

## The Inner Dance: A Jungian Approach to Argentine Tango

presented by

Wendy Balconi, Ph.D., LCSW & Marc Adams, LMSW, MBA

*“Whatever you experience outside of the body – is not experienced unless you take it into the body.” – C.G. Jung*

Location: St. Francis in the Foothills United Methodist Church

Date: Saturday February 10th, 2024

Lecture portion: 9:30am to 10:30am • Experiential portion: 10:45pm – 12:30pm



While not widely discussed, early psychological theories were developed and based upon investigations in connection with the physical body. Freud made significant contributions to somatic depth psychology during his development of psychoanalysis and significant connections have been made between emotional and psychological difficulties and constriction held within the body. Moreover, the importance of intentionally including the body to create change has been clearly demonstrated throughout the works of leading Jungian Analysts including C.G. Jung and Marion Woodman.

Given that our past relational interactions have the potential to create embodied patterns that over time can develop into armor, embodied practices can uncover and release these restrictive patterns. Due to the spontaneity of movement and its unique improvisational nature, Argentine Tango lends itself to venturing beyond predictable rote steps and restrictive mechanical movement. In addition, embodied practices such as Argentine Tango encourage a return to the wisdom of the body and mitigate detrimental effects of the mind-body split. Furthermore, “the physical embrace during tango is a powerful gesture and reminder that when we intentionally embrace or welcome any emotional, bodily, social, cultural or relational limitation within one another, we can touch each other in strange and surprising ways, liberating the possibility for transformation” (Balconi, 2019, p. 186). As Jung (1946/1966) stated, “the unrelated human being lacks wholeness, for he can achieve wholeness only through soul, and the soul cannot exist without its other side, which is always found in a ‘You’” (para. 454). Ultimately, no transformation can take place under the conditions of merger or separateness, the establishment of an authentic relationship both within and with the other is required.

*“Only if you first return to the body, to your earth, can individuation take place, only then does the thing become true.” – C.G. Jung*

### Learning Objectives:

- Gain a basic understanding of the theory of Somatic Depth Psychology through the discussion of the origins of body-oriented depth psychology including Sigmund Freud, Wilhelm Reich, Carl Jung and Marion Woodman.
- Learn the concepts, principles, and benefits of embodied consciousness.
- Understand the process and development of the ego-Self Axis from an embodied perspective.
- Learn the art of embodied awareness through a lived experience.

### About the Presenters



**Marc Adams, LMSW, MBA** is co-founder of Creative-Depth, an organization dedicated to bringing more insight, purpose, and meaning to the clinical setting through both the demonstration and practical application of depth psychological concepts. As a licensed clinical social worker in private practice, Marc specializes in existential counseling with a Jungian approach. Marc's professional journey has included working in the volatile banking industry for over 28 years before acquiring a psychotherapy license. He also dedicated years to learning guitar concentrating on Flamenco, dancing focused on Argentine tango, and intensive study abroad programs to gain fluency in multiple languages. One key element that has remained constant throughout the years has been a magnetic attraction to inner work and, ultimately, the desire to partner with others in facilitating their journey to experience new perspectives and new ways of being.



**Wendy Balconi, Ph.D., LCSW** is co-founder of Creative-Depth, an organization dedicated to bringing more depth to the clinical setting. Wendy holds a master's degree in clinical social work, and a Ph.D. in Depth Psychology from Pacifica Graduate Institute. Through her many years of practice Wendy has developed a profound admiration and respect for the unconscious and as a depth psychologist she currently holds a private practice in Scottsdale, Arizona. Wendy first discovered a relationship to the unconscious as a commercial artist and has particular interest in those involved in the creative arts. As a depth psychologist with a strong background in the Arts Wendy continues to actively create through writing, painting, collage, sculpture, active imagination, dream work and Argentine Tango. Her dissertation entitled *Solvitur Ambulando: An Embodied Experience of Argentine Tango* explored habitual patterns of relating from a depth psychological perspective.