

## Jung and the Unconscious Self

When a person comes for psychotherapy sometimes there is no reference to the psyche because he or she is wrestling with things that are in consciousness.

But when one is experiencing symptoms that come from a deep place in the personality, for example, disturbing dreams or overwhelming feelings or nightmares, or just a sense of unhappiness with no energy, then it becomes necessary to take the unconscious into account.



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Sometimes there are major life decisions that a person is wrestling with, going into a second career or the ending of a relationship. It can be very helpful to include the psyche, the unconscious, in the decision making process.

The psyche, the unconscious, is something one can never access directly. You can only infer what is going on out there through images of dreams and through instinctive feelings that people have.

If you voluntarily try to put something out of your mind medical professionals call that suppression, where as if the unconscious snatches it out of awareness it is call repression. So, if you have seen something terrible, let's say, during childhood it is not uncommon to forget it even almost right after it happens. That is the unconscious protecting the conscious part of the personality from too much pain or overwhelming experience. That is what repression is. By circling around feelings of past abuse, people can regain memories that have been repressed a long time ago in order to heal from past injuries, for example war trauma. It creates a kind of split in a personality where a lot of the personality is geared to keeping painful memories outside of awareness... it takes a enormous amount of energy.

After being involved with patients' experiences and particularly their dreams, Carl Jung, the Swiss psychiatrist, began to think that the psyche itself seems to be from some divine source or it seems to be divine itself. And, whatever animates animals and plants seems to animate the human personality in a way that has an intelligence all its own, But, it doesn't seem as helpful to locate it outside of the person. It seems that Jung felt that the divine principle existed inside each individual as opposed to outside, out in the cloud.

“We cannot change anything until we accept it.  
Condemnation does not liberate, it oppresses.”

– Carl Jung