

Student Guide

For those of you who are new to the Centre for Applied Jungian Studies, I want to say a few words to frame our approach. CAJS was started in 2012 by myself, Anja van Kralingen and Stephen Farah. We were introduced to Jung in a unique way through classes held by a maverick teacher called Martin de Chatillon. Martin's approach was to read and dramatise the text from the Collected Works by Jung. What we soon realised was that, although the theory was fascinating and stimulating, our real transformation happened when we met with other students to explore how these concepts affected us and lived within us. This process of working with the concepts were powerful and brought major shifts in the way we viewed ourselves and experienced the world. This exploration became the passion and love of what we do at the Centre. What we offer is a unique approach to Jungian Theory, being the exploration of Jungian concepts within the your psyche to bring about transformation within and without. What we do is teaching you how to become conscious of who you are as a whole individual. At the moment you are only conscious of what you know, but working with the unconscious opens up an inner, unexplored galaxy full of potential and meaning.

With every module, following the module lecture, there are applications. These applications are the focus of the course and facilitate the movement from abstract theory to practical application. Along with the concepts from the lecture, this is what allows you to assimilate and apply these ideas. If you find the applications challenging and experience resistance of whatever form to them, understand that is natural. Take note of your own resistance to doing the applications. This is also part of becoming conscious.

The applications are designed to challenge you and expose your unconscious ideologies to the light of consciousness. Stay with them, the work you put into them will repay itself many times over.

I encourage you to share your applications on the Facebook forum, it is an effective way of being audited throughout the programme. Whether or not you do though, ensure you keep a record of all of your answers to the applications. You can do this in one or other dedicated journal, either digital or paper. Different methods work for different people and so there is no set way of approaching the applications.

Please take note of the following:

- Read through or listen to the lecture once or twice.
- Give yourself a few days to digest the ideas discussed without tackling the applications. During this time journal, any thoughts about the concept that come to you.
- Create a ritual space and time to do the applications. Do not try and squeeze them in between work meetings. You need to have a quiet and reflective space for inner dialogue.
- Time needed varies widely across students and I can offer no prescription. Any single application could go on for days, weeks or even months. That however is impractical. Try to work through each Module's application during the two weeks allocated to it. It is important to note

that this work is like peeling an onion, more and more of yourself will start to emerge and change. Years from now if you redo these applications, you will have totally different answers, so don't try to do a perfect application, do what you can for where you are in your personal development.

- We are working with the unconscious, meaning what we are asking from the psyche is to give up that which we are not conscious of, so using your imagination and intuition helps with this work.
- The textbook error to fall into is self-doubt! Don't dismiss anything that surfaces. There is a part of you that feels that way or thinks that way. Take note of it. You are learning how to listen to yourself, and censoring out the parts you don't like is not encouraging internal dialogue.
- Finally, be honest, don't answer as if someone else is going to read it. Your honesty is paramount to finding out the unconscious positions of the psyche.
- In some cases challenging material such as complex dilemmas or even memories of past traumas and their accompanying affects (emotions) may arise.
- The idea is to do your best to accept any thoughts and feelings that might arise ultimately leading to a greater degree of self-acceptance and psychic wholeness.

- It is important to manage the depth and breadth of your engagement with the material and the process it invokes. Too little engagement will yield few results while too much depth can become overwhelming or result in obsession (ie. “Shadow obsession”). In the case of the former it’s important to examine your resistance and in the case of the latter case it’s healthy to step back or disengage.
- Your capacity for self-care is important to the success of your process. The more love and understanding you are able to show the wounded parts of your personality the more healing will be facilitated.
- There are also many supportive practices such as spending time in nature or performing enjoyable activities. Find what works for you.
- Some additional supplementary practices that may be helpful to deepen one’s engagement are:
 - Journaling
 - Dream analysis (keep a dream journal)
 - Active Imagination (We will cover this in one of the modules)
- In the case that you find yourself struggling to manage your process or cope with the thoughts and feelings that arise it may be best to seek the support of a suitable psychotherapist. We have a list of Jungian analysts and Jungian-focused psychotherapists available here: [https://
appliedjung.com/analysts/](https://appliedjung.com/analysts/)

Working on the student forum (Facebook)

Over the years we have tried using different online platforms to facilitate student interaction and Facebook despite its drawbacks it has proven to be the most effective tool for this. If you don't currently have a Facebook profile, please consider creating an account for this sole purpose. Individuation can be a lonely path so it helps to be part of a community and you will receive support from facilitators, feedback on your applications and any questions of a theoretical or practical nature are most welcome for discussion.

While we encourage you to progressively discover and sharpen the skill of dream interpretation (and we have modules dedicated to this) you are more than welcome to post your dreams on the forum for archetypal amplification by the facilitation team. We have a guide to get you started below:

[Download dream guide](#)

Please take note of the following important points while engaging on the Facebook forum:

- Please adhere to the forum guidelines (these will be posted on the forum and are omitted here for brevity). The guidelines are in place to create a safe container for everyone.
- The Facebook group's security is set to "Secret" meaning that nobody outside the group can read what you share.

- You are not obliged to share your process or applications with others in the Facebook forum but it is often very valuable and healing to do so.
- Be discerning about what you share. A good rule of thumb is to share a little outside of your comfort zone but always double check that you are sharing in the Facebook group and not your personal Facebook page / wall. (Students have accidentally made this mistake in the past)
- The material for each module will be posted weekly (or fortnightly depending on the particular module).
- Try to format your posts with good grammar and paragraphs for legibility.
- The group will become a psychic container for a collective process and as such you may feel yourself becoming triggered by others in the group. In this case it is important to try and withdraw your own projections and consider why you have become triggered rather than getting into arguments with other students.
- If you feel that you are being harassed in any way, please report it to one of the facilitators.

Working on the AppliedJung student portal

All material are available on the website portal. To access the portal, click on My Account on the home page menu bar or follow the link <https://>

appliedjung.com/my-account/. Log in with your email address and password. If you have any issues with this process, please email anja@appliedjung.com for technical assistance.

Once logged in click on Course Material on your profile to see the link to the course page. The course material will be rolled out (made available) according to a schedule. This process is guided on the Facebook Forum as well. The schedule is available on the course content page. Please refer to this page for all the course material, zoom information and additional information.

Enjoy the course and let me know if you have any questions regarding this process.

Best regards

Anja van Kralingen