

JPEG: Jungian Process & Experiential Group

“The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves.” Carl Jung

JPEG 2021 -2022 Course Content 10 Saturday Afternoon Sessions £400 for the year

• Who is the course for?

The JPEG group meets once a month on a Saturday afternoon. It is for past and current participants of the Foundations Course and Therapeutic Skills Course, participants of previous JPEG groups, current SAP trainees as well as other individual applicants who have done an equivalent introductory course.

It will cover the following possible interests:

- on-going personal development and exploration with like-minded people through exploring Analytical Psychology
- individuals who are interested in beginning to explore the possibility of applying for the SAP's professional trainings
- general exploration of concepts in Analytical Psychology through reading, discussion, debate, process and experience
- individuals gaining CPD hours through attendance

JPEG group-work is an opportunity to explore, play and learn from Jungian and post-Jungian concepts in Analytical Psychology. This group meeting is not an analytic or group therapy forum but rather an experiential, process and discussion group that may have therapeutic elements and is facilitated by analyst members of the SAP.

Myth and the crisis of meaning in our time

In this JPEG series we will explore Jungian thinking on myth, meaning and the spirit in order to face the crisis faced by 21st Century civilisation. With the current pandemic and possible future ones as well as the environmental crisis and the Black Lives Matter/ethnic minority/inclusivity-exclusivity crisis, are we learning anything or do we just feel too overwhelmed? What myths do we live by today? Whose myth is to rule the day - or can we conceive a multi-mythic culture? Is religion relevant? Does spiritual practice help our journey? Have we lost our way both individually and collectively? Are we coming together or are we withdrawing culturally and nationally from others? What is the balance between nationalistic fear and collective human wisdom? Is it too late or do we have to learn to tolerate a long struggle? There are now many pressing questions facing all of us in a world where the economic arguments and the search for resources and wealth undermines democracies and the survival of sustainable living on the planet. Have we lost our moral and ethical compass? Can we no longer rely on what we know? How long can we postpone the future?

Jung once said

" I asked myself... 'what is your myth - the myth in which you do live?' At this point the dialogue with myself became uncomfortable..." (Carl Jung Memories, Dreams and Reflections)

This necessary but uncomfortable dialogue we each need to have within ourselves, can be illuminated through processes such as social dreaming and opening the dialogue out into a community engaged on the same quest. In this JPEG series we will through social dreaming and a series of readings try and grapple with these conundrums for us as individuals as well as the cultures and societies.

About the Course Convenor and Facilitator

Ali Zarbafi

Ali is a Jungian Analyst and Psychotherapist. Ali is founder member of the Multi-lingual Psychotherapy Centre and has run workshops on the Refugee Experience. He works in the NHS and private practice and has published a book with John Clare entitled *Social Dreaming in the 21st Century: The World We Are Losing* (Karnac 2009).

Laurie Slade

Laurie Slade is a member of the Guild of Psychotherapists, the Confederation for Analytical Psychology, the Institute of Psychedelic Therapy, and the International Association for the Study of Dreams. He practiced for 30 years as a psychoanalytic psychotherapist, and continues to act as a creative consultant. He has been involved in social dreaming since 2001, hosting sessions in a variety of settings, in the UK and internationally, including open-access events for Tate Modern (2017), Barbican (2019), and Holocaust Survivors Friendship Association of the University of Huddersfield (2021). His paper *Renewing the Land – the Dreaming Mind in Community* was recently published in *Social Dreaming – Philosophy, Practice, Theory and Research* (Routledge - 2019).

• JPEG Approach

The purpose of this group is to offer an on-going forum for individuals interested in learning more about a developmental approach within Analytical Psychology while respecting classic and archetypal approaches. An aim that the facilitators have towards JPEG as an on-going forum of learning can be described in the following quote by Winnicott:

“It is in playing, and only in playing, that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self.”

• General information

Venue: Online via Zoom

Date: Once monthly on a Saturday, 10 meetings per year

Time: 14.00 – 17.00

Fee £400 for the one year programme

Payment options: one payment of £400 or two instalments of £200

Booking: Gita Khalatbari on 020 7435 7696 or publicevents@thesap.org.uk

Convenor: Ali Zarbafi

Facilitator: Ali Zarbafi and Laurie Slade

• JPEG Afternoon Dates and Format

2.00 - 3.15pm: social dreaming matrix

3.15 - 3.30pm: break

3.30 - 4.00pm: dream reflections

4.00 - 4.30pm: small group discussions

4.30 - 5.00pm: large group - feedback and discussion

Dates:

JPEG (2021-22)
18 September: The Making of Myths
16 October: Mythology and the Modern World
20 November: The Journey Inward
18 December: The First Storytellers
22 January: Sacrifice and Bliss
26 February: The Hero's Adventure
19 March: The Gift of the Goddess
14 May: Tales of Love and Marriage
18 Jun: Masks of Eternity
16 Jul: Meeting the Future in the Present

- **Reflections from past JPEG participants**

“I have really enjoyed the Experiential Group over the last year. It has helped me to keep connected with the SAP and be part of a group that is learning at the same time in similar ways over a prolonged period. I really value the opportunity it has given me to reflect further on themes arising from the introductory lecture series. The JPEG is another strand of preparation for the training which I am planning to apply for over the next year or so. I look forward to the next series.”

“The Jungian Play and Experimental group provided a valuable and meaningful forum for exploration of Jungian ideas in a group setting. I enjoyed every session and would recommend the course to anyone interested in furthering a deeper interest in the application of all things Jungian.”

“An experiential session can’t be described, but only experienced. Yet, JPEG is always challenging, thought-provoking and holds up a mirror to oneself. It never follows a preordained course but instead moves in uncharted areas.”

To register for the JPEG 2021-2022 Programme, please contact – Gita Khalatbari on

020 7435 7696 or publicevents@thesap.org.uk

Please note that this is up to date as of August 2020 and may be updated in the near future. All participants will be informed of updates.