

FOUNDATIONS OF ANALYTICAL PSYCHOLOGY AN INTRODUCTORY COURSE IN JUNGIAN AND POST-JUNGIAN CONCEPTS

This course introduces key Jungian and Post-Jungian concepts in analytical psychology through a series of seminars presented by members of the SAP and by selected guest speakers. The course is an introduction to how SAP members incorporate these concepts, as well as psychoanalytic concepts, into their particular orientation toward clinical work. Each seminar includes opportunities for discussion in both main- and small-group settings, the latter being facilitated by members of the SAP.

Course Format:

19h00 – 20h15	Seminar Talk and Discussion
20h15 – 20h30	Tea break
20h30 – 21h30	Small group discussion

Venue: Online for 2024-2025

Course Meetings: Wednesday evenings; 30 meetings over 3 terms

Course Convenor : Edith Eligator

Professional Services and Programme Manager: Gita Khalatbari

Cost: £1380

Note: Payment plans can be made available if required.

At the time of going to press, this programme was correct. We reserve the right to cancel or alter any part of the programme due to unforeseen circumstances.

Registration: Please contact Gita Khalatbari on 020 7435 7696 or publicevents@thesap.org.uk or visit <https://www.thesap.org.uk/training-and-courses/introductory-courses/foundations-of-analytical-psychology-course/>

Provisional Programme

Autumn Term

25-Sep-24	Susanna Wright	<i>The Unconscious</i>
02-Oct-24	Malcolm Rushton	<i>Jung's Model of the Psyche</i>
09-Oct-24	Edward Bloomfield	<i>Complexes and Archetypes</i>
16-Oct-24	Rupert Tower	<i>The Shadow</i>
23-Oct-24	Edith Eligator	<i>The Self</i>
30-Oct-24	Half Term	
06-Nov-24	Geralyn Collins	<i>Transcendent Function</i>
13-Nov-24	Christine Driver	<i>The Ego-Self Relationship</i>
20-Nov-24	Jan Wiener	<i>The Therapeutic relationship</i>
27-Nov-24	Lara Lagutina	<i>Analytical Psychology and the Body</i>
04-Dec-24	Lara Lagutina	<i>A Jungian Approach to Psychic Trauma</i>

Spring Term

15-Jan-25	Lucinda Hawkins	<i>Jung the Man</i>
22-Jan-25	George Bright	<i>The Red Book</i>
29-Jan-25	George Bright	<i>Active Imagination</i>
05-Feb-25	Bob Withers	<i>Alchemy</i>
12-Feb-25	Ali Zarbafi	<i>Dreams</i>
19-Feb-25	Half Term	
26-Feb-25	Roderick Main	<i>Synchronicity</i>
05-Mar-25	George Bright	<i>Spirituality and Jung</i>
12-Mar-25	Martin Schmidt	<i>Individuation</i>
19-Mar-25	Jay Barlow	<i>Exploring Object Relations</i>
26-Mar-25	Maggie McAlister	<i>Jungian Perspectives on Psychosis and Dissociation</i>

Summer Term

23-Apr-25	Chris Driver	<i>Dynamics and Dimensions of the Self</i>
30-Apr-25	Katherine Killick	<i>Regression and Intensive Analysis</i>
07-May-25	Maggie McAlister	<i>Post Jungian Infant Development Theory</i>
14-May-25	Jacqueline van Roosmalen	<i>Birth to Infancy</i>
21-May-25	TBA	<i>Childhood</i>
28-May-25	Half Term	
04-Jun-25	Marica Rytovaara	<i>Adolescence</i>
11-Jun-25	David Hewison	<i>Forming Relationships</i>
18-Jun-25	Ginny Hill	<i>Mid-Life</i>
25-Jun-25	Malcolm Rushton	<i>Mature Life</i>
02-Jul-25	Ginny Hill	<i>The rebirth cycle: Jungian perspectives</i>

About the SAP members and Guest speakers...

Jay Barlow Jay is a Training- and Supervising-Analyst with the Society of Analytical Psychology where he is the Director of Training. He supervises and teaches IAAP Developing groups in Belgrade, Sofia and Warsaw as well as co-facilitates an Infant Observation group for the SAP. He has worked as a psychoanalytic psychotherapist within clinical settings in the NHS in acute psychotherapy units for patients diagnosed with borderline-, narcissistic personality- and schizoaffective- disorders. He read for an MA in Jungian and Post-Jungian Studies at the University of Essex. He is in full-time private practice in South London.

Edward Bloomfield

Dr. Edward Bloomfield is a Jungian Analyst and consultant clinical psychologist and has trained as a practitioner in Cognitive Analytic Therapy. He has an MA in Jungian and Post-Jungian Studies. He works part-time in the NHS and has a private practice in London.

George Bright

George is a Supervising Analyst of the Society of Analytical Psychology. He works in private practice in West London. He is one of the three founders of The Circle of Analytical Psychology, a London-based two-year course set up to read Jung's *Liber Novus* and Black Books, now in its eighth year.

Geralyn Collins

Geralyn is a member of the SAP, and an SAP-trained Supervisor, working in private psychotherapy practice in West Berkshire. She also supervises Dynamic Interpersonal Therapy for several Trusts in the National Health Service, and teaches on Supervision of DIT at the Anna Freud Centre. She has facilitated various groups for SAP trainees. Originally trained 30 years ago as a psychodynamic counsellor, she completed a Masters degree researching into Object Relations and Twins. She has supervised and tutored trainees in psychodynamic studies at Reading and Oxford Universities respectively. Her career started in neurophysiology research and teaching, and as an editor of Ciba Foundation Symposia.

Dr Christine Driver

Christine is a training analyst of the SAP. She teaches, supervises and works in private practice and was Director of Training and Clinical Services at WPF Therapy. She has written, *The Self and the Quintessence* (Routledge 2020) and co-written and co-edited *Being and Relating in Psychotherapy: Ontology and Therapeutic Practice* (Palgrave 2013), *Supervision and the Analytic Attitude* (Whurr 2005) and *Supervising Psychotherapy* (Sage 2002).

Edith Eligator

Edith is a Jungian analyst of the SAP and works in private practice in Cambridge. She has experience working in the NHS and for a mental health charity. She has done further training in working with somatic trauma.

Lucinda Hawkins

Lucinda Hawkins is a training analyst of the Society of Analytical Psychology in private practice in London and a member of the Editorial Board of the *Journal of Analytical Psychology*. With Alessandra Cavalli and Martha Stevens she edited *Transformation: Jung's Legacy and Clinical Work Today* (Routledge 2013). With Martha Stevens she edited *Transforming Infantile Trauma in Work with Adults and Children: The Clinical Writing of Alessandra Cavalli*. (Routledge 2022).

David Hewison

David Hewison is a Training Analyst of the Society of Analytical Psychology and a Consultant Couple Psychoanalytic Psychotherapist. He is a Senior Fellow of Tavistock Relationships where he worked for 27 years as a clinician, researcher, and head of the psychoanalytic training until 2022. He developed the integrative form of couple therapy that is used in the NHS as a treatment for depression and he regularly teaches and lectures internationally on Jungian and psychoanalytic perspectives on couple and individual therapy. He has a particular interest in imagination and creativity, and he combines his part-time online clinical practice with trying to improve his Japanese woodblock printmaking.

Ginny Hill

Ginny Hill is a member of the Society of Analytical Psychology and a member of the editorial board of the Journal of Analytical Psychology. Before training with the SAP, Ginny worked for many years in journalism and foreign policy.

Katherine Killick

Katherine Killick works in private practice in Central Bedfordshire. She is a Training Analyst for the Society of Analytical Psychology and a Training and Supervising Analyst for the British Jungian Analytic Association. She has taught and published widely on the subject of her work as an art therapist in NHS adult mental health services, where she developed a specialised psychotherapeutic approach to psychosis. She contributes to the training programmes at the SAP, the BJAA, and the West Midlands Institute of Psychotherapy.

Dr Lara Lagutina

Lara is a Training Analyst of the SAP and a Clinical Psychologist, with a specialist training in working with trauma and a particular interest in early relational trauma. She is on the editorial board of the Journal of Analytical Psychology and is Programme Director for the Analytic Training at the SAP. She works in full time private practice in London.

Roderick Main (invited guest speaker)

Roderick works in the Department of Psychosocial and Psychoanalytic Studies at the University of Essex, where he is a Professor and the Director of the Centre for Myth Studies. His books include Jung on Synchronicity and the Paranormal (1997; edited), The Rupture of Time: Synchronicity and Jung's Critique of Modern Western Culture (2004), Revelations of Chance: Synchronicity as Spiritual Experience (2007), Myth, Literature, and the Unconscious (2013; co-edited), Holism: Possibilities and Problems (2020; co-edited), Jung, Deleuze, and the Problematic Whole (2021; co-edited), and, most recently, Breaking the Spell of Disenchantment: Mystery, Meaning, and Metaphysics in the Work of C. G. Jung (2022).

Maggie McAlister

Maggie McAlister is a Jungian Analyst in private practice, and also a psychoanalytic psychotherapist within the NHS where she has worked for over 25 years. She originally trained as a dramatherapist and is involved in teaching and supervision and has published papers related to her previous field in forensic psychotherapy, and also in the Arts Therapies.

Malcolm Rushton

Malcolm is a training analyst of the SAP and works full time as an analyst in private practice. He has an interest in antiquities from various cultures as well as symbolism and shamanism in ancient art, this is expressed in his wide-ranging collection.

Marica Rytovaara

Marica is a training analyst of the SAP and on the Editorial Advisory Board for the Journal of Analytical Psychology. She is a Training Analyst for the Association of Child Psychotherapists and continues to supervise and consult in the NHS where she worked for many years. She also works in private practice in North London.

Martin Schmidt

Martin Schmidt is a Jungian training analyst of the SAP. He teaches and supervises widely both in the UK and abroad. Until 2019, he was the Regional Organiser for the International Association of Analytical Psychology (IAAP) responsible for the training of analysts in Central Europe.

Rupert Tower

Rupert Tower is a psychologist and Jungian Analyst of the Society of Analytical Psychology in private practice in Hampstead. Previously he worked in the Arts and as an Applied Social Psychologist and Director of an international qualitative research consultancy. He has published articles on Social Psychology, Market Research and Jung's concept of the Shadow in organizations. Currently he teaches across several Jungian organisations. He has co-edited a book with a friend and SAP colleague, Christopher Perry, entitled "Jung's Shadow Concept: the Hidden Light and Darkness within Ourselves" published by Routledge in May 2023.

Jackie van Roosmalen (invited guest speaker)

Jackie is a Child & Adolescent Psychotherapist working full-time in private practice in South East London. She works with children, adolescents and young adults up to the age of 25 years, parents where the focus of the work is their relationship with their child and she supervises psychotherapists who work with children and young people. She trained at the SAP with a clinical training placement at Brent CAMHS 1999-2006.

Jan Wiener

Jan Wiener is a training and supervising analyst for the SAP and past Director of Training (twice!). She teaches widely both within the UK and abroad, and was involved for more than 25 years in a pioneering project teaching clinical skills to Russian therapists in the wake of perestroika. She has published chapters and papers on themes including the therapeutic relationship, supervision and ethics. She has written/edited 4 books. Of most relevance to today's talk is her book 'The Therapeutic Relationship: Transference, Countertransference and the Making of Meaning' published by Texas A and M University Press in 2009. Her most recent book edited together with Catherine Crowther has been re-published by Routledge in 2021 and is called 'Jungian Analysts working across Cultures: From Tradition to Innovation'.

Hessel Willemsen

Hessel Willemsen is a Training and Supervising Analyst of the Society of Analytical Psychology and a Clinical Psychologist with the British Psychological Society. He works with adults, in private practice, and with children and their families in complex court proceedings, including adoption breakdown, surrogacy and false allegations of abuse. He has a keen interest in forensic psychotherapy, current affairs and the overlap of psychoanalysis and philosophy. The book *Temporality and Shame* (Routledge, 2018), edited with Ladson Hinton, was awarded the '2018 American Board and Academy of Psychoanalysis Prize' for best edited book. He recently edited '*Temporality, Shame and Social Change*' (Routledge, 2021), also with Ladson Hinton, which won the 2022 Internal Association of Jungian Studies' Award for best edited book. He practices in London and Winchester.

Robert Withers

Robert is an SAP member and Training Analyst in private practice at the Rock Clinic Brighton, which he co-founded with his wife Melanie Withers in 1990. His 1979 thesis, 'Towards a Psychology of Homeopathy' applied Jung's approach to alchemy to the understanding of homeopathy. The thesis proposed that the roots of homeopathy lie in the alchemical medicine of Paracelsus and that Jung's insights into the psychology of alchemy can therefore help illuminate the psychological mechanisms at work in homeopathy. He has written and lectured widely on this and a number of related topics. He is currently senior lecturer in mind body medicine on the M.Sc. program at the inter-university College Graz.

Susanna Wright

Susanna Wright is a former co-Editor in Chief of the Journal of Analytical Psychology (JAP). She works in full time private practice both online and in person, and is a Supervising and Training Analyst for the SAP and BJAA. She teaches and lectures in the UK and internationally, and has published several articles in the JAP. She has an MA in the psychodynamics of organisations, has worked in organisational consultancy and was for some years an analyst of routers for IAAP in St Petersburg. She won the Michael Fordham prize for a clinical paper published in the JAP in 2020.

Ali Zarbafi

Ali Zarbafi is a Jungian Analyst with 20 years clinical experience in the NHS and private practice. He is founder member of the Multi-lingual Psychotherapy Centre and co-author of 'Social Dreaming in the 20th Century: The world we are losing' 2009.

About the SAP members facilitating this Foundations Course...

Edith Eligator (Convener and Facilitator)

Edith is a Jungian analyst of the SAP and works in private practice in Cambridge. She has experience working in the NHS and for a mental health charity. She has done further training in working with somatic trauma.

Anthony Bedell (Facilitator)

Anthony is a psychotherapist member of the SAP with a private practice in West Sussex. Prior to qualification he worked as a secondary school teacher and as a mentor of student teachers; he now also works as a school therapist with adolescents.

Katy Lively (Facilitator)

Katy is a Jungian Analyst with the SAP. Her first training was as a psychodynamic psychotherapist with WPF Therapy. Katy currently works full time in her established private practice as an Analyst and also has experience of working as a psychotherapist in the NHS (primary and secondary care), with students in a school setting and for a mental health charity.

Urszula Posnett (Facilitator)

Urszula is a Jungian Psychotherapist and a member of the Society of Analytical Psychology, with an experience of working with adults, adolescents and young people in education, mental health organisations and NHS services for Adults Complex Needs and Personality Disorder. She co-received charity's The Queens Award For Voluntary Service in therapeutic work and clinical assessments with adolescents. She has a private practice in Bedfordshire.

What recent Foundations Course participants have said...

"The SAP Foundations Course has been deeply stimulating and satisfying. I expected a fairly academic introduction to Jungian thinking. Instead, it has been a very personal experience of learning and sharing with tutors and other participants."

"I am a professional in the field and this is not the first course I have attended so far. The Foundation Course at SAP has been outstanding, inspirational, with the right balance of high calibre academic lectures and small group discussions; it has helped me in my work with patients and encouraged me to pursue further training. I highly recommend it."

"It's been a stimulating, thought-provoking and moving experience provided by a marvellously diverse range of inspiring analysts in the company of curious, compassionate and sometimes challenging people. Thank you."

"It has been a thoroughly worthwhile experience: a chance to learn from expert Jungian practitioners, accompanied by a diverse group of people whose warmth and engagement have helped make this a true learning opportunity. All in a wonderful setting surrounded by books. What more could I ask?"

"It has been a unique experience in the sense of finding out more about Jung and Analytical Psychology. Also, the dynamics of the small group sessions were amazing and, to me, it gave an opportunity for self-reflection and even self-discovery. It has been a wonderful journey."

"I found the foundations course very informative as well as a rich and engaging experience. I particularly appreciated the teaching style which I think distinguishes the SAP: sincere and thoughtful as well as grounded in the personal experience of the analysts. I really enjoyed the discussion groups, which helped me further digest the concepts, ask questions and share impressions and personal experiences in a thoughtful and emotionally engaging way with the other participants. I have also met new colleagues and people with similar interests, which in itself has been very valuable."