



Australian and New Zealand Society of Jungian Analysts

Invitation to Mental Health Professionals

Working with Couples

20 November 2021

Zoom

9.00am – 1.00pm AEDT

Numbers limited



Psychoanalytic work with couples has amplified the complex nature of Jung's (1925/1945) proposal that there is an unconscious psychological factor in an individual's choice of partner. Typically, couples seeking therapy are distressed about the overwhelming nature of difficulties that they cannot seem to overcome or resolve. A contemporary Jungian approach proposes that the origin of these difficulties is frequently to be found in unresolved complexes. These can be thought of as unprocessed highly anxiety-provoking proto-experiences, many of which create interlocking dynamics which then become shared between the partners. By understanding their unconscious processes, the couple are helped to understand their own and their partner's point of view, as well as the couple relationship that they are co-creating. Understood in this way, the couple relationship offers opportunities for individuation for both partners as well as for the couple relationship as a separate co-created entity with its own life and energy.

ANZSJA analysts, **Deb Power** (Melbourne), **Sue Oliver** (Melbourne) and **Julia Meyerowitz-Katz** (Sydney) will present their clinical experience and current thinking about working with couples within a contemporary Jungian framework. The seminar will offer participants an opportunity to explore the process of working analytically with couples. This will include: assessing couples for therapy and establishing an analytic frame in which the therapeutic work can unfold, using transference/countertransference communications between the couple and the therapist in order to work with and deepen understanding of the nature and origin of their difficulties and the role of symbolisation and symbolic processes.

