

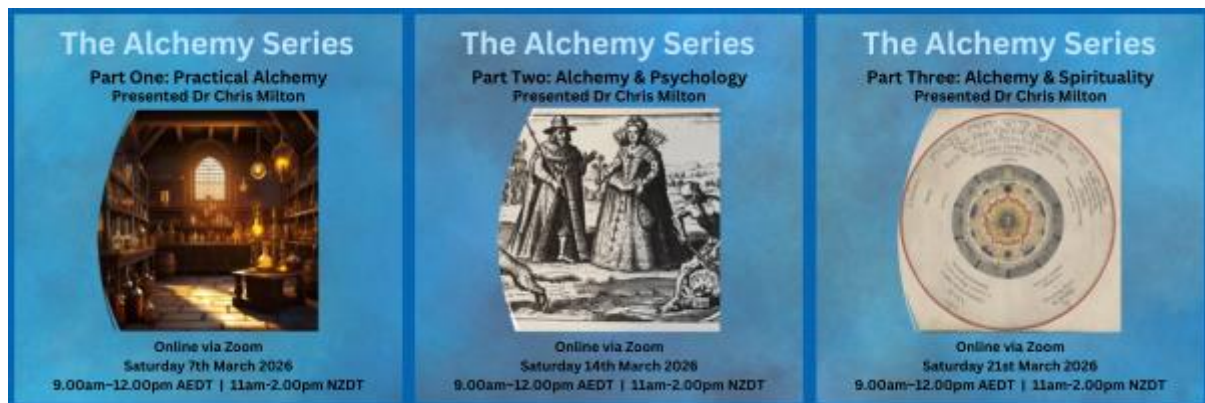


Australian and New Zealand Society of Jungian Analysts

Invitation to Mental Health Professionals

The Alchemy Series: A Three-Part Seminar Series

Presented by Dr Chris Milton



Saturday 14th March 2026

9.00am-12.00 pm AEST | 11.00am-2.00pm NZDT

Online via Zoom

Part 2: Alchemy and Psychology

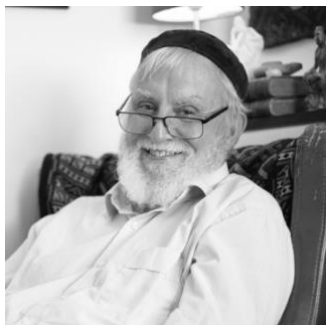
This seminar explores the psychological dimensions of alchemy, tracing how literal metallurgical concepts — such as *reincrudation*, *mortificatio*, *separation* and *purification of opposites*, and the *coniunctio* — became metaphors for psychological transformation in analytical work. I examine Jung's use of alchemical language not as symbolic ornament but as a way to describe psychic processes of differentiation, suffering, ego dissolution, and the emergence of meaning. The seminar traces the movement from *nigredo* (shadow confrontation), through *albedo* (clarification and differentiation), towards *rubedo* (emotional heat and new attitude), considering how these processes emerge clinically in transference, symbolic expression, and the analyst's own engagement. I shall also distinguish between the *Lesser Coniunctio* (adaptational or relief-based bonding) and the *Greater Coniunctio* (transformational symbol formation). Practical implications for analytic technique — including confrontation, clarification, interpretation, and working through — are linked to purification and differentiation within the ego, personal unconscious, and archetypal images.

Learning Outcomes

By the end of this seminar, participants should be able to:

1. Explain the concept of reincarnation and describe how “returning material to a more living state” functions both in metallurgical alchemy and as a metaphor for psychological softening, regression, and phenomenological engagement in the analytic relationship.
2. Differentiate between nigredo, albedo, and rubedo as literal alchemical operations and as metaphors for shadow confrontation, differentiation, and the emergence of new psychic attitude in analysis — paying particular attention to emotional tone and ego transformation.
3. Distinguish between the Lesser Coniunctio and the Greater Coniunctio, recognising how premature relational fusion, relief-seeking, or adaptation differs from the emergence of true symbolic transformation within the analytic process.
4. Describe how differentiating ego functions, archetypal images, and personal-cultural meanings constitutes a psychological analogue to purification, separation, and illumination — and how this process manifests clinically through transference, anxiety, clarification, interpretation, and working through.

PRESENTER:



Dr Chris Milton is both a Clinical Psychologist and a Jungian Analyst in private practice in Auckland. He was raised and trained in South Africa but has lived in New Zealand for the last twenty four years. He currently devotes most of his time to adult analysis and the supervision of clinicians. He also has extensive experience of working with children, adolescents and their families. Chris is a Training Analyst with ANZSJA. He has served as both President and a Director of Training for ANZSJA. Chris has a developed sense of the importance of phenomenology and has for a long time served on the Editorial Board of the online Indo-

Pacific Journal of Phenomenology. Chris has published in the areas of infant mental health, psychoanalytic processes, the cultural complex, what is analysis and well-being. He maintains an interest in spirituality and transpersonal psychology especially the phenomenology of individuation and its spiritual dimension.

Date:	Saturday 14 th March 2026
Time:	9.00am to 12.00pm AEST
Venue:	Online
Cost:	
Full fee:	\$120 AUD (incl. GST)
Early Bird:	\$100 AUD (incl. GST) until 21 st February 2026
ANZSJA Trainee / Student:	\$100 AUD
ANZSJA member:	\$80 AUD (incl. GST)
Cancellation:	No refund for cancellation after 7 th March 2026
PD Certificate:	3 hours (Certificate issued after event)