

The background features a gradient from red at the top to blue at the bottom, overlaid with faint, semi-transparent circular patterns and numbers. Some numbers are arranged in a circular scale, with values like 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260. There are also dashed lines and arrows forming circular paths.

THE JUNGIAN PERSPECTIVE

RICHARD C. CLARK

PSY 249: PSYCHOLOGY OF PERSONALITY

3/23/2023

ANNOUNCEMENTS

- Assignment 2 re-do due tomorrow! (will be mostly away from email starting this afternoon)
- Assignment 3 Due next Friday!

QUESTION

Do you believe that humans are all connected
to one another in some way?

If so how/through what?

If not why?

JUNGIAN THEORY IN CONTEXT

Carl Jung a student then adversary of Sigmund Freud developed his theories on people and personality between 1910 and 1955. The reason for the split was Jung's belief in a Collective unconscious and the human need for balance.

Jungian theory combines aspects from all of the cross and inter cultural observations Jung made throughout his life. Particularly important were his trips to Africa, India, Australia, and Native American tribes in the United States.

In the beginning Jungian theories were rather than being rooted purely psychology were more so utilized by Anthropology, Art, Social theory, Gender Studies, and Literature

Jungian theories eventually made there way over to psychology and have since been utilized in a number of ways.

We have jungian psychology to thank for many of the following innovations in psychological and care practices: Substance Abuse treatments, Psychotic break and schizophrenia treatments, personality type indicators, existential therapy and more.

CENTRAL TENANTS OF JUNGIAN PSYCHOLOGY

The Human psyche seeks balance between forces within, outside, and beyond us.

We move closer to or away from this balance through a combination of interactions between various parts of ourselves, our experiences, instinctual and outside influences.

Personality exists within all of these interactions as such while some parts of personality are very stable others exist more fluidly or situationally

VITAL COMPONENTS OF THE JUNGIAN PERSPECTIVE

Ego/Consciousness: All that we are aware of in any given moment. The ego is the center of consciousness

Personal Unconscious: The parts of ourselves that we are not consciously aware of in the moment. Made of parts we can be made aware of and parts we repress.

Collective Unconscious: Deeper instinctual and inherited level of the unconscious that connects us other human beings and deeply with our cultural narratives as well as more universal human narratives.

Archetypes: Existing within collective unconscious these are reoccurring narratives and behavior patterns stored and passed down.

Complexes: Existing within the personal unconscious these are associations which make up the basis on how we react to certain people and situations. The meaning of a complex has since been morphed into something more negative Eg: “Mommy issues”

FREE WRITE: SOME SIMPLE QUESTIONS

1

Describe a person or personality characteristics that you that you like/want to be similar to.

2

Describe a person or personality characteristics you passionately dislike and/or judge.

3

Describe a person or personality characteristics you see as the complete opposite of you.



4 CENTRAL ARCHETYPES

Persona: The personality on display, the part of ourselves that we display. The way we conform to fit society. “Who we show to the world.”

Shadow: The personality hidden or feared, the part of ourselves that we deny, detest, hide from. “Who we refuse to accept.”

Anima/Animus: The opposing aspects of personality. The parts opposite to ourselves we integrate to be whole. “Who we need to find balance.”

Self: The center of our personality, part of ourselves moving toward unity of all our aspects. “Who we truly are”

ACTIVITY: OUR ARCHETYPES

Now that you know what the latter questions mean. Discuss your responses in small groups.

Think about what these archetypes might mean or look like for you.

Do you feel one archetype is stronger? Or one you're aware of more than others?

[12 archetypes: Archetypes.jilecek.cz](http://Archetypes.jilecek.cz)

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THE JUNGIAN PERSPECTIVE

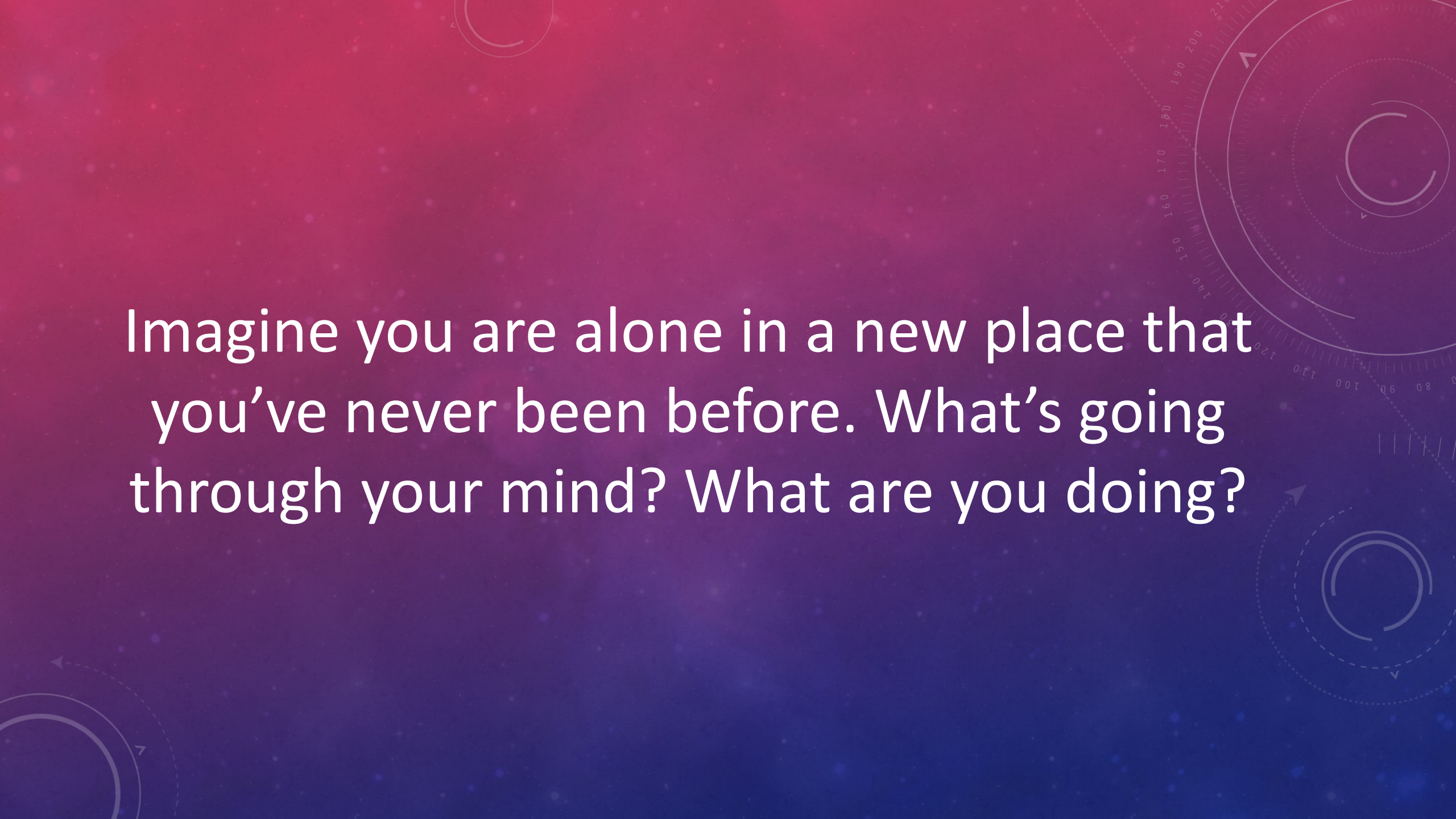
RICHARD C. CLARK

PSY 249: PSYCHOLOGY OF PERSONALITY

3/38/2023

ANNOUNCEMENTS

- Assignment 3 due Friday!

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Imagine you are alone in a new place that
you've never been before. What's going
through your mind? What are you doing?

ARCHETYPES AND PERSONALITY

As you can probably discern from the description dominant archetypes speak very clearly to behavior and personality.

People often don't only "exhibit" a single archetype but rather a constellation of influencing patterns derived from the archetypes.

Archetypes are intended to be a reflection of the true self but are complicated by the shadow, resistance to the Anima/Animus, the persona, complexes, time period, and the ego defenses

If a person finds balance within themselves and the many archetypes within them they are said to individuate. Or rather find the balance between themselves and the world.

Something that determines how a person deals with all of this and how these archetypes manifest is personality type.

According to Jung there were 8 processes made of combination of the introverted or extroverted and 1 of 4 perceptual characteristics: Thinking, Feeling, Sensation, and Intuition.

JUNGIAN TYPOLOGY STRUCTURE

- Rather than innate personality types Jung states that human personality/behavior can be looked at in terms of patterns within what he referred to as cognitive processes
- Jungian typology posits there are 8 cognitive processes based on combinations of 3 different “opposing pairs” or spectra.
- First and most important, how we interact with external forces and objects (including other people): Introversion vs. Extroversion
- Second, how we perceive environments and gather information from them (“Perception”): Sensing vs. Intuition
- Finally, how we make decisions based on all of this (“Judgement”): Thinking vs. Feeling

JUNGIAN TYPOLOGY

Introversion: Withdrawing energy inward from the external to ensure it has lesser to no power over the individual. Ex. I don't let the opinions of others influence me

Extraversion: Extending the energy outward to ensure an active relationship that powers and moves the individual Ex. I go with the flow

Sensing: Perceiving the world emphasizing fact based information. Perceiving what something is and what is present. Ex: There is a corner there

Intuition: Perceiving the world emphasizing prior knowledge, experience, and hunches. Perceiving outside of what's discernable. Ex: Around the corner there is...

Thinking: Making decisions emphasizing fact based information. Asking what a thing is. Ex: I chose a red apple because it was here and I'm hungry.

Feeling: Making decisions emphasizing value based information. Asking what a thing means. Ex: I chose a red apple because they are my favorite.

ACTIVITY: UNDERSTANDING A PROCESS

- Going to watch a short clip from Island Life on HGTV.
- During the ~2 minute clip be sure to note down where you believe the couple falls on within the three opposing pairs. (Introverted/Extraverted; Sensing/Intuition; Thinking/Feeling)
- Make note of the things they say or the mannerisms they exhibit that lead you to believe this.
- In small groups discuss the following:
 - What can you say about the personalities of the couple?
 - What larger assumptions can you make about their personality patterns?
 - What if anything about the situation might be complicating or limiting our understanding of larger patterns that may exist?

8 COGNITIVE PROCESSES

Important Note:

In the Jungian perspective every person has access to and can utilize each of these different processes. Understanding personality in this sense means recognizing the larger patterns of how and when people use each process.

Assessment Processes

- Extraverted Sensing (Se): Experiencing the immediate context
- Introverted Sensing (Si): Reviewing past experiences
- Extraverted Intuiting (Ne): Interpreting situations and relationships
- Introverted Intuiting (Ni): Foreseeing implications and likely effects

Evaluation Processes

- Extraverted Thinking (Te): Segmenting; organizing for efficiency; systematizing
- Introverted Thinking (Ti): Analyzing; categorizing; evaluating fit
- Extraverted Feeling (Fe): Connecting; considering others and honoring values
- Introverted Feeling (Fi): Valuing; considering importance and worth

FROM TYPOLOGY TO TYPE

Jung

- Originally conceived not as set innate types but rather understanding personality as something negotiated/ a process

War

- War and military influence pushed Jungian theories to make personality something clearly categorized and often hierarchized

Industry

- Capitalism and the industrialization of science moved these theories in such a way that they can be packaged and monetized

MBTI

- The Myers-Briggs is a culmination and perfect example of Jungian theory translated through these lenses

The process of turning an idiographic approach into something more nomothetic

PROS AND CONS

Pros

- Incorporates much more than just a western perspective
- Has been proven to be effective in many different contexts and even birthed some very meaningful sub divisions of care.
- Fluid enough to evolve with time, but stable enough to withstand the test of time.
- Doesn't Shy away from mysticism
- Immensely Complex

Cons

- Doesn't Shy away from mysticism
- Immensely Complex
- Not a lot of scientific credibility to support research or findings
- So many Jungian derivatives that decrease the strength of the original theories through reinterpretation
- Dangerous to the foundations of scientific inquiry
- Impossible to "prove" with current research practices.