

JUNGIAN PSYCHOLOGY

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Jungian Psychology: Definition, History, and Characteristics

Jungian psychology, also known as analytical psychology, is a school of psychological thought based on the teachings of Swiss psychiatrist Carl Jung (1875-1961). Jungian psychology is characterized by its emphasis on the exploration of the unconscious through the use of dream analysis, active imagination, and symbolic imagery. This psychoanalytic approach to understanding the psyche is closely related to Freudian psychoanalysis, though it differs in some important ways. Jungian psychology is a holistic approach to understanding the self and human behavior, focusing on the interaction of conscious and unconscious elements and exploring the spiritual and religious aspects of life.

Definition

Jungian psychology is a school of thought within the field of psychoanalysis developed by Swiss psychiatrist Carl Jung (1875-1961). It emphasizes the exploration of the unconscious through the use of dream analysis, active imagination, and symbolic imagery. Jung believed that the unconscious is composed of two distinct parts: the personal unconscious, which contains individual memories and experiences, and the collective unconscious, which contains inherited, universal archetypes. Jungian psychology seeks to understand the individual by exploring these unconscious elements and trying to integrate them with the conscious mind. This holistic approach to understanding the self focuses on the interaction of conscious and unconscious elements and explores the spiritual and religious aspects of life.

History

Carl Jung was first introduced to psychoanalysis in 1907 when he met Sigmund Freud in Vienna. Jung became a close collaborator of Freud's, and the two exchanged ideas and theories until 1912 when they began to drift apart due to their conflicting views on the unconscious. Jung was particularly interested in the collective unconscious, which Freud dismissed as too speculative. While Jung continued to develop his own theories on the unconscious, he also incorporated elements from other psychological schools of thought, such as Eastern mysticism and alchemy. Jung published his first book on analytical psychology, *Psychological Types*, in 1921. His other works, such as *The Archetypes and the Collective Unconscious* and *Man and His Symbols*, established Jungian psychology as a distinct school of thought.

Characteristics

Jungian psychology is a psychoanalytic approach to understanding the psyche. It is closely related to Freudian psychoanalysis, though it differs in some important ways. Jungian psychology focuses on the exploration of the unconscious and the integration of conscious and unconscious elements. It emphasizes the importance of dreams and symbols as a means of understanding the

unconscious mind. It also emphasizes the importance of spirituality and religion in understanding the self. Jungian psychology is a holistic approach to understanding the self, focusing on the interaction of conscious and unconscious elements and exploring the spiritual and religious aspects of life.

Conclusion

Jungian psychology is a school of thought within the field of psychoanalysis developed by Swiss psychiatrist Carl Jung (1875-1961). It emphasizes the exploration of the unconscious through the use of dream analysis, active imagination, and symbolic imagery. It is closely related to Freudian psychoanalysis, though it differs in some important ways. Jungian psychology is a holistic approach to understanding the self, focusing on the interaction of conscious and unconscious elements and exploring the spiritual and religious aspects of life.

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