



Australian and New Zealand Society of Jungian Analysts

Invitation to Mental Health Professionals

Jung and the Metaphorical Mind

Saturday 19th November 2022

Zoom

9.00am – 12.00pm AEDT



Image: *The Flower Thrower* by Banksy

This workshop focuses on the metaphorical qualities of the human psyche. The emphasis on metaphor in analytic therapy is one aspect which distinguishes it from other forms of therapy. Often we think of myths, fairytales, religious motifs, and alchemical themes primarily as systems of symbolic material and as representations of the collective unconscious but at the most basic level they function as metaphors. However, metaphors are not only associated with manifestations of the collective unconscious; they also manifest, and are utilized constantly, consciously and unconsciously, in everyday life and language. Metaphor is the process which allows music, art, poetry, or film to move us. It is also the process which brings imagination alive.

Metaphor can be defined as the utilization of one conceptual/imaginal domain to map or articulate the characteristics/experience of a different conceptual/imaginal domain. The term metaphor derives from the Greek verb *metaphora*— to transport or transfer. In the use of a metaphor there is the juxtaposition between different domains resulting in a transfer of meaning from one to the other. Another way of thinking about metaphor is that it serves as a bridge from one realm to another realm; linking the two realms in a way not previously seen.

Metaphor, imagination and reverie are three inter-related processes which underlie the analyst's fundamental stance in the analytic process (i.e. the analytic attitude), create the potential for change in the analytic process, but also provide the foundation for any creative experience. This seminar will explore these processes and their inter-relationships.

LEARNING OBJECTIVES:

- 1) Understand formal definitions of metaphor and metonymy.
- 2) Learn to recognize the use of metaphor across a variety of artistic domains – visual art, music, poetry, literature, dance, and film.
- 3) For therapists, learn to utilize metaphor in therapeutic interventions to deepen the affective and imaginal resonance of interventions.
- 4) Learn to create spontaneous metaphors in everyday life.
- 5) Understand how metaphor, reverie, and imagination are interwoven and mutually supporting processes.

RECOMMENDED READINGS:

Geary, James (2011). *I is an Other: The Secret Life of Metaphor and How It Shapes the Way We See the World*. New York: Harper.

Jung, C.G. (1916) *The Transcendent Function*, CW8.

Siegelman, Ellen (1990) *Metaphor and Meaning in Psychotherapy*, New York: Guilford Press.

Winborn, Mark (2014). Watching the Clouds, in Mark Winborn (Ed.), *Shared Realities: Participation Mystique and Beyond*. Fisher King Press.

