

C. G. Jung's Complex Dynamics and the Clinical Relationship: One Map for Mystery

Brenda A. Donahue

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This book attempts to link Jung's theories of complex and archetype with processes involved in ego development, human relationship and attachment by using clinical examples. It is one way for therapists to understand Jung's ideas and use them in the clinical setting. The purpose of the book is to evoke questions rather than provide answers. When we ask what it is that transforms people in therapy, we must answer that we do not know. Healing is a mystery. This book provides multiple viewing points into mystery and highlights the undeniable fact that it appears within the clinical hour. The ideas presented in this book are intended to bridge the gap between 'clinical' and 'archetypal' by focusing on the clinical relationship. Techniques to activate the unconscious are presented in order to help the reader learn to develop a therapeutic space to contain the expression of what the client cannot yet verbalize and support the development of a mutual and shared language based upon the client's own material. The reader is encouraged to practice the individual experiential exercises presented in the last chapter to test the book's ideas and develop both questions and clinical skills based upon the theoretical material. Finally, the reader will be introduced to group experiential exercises that can be used with colleagues interested in working together to develop clinical skills. This book is useful for social workers, nurses, psychiatrists, psychologists, psychotherapists, counselors and human resource professionals.

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