

### *Carl Jung*

Carl Jung was born in Kesswil, Switzerland, in 1875. He was the son of a Lutheran pastor and because of his father's detached attitude, Jung felt isolated by his own spiritual interests. His ideas as a grown up were strongly influenced by his experiences as a child. Jung graduated from the University of Basel in 1900, after a few years medical studying. He then began a psychiatric internship in Zurich under Eugen Bleuler. Bleuler was the one who coined the term 'schizophrenia'. Later on Jung began lecturing psychiatry at the University of Zurich and conducting a psychiatric practice. At this time he contacted Freud. Jung was very interested in his ideas and when they first met they talked for hours. After this meeting they had regular contacts. However, after a while Jung left Freud since they didn't have the same opinions about dreams. From now on Jung worked without Freud to evolve his own theories and techniques. When getting older he had to live with heart problems and he remained interested in the issues about individuation and growth until his death in 1961.

When dealing with Jung's view of development, one must recognize the term **individuation**, which is related to his concept of personality. Jung thought that the goal of development was to expand the conscious awareness by letting the ego getting contact with the unconscious parts of the self. Since the ego represents the conscious sense of identity, a growth of it will lead to an expansion of the awareness. Jung perceived human growth and development as more open minded than Freud's description of the genital stage, which mainly is characterized in negative terms. Individuation is a process of increasing awareness that remains developing throughout the whole life.

However, this theory is very rich, detailed and complex. The theory often deals with complementary opposites like *conscious and unconscious* and so on. Like Freud, Jung was a great writer. He often returned back to his old writings to make them clearer and it's difficult to summarize all his writings since he wrote about such a vast area.

Patterns within the collective unconscious which for instance serve to organize our experiences and providing the basis of many fantasies and symbols are called **archetypes**. Archetypes contain no content of their own. The ones that are most familiar are *the animus*, *the anima* and *the shadow*. The anima represents the feminine side of a male. Similarly, but the other way around, the anima is the unconscious complement to the woman's persona. Finally, the shadow represents the darker side of human nature. Like Freud, Jung believed that analysing the meaning of symbols was helpful to understanding the dynamics of the mind.

The theories which the psychodynamic approach is made from, all assume that abnormal behaviour is a product of some form of inner conflict. Freud saw this in the dynamics of id, ego and superego. Jung on the other hand, emphasized the relations between the ego and the collective unconscious.

Freud didn't care about where the dreams came from; he was only interested in where they would lead. An important thought in the Freudian theory is that a dream is a sign of being unhealthy. Jung didn't agree on that. He stated that dreams are just as important as breathing fresh air.

Nowadays Jung's theory about dreams is used more often than Freud's theory, but within the psychiatry both Jung's and Freud's theory are used. It depends on which school you are

studying at and almost everyone can agree on that Freud's theories are a bit far-fetched. In contrast to Freud, Jung's concepts have led critics to argue that his theory comes no closer to being scientifically testable.

I think that it's better to use Jung's ideas about dreams, because they are easier to use than Freud's and still include crucial information. It's also easier to use his theories since they are used by most people.

*"På det hela taget är det sannolikt att vi ständigt drömmar men att medvetandet för ett sådant oväsen att vi inte hör det"*

*Jung*

This is a quotation translated into Swedish.