YOUR INDI VIDIUATION

2024

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Applying Jungian concepts

Jungian psychology, known for its complexity, often raises questions when individuals apply it to their own lives. That's why this experiential course focuses on guiding you through your personal individuation process.

Throughout the course, Jungian concepts will be presented in accessible terms, allowing you to apply them directly to your own experiences. Topics covered include projections, complexes, transference, countertransference, shadow work, dreamwork, fairytales, and the individuation process. This live webinar aims to enhance self-understanding and provide valuable insights into your unique personal journey.

Each class includes theory, and this is followed up with exercises. The variety of exercises will help you apply the theory to your own individuation process. Some you will do individually and some with others in break-out groups. We will meet for 1.5 hours. Given that the live classes also include exercises we encourage your live participation.

Please note that the recorded sessions will be available for 2 weeks after each live session. The recordings might be shorter as the breakout group segments will be omitted.
IN THIS FIRST CLASS WE WILL EXPLORE ONE OF THE KEY CONCEPTS IN JUNGIAN PSYCHOLOGY THE INDIVIDUATION PROCESS AND HOW IT PLAYS OUT IN OUR LIVES.

IN THIS SECOND CLASS WE WILL EXPLORE JUNG’S CONCEPT OF THE SHADOW, THAT REFERS TO PARTS OF SELF THAT WE ARE UNAWARE OF. THE BODY WILL BE THE FOCUS OF ATTENTION IN THIS CLASS.

SHADOW WORK ENHANCES INTIMACY BY FOSTERING AWARENESS THAT OUR PERCEPTIONS OF OTHERS MAY BE INFLUENCED BY OUR OWN UNCONSCIOUS MATERIAL. WE WILL EXPLORE THIS IN DEPTH IN THE THIRD CLASS.

IN ESSENCE, AWARENESS OF COMPLEXES IS A KEY STEP TOWARD GREATER SELF-UNDERSTANDING AND PSYCHOLOGICAL WELL-BEING. IT IS PART OF THE INDIVIDUATION PROCESS AS WE WILL DISCUSSED IN CLASS FOUR.

STORIES AND FAIRYTALES OFFER RICH SYMBOLIC NARRATIVES THAT PROVIDING VALUABLE INSIGHTS INTO ARCHETYPAL PATTERNS THAT MIGHT BE INFLUENCING OUR LIVES.
DREAMWORK IS BENEFICIAL AS IT CULTIVATES A RELATIONSHIP WITH THE UNCONSCIOUS, PROVIDING VALUABLE INSIGHTS AND GUIDANCE. IN THIS CLASS A FEW EASY DREAM WORK TECHNIQUES ARE PRESENTED.

IN THIS SEVENTH CLASS WE WILL EXPLORE WHY WORKING WITH IMAGES AND THE IMAGINATION IS MEANINGFUL AND ESSENTIAL IN THE PROCESS OF BECOMING WHO YOU TRULY ARE.

BY HONORING THE INDIVIDUATION PROCESS, WE LIVE IN A MANNER THAT RESPECTS THE DEPTH AND MYSTERY INHERENT IN OUR JOURNEY. THE EIGHTH CLASS EXPLORES THE INDIVIDUAL ASPECTS OF EMBRACING A SOULFUL LIFE.

IN THE FINAL CLASS, WE WILL REVIEW THE JOURNEY FROM THE PREVIOUS SESSIONS.
YOUR PERSONAL PHILOSOPHY OF LIFE

Take a moment to delve into your personal philosophy of life and consider how the concept of guidance fits into it.

- Reflect on your beliefs about where guidance comes from—whether it’s from within, external sources, or a combination of both.
- Explore how your philosophy aligns with the idea of receiving guidance in your life's journey. Do you believe that something larger is shaping your life? Do you believe that you are the creator of your own journey? Or....?
- What role has guidance played in shaping your life path so far?

CREATE A LIFE LINE

- Create a lifeline, mark major life events, + and -, see example below

- Reflect on what you have had to develop as a result of the painful events. This exercise aims to uncover potential benefits that can emerge from ‘inner wrestling’ with profoundly challenging situations. Your reflections should not disregard the difficulties or hardships of a situation but should instead focus on identifying aspects that have emerged as a result.

MARRIAGE

+ TRAVEL ABROAD

- DIVORCE PARENTS DEATH OF BEST FRIEND

age
CLASS ONE

Topics

HONOR THE INDIVIDUATION PROCESS

We are all guided from within to become our true selves. It's essential to heed the (inner) guidance we receive. When we pay attention to this guidance, we are actively engaging with what Jungians refer to as the ego-Self axis. Below a list of how we might be guided.

- Feelings and bodily sensations
- Projections, transference
- Dreams, fantasies
- Recurring situations and themes
- Synchronicities
- Daimon and its whispers

CLASS OBJECTIVES

At the end of the class you’ll be able to:
- Define and explain the individuation process
- Recognize some of the hints and clues one might receive (on a daily basis)
- Read several life events through a Jungian lens
- Lay a foundation for the ego-Self relationship to develop

Ego

The ego is what we call ‘I’, the part of our being that we identify with.

Self

The Self refers to the totality of our psyche. It includes the conscious and unconscious parts of who we are. Like the acorn turns into an oak tree, the Self directs us in life. It is often experienced as the guiding center.

Ego-Self axis

The ego-Self axis represents the interplay between the ego and the Self. The ego has to deal with the demands from the unconscious as well as outer circumstances.

Individuation

This is the lifelong journey of personal development and becoming whole.
YOUR RELATIONSHIP WITH YOUR BODY

Take a moment for introspection and contemplate the intricate relationship you share with your body.

- Reflect on how your choices regarding food, drinks, response to temperature, exercise, and the amount of sleep you require may reveal a deeper connection with self-care and well-being. Explore the motivations behind these choices—whether they are influenced by stress, habits, or a genuine concern for your body.

- Reflect on how your body communicates emotional and psychological needs to you (like a need for safety, authenticity, or connection). Make a list of the physical signals and assess your attentiveness to these signals.

IMAGINATION EXERCISE

Begin by finding a comfortable and quiet space where you can sit or lie down. Close your eyes and take a few deep breaths to relax your body. Slowly scan your body from head to toe, paying attention to any areas of tension or discomfort. Take note of any sensations, and breathe into those areas to promote relaxation.

As you continue to breathe deeply, invite your psyche to come up with a symbol or metaphor that represents how you currently perceive your body. Sit with the image, and observe what happens on a sensation level. Aim to refrain from judgment, or interpretation of the sensations.

This exercise aims to promote the development of a curious attitude toward the body and the signals it emits.
THE SHADOW AND THE BODY

In this second class, we will delve into Jung's concept of the shadow, which encompasses the aspects of the self that often remain unconscious. To identify its presence in our daily lives, we must practice being fully present in the moment and engage with all our experiences, particularly those we may find uncomfortable or undesirable.

COPING STRATEGIES

Jungian Analyst James Hollis has distinguished three coping strategies against the fear of overwhelm (and/or) the fear of abandonment: avoidance, control, compliance. The same strategies that shield us from fears also distance us from our shadow, hindering our ability to fully engage with the present and embrace the experiences that lie on our path.

CLASS OBJECTIVES

At the end of the class you’ll be able to:

- Define shadow, personal and collective, shadow work
- Develop a welcoming attitude for unwanted and undesirable states and feelings
- Experience and acknowledge when shadow material presents through your body

Shadow

The shadow is the unconscious part of ourselves that could be repressed, disowned or simply unknown. When brought into conscious awareness, the shadow contributes to our wholeness.

Personal shadow

The personal shadow represents the shadow that is unique to the individual.

Collective shadow

The collective shadow represents the shadow that is shared with others, like unconscious aspects of a family, culture or society.

Shadow work

Shadow work involves the conscious exploration and integration of one's unconscious aspects and developing a relationship to those aspects.