
MAGNUM OPUS INTRODUCTION: CITRINITAS

Structure and process guide

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Introduction

Welcome to the **Citrinitas Stage** in the Magnum Opus series.

This brief introduction will explain the process and structures that are in place to support you and provide you with your learning material.

What is Applied Jungian Psychology?

Applied Jungian Psychology is a (relatively) new field, that whilst built on the principles of psychoanalysis and more specifically, Jungian psychoanalysis, is distinct from the practice of clinical Jungian psychotherapy.

None of the applications you will encounter during Magnum Opus are available in any published material. These applications have been developed by The Centre for Applied Jungian Studies. These applications are not accessible but on this course or one of our other courses. They are not part of mainstream psychotherapy, although some of our students who are psychotherapists may now use them in their practices.

Material upon registration

Please ensure that you have completed the pre-course questionnaire. This questionnaire is for you to complete now, prior to starting this stage and it

1 <http://appliedjung.com>
<http://facebook.com/Appliedjung>

is for your eyes only. You will also receive a post Stage questionnaire. Completing both will help you gauge your progress and personal growth from participating in the course.

Facebook Forum

The Facebook Forum is for Tier 2 and Tier 3 students only.

Although I do invite all students via email, many students' Facebook profiles are not linked to their PayPal email addresses and consequently they do not receive their invitation. Please email me if you are on Tier 2 and Tier 3 and did not get the invitation.. This is a private, hidden forum which means your shares will be only visible to other members of this group. Please note: All posts generated in this forum will be posted to your newsfeed, but none of your friends will see them. The support provided on the private FB forum contains all queries, shares, applications and feedback from the facilitators.

Citrinitas will follow the following structure:

When the course starts, you will receive your first module as follows.

1. You will receive an email to inform you that the material is available on the website. All course material, webinar zoom links and recording will be posted on your Course materials page. This can be accessed on your student dashboard under MY COURSES - PAGE LINKS.
2. You can access the files and links on the private FB forum.

Each module has an application on the transcript document (PDF) which is the practical application of the concept.

If you are on the Facebook Forum, you can share your application on the private FB forum. Please note, although submitting your application is optional, we strongly suggest that you do this to gain the maximum growth from the course.

The delivery of the programme will be as follows:

Module 1: The Four Steps of Transformation

This the first module, consisting of a lecture/transcript and there are two applications that runs over a week each. (Week 1 and Week 2)

Module 2: Transference and Countertransference Part 1

Runs over two weeks. (Weeks 3 and 4)

Module 3: Transference and Countertransference Part 2

Runs over two weeks. (Weeks 5 and 6)

Module 4: Anima and Animus classic

Runs over two weeks. (Weeks 7 and 8)

Module 5: Anima and Animus contemporary

Runs over two weeks. (Weeks 9 and 10)

Final Applications

The final two applications of the Four Steps of Transformation. Runs over two weeks. (Weeks 11 and 12)

NB! The final stage Rubedo will only be available to students who have completed the first three stages, namely Nigredo, Albedo and Citrinitas. These three stages, by virtue of the course design and the nature of the Jungian theoretical framework, can be done in any order.

How to approach the applications

For those of you who are new to the Magnum Opus Programme I want to say a few words to introduce these applications. With every module, following the module lecture, there are applications. These applications are the sharp end of programme 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. They 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. I will however suggest a method many have found effective:

1. Read through or listen to the lecture once or twice.

2. 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.
3. 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 as though you were doing a meditation – this is a Western form of meditation.
4. Time needed varies widely across students and I can offer no prescription. That noted, cap your time investment. Any single application could go on for days, weeks or even months. That however is impractical. I encourage you to try and put each application to bed within a reasonable time period. We suggest that students on this programme cap their application time to five, maximum six, hours, split over a few days.
5. These applications are of a self-reflective nature and will often require you to recruit your creative imagination. This proves surprisingly challenging for those unused to it. It is a practice, the more you do it, the more adept you will become at it.
6. The textbook error to fall into is self-doubt! Each application is a question to the psyche, think of this an interview rather than a Socratic dialogue. Note each answer even if you are not convinced. Mull over it for a substantial time, before re-interrogating the psyche for an answer that is more comfortable to your conscious ideology. The project of building an internal ethic of necessity requires you to afford the psyche's responses with a certain weight, a certain gravitas.

Final word

Please note: The applications that are provided are only as effective as the time and energy you are willing to devote. Please make use of the platform to share your applications. Transformation is far more effective when you share your process.

Please contact me if you have ANY queries at anja@appliedjung.com.

All the best with your journey on Citrinitas.

Best regards

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Director