

ALCHEMY AND PSYCHOTHERAPY

POST-JUNGIAN PERSPECTIVES



EDITED BY DALE MATHERS

ROUTLEDGE



Alchemy And Psychotherapy Post Jungian Perspectives

Peter Madsen Gubi



Alchemy And Psychotherapy Post Jungian Perspectives:

Alchemy and Psychotherapy Dale Mathers, 2014-03-05 Alchemical symbols are part of popular culture most recently popularised in the Harry Potter books Alchemy intrigued Carl Jung the founder of analytical psychology It inspired him as he wrote the Red Book the journal of his voyage of internal discovery He devoted much of his life to it using alchemical symbols as metaphors for unconscious processes Alchemy and Psychotherapy explores the issue of alchemy in the consulting room and its application to social and political issues This book argues against the dominant discourse in contemporary psychotherapy scientific materialism and for the discovery of spiritual meaning Alchemy and Psychotherapy has four main sections Alchemy and meaning looks at the history of alchemy particularly the symbol of the coniunctio sacred marriage a metaphor for the therapeutic relationship The symbolic attitude explores working with dreams fairytales astrology and the body each of which is a symbolic language The spirit and the natural world discusses the concept of burn out of therapists our ecological resources the mystical aspects of quantum physics and the philosophical underpinning of symbol formation Clinical Applications shows alchemy s use with victims of abuse those struggling to secure gender identity in anorexia and in social healing atonement and restorative justice which apply the idea of the coniunctio Alchemy and Psychotherapy is illustrated throughout with clinical examples alchemical pictures and poetry which emphasise that alchemy is both a creative art and a science Bringing together contributors from a wide range of disciplines Dale Mathers and contributors show that therapy is both art and science that the consulting room is the alchemical laboratory and that their research is their creative engagement Alchemy and Psychotherapy will be a valuable resource for practitioners students at all levels of psychotherapy analytical psychology psychoanalysis and creative art based therapies and for creative practitioners in film literature and performing arts who draw on Jung s ideas

Exploring Spirituality from a Post-Jungian Perspective

Ruth Williams, 2023-03-03 Derived from Ruth Williams more than 40 year immersion in spiritual practice as well as her clinical experience as a Jungian analyst this thought provoking volume explores the nature of spiritual paths and trajectories in practical ways incorporating personal anecdote and ground breaking academic research and providing a window into how Jungian practitioners work with soul and spirit Williams explores the nature of being a human using the Yiddish idea of a person being a mensch which means being a decent human being having humanity and living ethically with integrity The idea of grace is the thread that runs through the book the mystery that binds things together and makes life meaningful purposeful potentially joyful and spiritually fulfilling Williams sees grace as being that which underpins and lies behind synchronicity and divinatory practices and as a force by which we can learn to be guided Rooted in clinical work Exploring Spirituality from a Post Jungian Perspective is fascinating reading for Jungian analysts therapists and academics as well as for general readers interested in a spiritual journey both personally and for clinical purposes

Psychotherapy, the Alchemical Imagination and Metaphors of Substance Alan Bleakley, 2023-07-04 Alchemy is popularly viewed as a secret

way of turning worthless base metal into gold and then a precursor to modern chemistry This is often taken as a metaphor for psychological development This book describes an innovative third way for both the education and exercise of an alchemical imagination that embraces both material matters and psychological insight alchemy as lyrical poetics or the intensive production of embodied metaphor Alchemy here is viewed as an immanent set of metaphor driven best practices for indwelling complex and contradictory earthly matters in a sensual artistic and humane manner Or again it describes best psychotherapeutic practice Alchemy is read not as a medium for personal growth but optimal co existence with the natural world It is an eco logical rather than ego logical project with deep aesthetic concerns education of the senses in close noticing and political intentions a democracy of worldly things The book echoes post Freudian developments in psychoanalysis that avoid the mysticism of symbol systems to work rather with everyday signs and linguistic registers such as embodied metaphors keeping the focus on known and sensed phenomena rather than abstractions

Jung: A Complete Introduction: Teach Yourself Phil Goss, 2015-07-30 Jung A Complete Introduction is designed to give you everything you need to succeed all in one place It covers the key areas that students are expected to be confident in outlining the basics in clear jargon free English and providing added value features like summaries of key books and even lists of questions you might be asked in your seminar or exam The book uses a structure that mirrors the way Jung is taught on many university and counselling courses Chapters include individuation and the archetypal power of the unconscious Jung s early life Jung s early career and key influences Freud and Jung the self and ego the dark side anima and animus archetypes typology Jungian analysis working with dreams active imagination developmental approaches application of Jungian analysis to mental health needs and Jung s legacy in culture spirituality and therapy Jung employs the Breakthrough Method to help you advance quickly at any subject whether you re studying for an exam or just for your own interest The Breakthrough Method is designed to overcome typical problems you ll face as learn new concepts and skills Problem I find it difficult to remember what I ve read Solution this book includes end of chapter summaries and questions to test your understanding Problem Lots of introductory books turn out to cover totally different topics than my course Solution this book is written by a university lecturer who understands what students are expected to know

Spiritual Accompaniment and Counselling Peter Madsen Gubi, 2015-02-21 This collection considers how spiritual accompaniment and counselling can inform each other to improve therapeutic relationships and the spiritual dimension of care across professions

Personal and Cultural Shadows of Late Motherhood Maryann Barone-Chapman, 2019-11-28 Personal and Cultural Shadows of Late Motherhood explores the topic of delayed motherhood from a Jungian psychoanalytic perspective using both quantitative and qualitative research methods including interview transcripts diaries dreams and Jung s world renowned Word Association Experiment It provides a unique contribution to our understanding of the pressures faced by women today on the topic of delayed motherhood We may consider an affect to be in place when a woman allows her relationship to her body and its procreative capacity to slip

away from consciousness only to awaken at a point when redeeming her past choices becomes a hunger This book delves into personal cultural and collective spheres of influence that have been split off waiting for the right moment to reintegrate Working with Interpretive Phenomenological Analysis and Jung s Word Association Experiment the author identifies aspects of the psyche arousing late procreative desire and considers the differing accounts of maternal and paternal parents within affective experience of growing up female beside a male sibling The book examines women s procreative identity in midlife identifies complexes of a personal cultural and collective nature and considers how the role of mother is psychosocially performed taking in feminist psychoanalytical thinking as well as Queer theory to explore new meanings for late motherhood This book will be of great interest to clinicians researchers academics postgraduate students of Jungian psychoanalysis gender theory psychosocial studies and those travelling alongside a woman s journey into later motherhood

Alchemy in the Anthropocene Alan Bleakley, 2025-10-02 Medieval and Renaissance European alchemy peaking at the time of Shakespeare is a heavily coded symbolic system There are two historical streams to alchemy First as a misguided literal attempt to convert base metals into gold that acted as a precursor to modern chemistry Second as an abstract symbol system whose development and study aimed at gaining higher consciousness Carl Jung single handedly recovered this alchemical tradition for modern times by treating alchemy as a coded symbol system of psychological growth and enlightenment tapping into archetypes This book offers a third way between matter and symbol alchemy as embodied metaphor transcending the literal and engaging the poetic This approach differs from that of Jung who turned a materialist alchemy into an abstract psychological code In the approach taken in this book alchemy offers an education into an imagination of matter offering a framework for contemporary living where a language of substances replaces abstract terms describing psychological life But alchemy has other meanings and purposes for example as a once outlawed activity promising jail sentences for practitioners alchemy is essentially political It restores power not just to citizens to resist orthodoxies but also to material life otherwise seen as inanimate Giving meaning to the natural material world echoes indigenous traditions that see this world as animated and populated by unseen but felt energies Such energies are the lifeblood of imagination and creativity as the poetic impulse in humanity The Anthropocene is an emergent age of ecological anxiety We need languages and symbol and sign systems to effectively navigate and make meaning of this unfolding age

The Beginner's Guide to Alchemy Sarah Durn, 2020-05-05 Transform Your Mind and Soul to Find Your Highest Self There s a lot more to alchemy than turning lead into gold Alchemists are committed to not only the transformation of actual substances with elements but also the transformation of themselves This beginner s guide teaches you how to refine the baser parts of yourself such as your fears doubts and anger and take steps to uncover your truest enlightened self Know Your History Learn all about alchemy s roots and basic principles including its three primary facets physical spiritual and mental Discover Who You Are Insightful activities and introspective journaling exercises make alchemy accessible Expand Your Learning Explore illustrated vignettes on notable

alchemists like Nicolas Flamel and Christina of Sweden along with charts on the Ladder of the Planets and their corresponding elemental associations Bring positive change into your life with the transformative powers of alchemy in this beginner's guide What Counsellors and Spiritual Directors Can Learn from Each Other Peter Madsen Gubi, 2017-04-21 This new collection explores the intersection of spiritual direction and counselling It considers the ways in which they can enhance each other to provide better therapeutic and pastoral care **Depth Psychology and Climate Change** Dale Mathers, 2020-11-29 Depth Psychology and Climate Change offers a sensitive and insightful look at how ideas from depth psychology can move us beyond psychological overwhelm when facing the ecological disaster of climate change and its denial Integrating ideas from disciplines including anthropology politics spirituality mythology and philosophy contributors consider how climate change affects psychological well being and how we can place hope and radical uncertainty alongside rage and despair The book explores symbols of transformation myths and futures and is structured to encourage regular reflection Each contributor brings their own perspective green politics change and loss climate change denial consumerism and our connection to nature suggesting responses to mental suffering arising from an unstable and uncertain international outlook They examine how subsequent changes in consciousness can develop This book will be essential reading for analytical psychologists Jungian analysts and psychotherapists as well as academics and students of Jungian and post Jungian studies It will also be of great interest to academics and students of the politics and policy of climate change anthropology myth and symbolism and ecopsychology and to anyone seeking a new perspective on the climate emergency

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Alchemy And Psychotherapy Post Jungian Perspectives** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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