

Rutgers DSW Program Syllabus

Module Title: C.G. Jung's Red Book: Theoretical, Clinical, and Personal Implications

Instructor:

Residency: May 2019

Date:

Module Description:

C.G. Jung's Red Book "The Holy Grail of the Unconscious"

New York Times Fall 2009

The Red Book of C. G. Jung was first available to the public in the fall of 2009 at the Rubin Museum in New York City. The New York Times Magazine Cover called it "The Holy Grail of the Unconscious." It was Jung's very personal journal attempt to salvage his sanity and soul and was a description of the process that would later inform the theoretical basis and unique approach to Jung's Analytical Psychology. The Red Book was the source of his major theories such as the collective unconscious, his Map of the Psyche, the archetypes, the process of individuation, amplification, active imagination, dreams and the utilization of literature, fairy tales, myths and art in his personal and clinical work. Jung learned that symbols were the language of the psyche and that mandala drawing and projective techniques were tools that gave the clinician a window to the psyche. He developed these theories through the drawing of individual mandalas and sketches which first appeared as preliminary works in his Black Journal Books and later developed in The Red Book. Jung's emergence from the period of introspection and graphic proclivity provided the world with a new Analytical Psychology that integrated social science with the humanities. These two Modules are didactic and experiential and will introduce participants to the Theoretical, Clinical and Personal Implications of Jungian Analytic Psychology.

Module Objectives:

1. To present the artistic influences, life experiences and psychological components that contributed to the development of C. G. Jung's The Red Book.
2. To teach Jung's Map of the Psyche and the theory of Individuation.
3. To acquaint participants with C.G. Jung's new psychological vision and its clinical and personal implications.
4. To discuss the significance of symbols and images according to Jungian Analytic Theory.
5. To sketch a personal mandala and engage in active imagination, dialogue around images and learn to apply TTAQ, Title, Theme, Affect and Question to each drawing.
6. To demonstrate to participants the value of interpreting dreams by using The Dramatic Structure of the Dream tool.

Required Readings:

1. Carl Gustav Jung & The Red Book (part 1) - YouTube www.youtube.com
2. Carl Gustav Jung & The Red Book (part 2) - YouTube www.youtube.com
3. Sonu Shamdasani introduces The Red Book -YouTube www.youtube.com
4. Carl Jung's Red Book-Part 1 Interview with Roger Woolger.asf-YouTube www.youtube.com

Recommended Readings:

1. Memories, Dreams, Reflections by C. G. Jung Recorded & Edited by Aniela Jaffe 1989 Vintage Books A division of Random House, Inc.: New York

Chapter VI Confrontation With the Unconscious pg. 170-199
Chapter VII The Work pg. 200-223
Chapter VIII The Tower pg. 223-237
Glossary pg. 391-402
2. Dreams: A Portal to the Source by E.C. Whitmont & Perrera, S. 1989 Routledge: London and New York.