



Portals to the Unconscious

by John Betts, MA

Southern Arizona Friends of Jung

JOHN BETTS, MA

Portals to the Unconscious

Lecture: Friday, June 14, 7pm

Presentation Cost: \$15

Members: \$10

Dream Interpretation Workshop

Saturday June 15, Workshop

9am to 1pm

(one hour brown bag lunch break)

Workshop Cost: \$60

Members: \$45

limited to 8 participants

Paypal credit card payments at

<http://www.safoj.org/events.htm>

or pay at the door at 6:30pm

Location

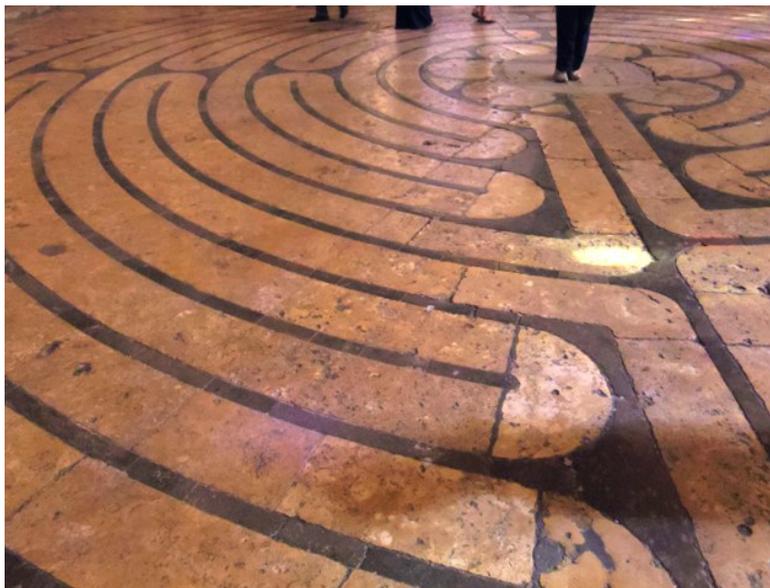
Casas Adobes Congregational Church

6801 N. Oracle Road

park and enter near the office



JOHN BETTS is a Zurich-trained Jungian Psychoanalyst. He originally trained as a psychologist at the University of Cape Town, South Africa. John is particularly interested in clinical issues relating to the effective application of psychoanalysis in the 21st century. His research interests include the use of digital technology with geographically isolated patients; trauma; and object relations theory. He maintains a private practice in Victoria, B.C. You can contact John through his website www.jungian.ca and listen to his podcasts on Jung through the "Jung Podcast," available through his website and iTunes.com.



Lecture: Portals to the Unconscious: Depth psychology places an enormous importance on the role of the unconscious in the well-being of individuals. Since the unconscious is essentially unknown, we have to find ways to demonstrate its existence through its effects, such as the spontaneous production of symbolic material in dreams. Portals to the unconscious are gateways through which we can glimpse the unconscious, as well as retrieve, interpret, and understand its contents. These portals include dreams, the body, altered states, psychiatric conditions, ritual, and the analysis of complexes. By altered states we mean experiences such as active imagination, trances, meditation, mediumship, channeling, or substance-induced. Why is an encounter with the numinous contents of the unconscious so significant in analytical psychology? How can we distinguish these various portals from each other, for example, how is active imagination distinctly different from meditation? If we view the psyche as fulfilling the core tasks of individuation in a person through the interaction of consciousness and the unconscious, we can see that many of these portals to the unconscious are also attempts at healing.

Workshop: Dream Interpretation: We will work as a group to make sense of the spontaneous products of the unconscious in the form of dreams. Please bring two recent dreams you have had, with a copy for the other group members. In a safe, confidential and respectful manner, we will work through a Jungian interpretation of your dreams. Please bring very basic art materials to help you in this process. The workshop will be run in one hour blocks, with an hour break for lunch.

For more information, forms, and PayPal internet payment option, see: www.safoj.org.

Web site designed by Nuanced Media

Or, print out and mail in pre-registration/membership forms and your check to:
Southern Arizona Friends of Jung, P.O. Box 64267, Tucson, AZ 85728-4267