

CG Jung Society of Western Australia Inc



Lecture: September 21, 2018 at 7:30 pm

Traumatic dissociation of aspects of the feminine: An Asian cultural perspective

Aditee Ghate

This lecture explores the impact of the dissociated feminine principle resulting from the trauma of cultural displacement in a young Chinese woman keen to embrace a modern Western identity. A case study illustrates the outcome of the client both consciously and unconsciously rejecting the traditional stereotypical Chinese feminine identity and instead embracing the distorted, yet seductive, image of the Western (Caucasian) woman as independent, intellectual and confident. Her defensive denial of the traditional feminine was dealt with by intellectualising both personal and professional relationships. Then, unconsciously, the dissociated traditional feminine was projected into a separate aspect of her identity that held the traumatised feelings. The intellectualisation was eventually understood as being a necessary defence to cope with the cultural as well as geographical dislocation trauma. And with this realisation a space was created to accept and integrate the denied feminine—in a literal as well as a symbolic manner.

Aditee Ghate, an Analytical Psychologist, trained with the International Association for Analytical Psychology (IAAP), Zurich, and is a member of ANZSJA. She works in 'depth-psychology'—helping individuals explore the relationship between the 'conscious' and the 'unconscious'. Aditee specialises in transcultural psychoanalysis, especially relevant in the multi-cultural pot pourri that is modern Singapore where she lives. Her areas of specialisation are: Conscious living, Women's issues, Gender, Attachment (parent-child bonding), and being a Highly Sensitive Person (HSP). In addition, as a trained and experienced facilitator of sensitivity-groups, Aditee has been helping people through group work engage with life's challenges. To find out more on what Aditee offers, please visit www.jaagran.org

Venue: Mary Lockett Lecture Theatre in the F.J. Clark Medical Lecture Theatre Complex QE II Medical Centre
Caladenia Loop, Nedlands. Entrance off Monash/Hampden roundabout.

Cost: \$10 (members), \$15 (concession), \$20 (general)

Workshop: September 22, 2018 at 10am-4pm

Being a Highly Sensitive Person (HSP) Basic Workshop

Research has substantially established that there are two survival strategies in different species, including humans (Kagan, 1994), both associated with responses when engaging with environmental changes. Aron & Aron (1997) pursued these psychobiological differences in order to empirically understand the 'observe, and then respond' strategy which has been found in 15-25% of the general population (Kagan, 1994). Their studies resulted in the identification of an inherited temperament, which they named as Sensory-Processing Sensitivity: a uni-dimensional construct associated with high sensitivity to external stimuli. They named these individuals Highly Sensitive Person (HSP) who can be defined as innately reflective—having a greater consciousness about themselves, others, and their environment. This workshop would explore your sensitivity, the role of HSPs in our lives, myths associated with sensitivity and the clinical implications of working with HSPs. As many as 2 out of 10 individuals you meet in your life (or in your practice) are Highly Sensitive Persons (HSPs). You may even be one yourself. This trait of 'high sensitivity' has been around since the evolution of life itself. It has been empirically researched and only recently been formally named. If you'd like to understand if you are one, or of someone you know is, visit: <http://jaagran.org/selftest.html>

Workshop: September 23, 2018 at 10am-4pm

Embracing Sensitivity: Intensive (Advanced) HSP Workshop

Usually knowing you're highly sensitive is just the beginning... it evokes both a relief at finally finding out *what* had been missing, while at the same time, oddly raising the consciousness of the burden associated with being one. This intensive workshop intends to address both these aspects associated with high sensitivity. The first half of the workshop will facilitate the insights into your unique personality dimensions by exploring your attachment style as well as your triadic relationship between the mind, body and emotions. In the second half we would consider the implications on interpersonal relationships as well as your engagement with your work space. Also what the implications are for being so finely tuned into the differing spaces in your life.

Minimum Requirement (Ideally): Attended Basic HSP Workshop &/OR Read up on HSP by Elaine Aron.

NOTE: While this workshop would add depth in understanding *your* specific issues it cannot address the individualistic and unique needs of your own history. Additionally, group work entails being mindful of the need to manage confidential boundaries.