

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 2024-2025 Course Content **10 Saturday Afternoon Sessions** **£500 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.

Transformations: Individual and Collective

In this series of JPEGs, we will look at the idea of transformation from a psychological/internal, spiritual, and aesthetic perspective. We will explore a process of transformation using Jung's writing about the illustrations of the *Rosarium Philosophorum* as a platform from which to navigate personal and collective change. Each month we will examine one of 10 woodcuts from the *Rosarium Philosophorum*, alongside social dreaming, films, readings, art and clinical material to explore transformation on both an individual and collective basis.



Jung used the *Rosarium Philosophorum*, a 16th Century alchemical tract, as a vehicle to understand transference in the consulting room. This can be extended to consider transference phenomenon as they occur beyond the therapeutic setting to the ways in which we engage and relate with others, in our daily lives and in wider society.

In increasingly turbulent and challenging times, the psychological urge to spilt our experiences into an 'us and them' dichotomy becomes apparent. We can see, in the consulting room, in the media, and in society as a whole, that people are experiencing this turbulence as both an individual and collective crisis.

As we sit divided in our beliefs, political views, and geographical islands the idea of transformation can become something that we locate elsewhere; projecting all that is bad into 'them' leaving ourselves free from problems on the other side of the fence. Jung suggested that if a person is brave enough to withdraw their projections from others he:

'has become a serious problem to himself, as he is now unable to say that they must be fought against. He lives in the 'house of self collection'. Such a man knows that whatever is wrong in the world is within himself, and if he learns only to deal with his own shadow then he has done something real for the world. He has succeeded in removing an infinitesimal part, at least, of the unresolved gigantic social problems of our day.'

(C. G. Jung. Coll Works, Vol 11).

Psychotherapy endeavours to provide a space where we can withdraw projections and turn inwards to reflect on the problems within us, which requires an ongoing act of transformation. What does this transformation encompass, and how does it relate to the collective and the ways in which we consciously encounter the external world?

This series of JPEGs offers an invitation to examine our response, individually and collectively as a group, to Jung's suggestion that transformation as an internal process can in turn contribute to an understanding of the 'unresolved problems of our day'.

About the Course Convenor and Facilitator

Ruth Oreschnick

Ruth Oreschnick is a Jungian Analyst and Music Therapist, working in the NHS (across a range of clinical setting) and in Private Practice. She previously also worked as an Associate Lecturer at Anglia Ruskin University, and was course leader for music therapy trainings in South Asia. Ruth has over 15 years experience of facilitating groups, both in this country and abroad.

• **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: In person at the SAP 1 Daleham Gardens, London NW3 5BY

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

Time: 14.00 – 17.00

Fee £500 for the one year programme

Payment options: one payment of £500 or two instalments of £250

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

Convenor and Facilitator: Ruth Oreschnick

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 - discussion/exercise

4.30 - 5.00pm: large group - discussion/exercise

Dates:

JPEG (2024-25)
14 September:
19 October:
16 November:
18 January:
15 February:
22 March:
26 April:
17 May:
14 June:
19 July:

• 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 2024-25 Programme, please contact – Gita Khalatbari on

020 7435 7696 or publicevents@thesap.org.uk

Please note that this information is up to date as of March 2024. All participants will be informed in of any changes to this programme.