiving the World (Irrational Functions)

- | | |
|---|--|
| <ul style="list-style-type: none">• SENSING<ul style="list-style-type: none">– Gathering information using the senses.<ul style="list-style-type: none">• Based on physical experience.• Reality based. | <ul style="list-style-type: none">• INTUITING<ul style="list-style-type: none">– Gathering information through insight.<ul style="list-style-type: none">• Based on hunches and guesses.• Not grounded in reality. |
|---|--|

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Assessing the World (Rational Functions)

• THINKING

- Making logical evaluations of perceptions.
- Impersonal
- Analytical, objective.
- Concern with fairness and justice.

• FEELING

- Making personal, affective evaluations of perceptions.
- Based on liking or disliking.
- Related to personal and group values.
- Focus on what matters to self and others.

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Jung's Developmental Stages



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Childhood

- **Birth to adolescence.**
 - Libidinal energy used on basic skills.
 - Late childhood more libidinal energy focused on sexual activities.

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Young Adulthood

- Adolescence to about 40.
- Libidinal energy spent on
 - Marriage.
 - Career.
 - Child rearing.
- Person tends to be..
 - Outgoing.
 - Energetic.
 - Passionate.

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Middle Age

- From 40 to end of life.
- Person develops more cultural and spiritual values.

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Measurement and Assessment

- Dream analysis.
- Word Association.
- Myers-Briggs Type Inventory (MBTI)



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Issues and Contributions

- **Issues**
 - Mystical
 - Vague theory.
 - Vague constructs.
 - Little research support.
 - Elitist.
- **Contributions**
 - Future oriented.
 - Positive.
 - Identified personality types.

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Postview #1*

Individual Differences

Individuals differ in their level of introversion and extroversion; this level is stable throughout life. They also differ in their use of the four psychological functions.

Adaptation & Adjustment

The unconscious has an important role in healthy people and should be explored through symbolism. Health requires balance between conscious and unconscious.

Cognitive Processes

Rational thinking and intuition should be developed. Unconscious images may distort reality.

* Adapted from Cloninger, S. (2000). *Theories of Personality* 3rd Upper Saddle River, Prentice Hall

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Postview #2*

Biological Influences

Some mental characteristics (collective unconscious) and physical characteristics are inherited.

Social Influences

Cultural myths and rituals provide ways to deal with the unconscious. There are important differences between cultures.

Child Development

Early experience holds little importance.

Adult Development

Mid-life change (individuation) involves the exploration of the creative potential of the unconscious.

* Adapted from Cloninger, S. (2000). *Theories of Personality* 3rd Upper Saddle River, Prentice Hall

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