

BULLETIN Volume 74
Number 3
April 2012

April Program

Thursday, April 12, 2012, 7:00 p.m. to 8:30 p.m.

UPDATE ON OSTEOPOROSIS

A lecture led by Iris A. Drey

See page 8 for more information

March Program

Saturday, March 31, 2012, 9:30 a.m. to 4:00 p.m.

**THE FOUNDING MOTHERS: THE FOUR WOMEN
DOCTORS WHO INTRODUCED JUNG'S ANALYTICAL
PSYCHOLOGY TO THE U.S.**

See page 6 for more information

New Directions Program

Saturday, May 12, 2012, 10:00 a.m. to 3:00 p.m.

A DEPTH WRITING WORKSHOP:

SECRETS AND SHADOW

A Workshop led by Fanny Brewster

See page 7 for more information

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PROGRAM CALENDAR - Spring 2012

Saturday, March 31, 2012

***THE FOUNDING MOTHERS: THE FOUR WOMEN DOCTORS
WHO INTRODUCED JUNG'S ANALYTICAL PSYCHOLOGY TO
THE U.S.***



See page 6 for more information

Thursday, April 12, 2012, 7:00 p.m. - 8:30 p.m.

UPDATE ON OSTEOPOROSIS
Led by Iris A. Drey, MD, FAAOS
See page 8 for more information

Thursday, May 24, 2012, 6:30 p.m.

ANNUAL BUSINESS MEETING

All events start at 7:30 p.m. unless stated otherwise.

Program Fees: APC members \$10; non-members \$20; college students with ID \$9.

Eleanor Bertine Auditorium, C. G. Jung Center, 28 E. 39th Street, NYC.

General Inquiries: 212-557-1502 Program Inquiries: email psychefrancoise@aol.com



The Book Discussion Group

Meets every Tuesday from 5:30 pm to 7 pm in the Members Room
For more information call Bob McCullough at 212-531-8379



Centerpoint Group Discussions

For more information,
call Mollie Morse at 212-496-6938.



Exploring Dreams

with Francoise Richards, Jungian Analyst.
Call her at 212-586-7510

The Bulletin is a publication of the Analytical Psychology Club of New York, Inc., 28 East 39th Street, New York, NY 10016. It is published eight times a year from September through May. Send changes of address, etc. to APC Corresponding Secretary, C. G. Jung Center, 28 East 39th Street, New York, NY 10016.

Email submissions for the Bulletin to editor Katherine Mylenki at kmylenki@gmail.com. Copy deadline is the 15th of each month for inclusion in the following issue.

NEW DIRECTIONS PROGRAM CALENDAR

New Directions Programs meet at the Center unless noted.

For more information call 212-557-1502

Fees: \$45 for APC members, \$50 for non-members,
college students with ID \$9, unless otherwise noted

Saturday, May 12, 2012, 10:00 a.m. – 3:00 p.m.

A DEPTH WRITING WORKSHOP

Led by Fanny Brewster, PhD, Jungian Analyst

See page 7 for more information

PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

The APC's Annual Election season is fast approaching. This is my next to last column. The ballots will be mailed out in early May. The electoral process is taking place against the backdrop of a national presidential election. We, as Jungians, are guided to consciously involve ourselves in determining our roles as to how our democracy will knit itself anew in both the microcosm and the macrocosm.

The Jungian community recently joined together on March 31st to conjointly sponsor a conference to learn about the lives of our Jungian Founding Mothers that included Esther Harding, Kristine Mann, Eleanor Bertine and Beatrice Hinkle. I hope that many of you from APC, ARAS, the Institute, the Foundation and NYAAP were able to attend these fascinating lectures given by three Jungian Analysts and one Jungian Researcher: Beth Darlington, Polly Armstrong, Chris Beach and Jay Sherry.

I want to remind the membership that the APC has non-profit status, and is known as a 501 (c) 3. The Internal Revenue Service tax code regulation 501 (c) 3 designates the APC as a non-profit. ARAS, the Institute, the Foundation and NYAAP have non-profit status as well. In this era when regulations of some institutions and organizations have been distorted or watered down, it is important that we maintain and abide by our By-Laws to avoid losing our 501 (c) 3 non-profit status. (N. B. Webster's Dictionary defines By-Laws.)

As most of you recall, The Center Committee (CC) is comprised of representatives from the five Jung building organizations. The CC was constellated once the Center Agreement (CA) was signed in 1998. This committee is designated to work with the Administrative Director of the Foundation to make fiscal decisions about managing building operations and assessing the need for repairs. Over the past few years, they made decisions to repair the building elevator and installed a new

BULLETIN BOARD

waterproof roof.

In September 2010, the Center Agreement Review Committee (CARC) was convened to review the CA to evaluate how the CA was functioning. Executive Board members of the APC, ARAS, Institute, Foundation, and NYAAP have participated in these meetings that have taken place on average every two months. In the course of the CARC deliberations, we determined that the CC needed a set of By-Laws.

The APC Board has made a commitment to the process by arranging for Katherine Mylenki, the Club Bulletin Editor & APC Board member, to keep Minutes of each CARC meeting. Katherine's work is high level and this has helped to validate the review process. The CARC Minutes are available to be read at the KML.

In the course of developing By-Laws, we have been particularly concerned with identifying ways to contend with conflict and methods of conflict resolution should they arise between the organizations and/or difficult individuals. We have had many frank candid discussions. It has been impressive how we have reconstructed the ways that certain earlier conflicts arose. This has served to sharpen consciousness and clarify different perceptions. These dialogues have turned what could have been a dry, tedious business into guiding us toward a meaningful process.

Most recently we have started to review the binding Arbitration Agreement that was signed in July 2007 by the Arbitration Judge. The Judge stated that it behooved the CC to develop better “institutional memory” by improving the record keeping process of decision making and expenditures. This clearly points to the need for an executive CC committee that would contain a Chairperson, Secretary and Treasurer. The arbitration decision provides a further incentive to stick with the process so as to develop the By-Laws that reflect our values and respective mission statements.

Synchronistically, in the course of the APC Board's focus upon developing our future APC Web site, we reviewed the club's Mission Statement. The IRS 501 (c) 3 regulations allowed us to establish ourselves as a non-profit and the State of New York Office of Charities has the power to review and audit our non-profit status based upon our By-Laws and Constitution. As a start to designing our Web site, Fanny Brewster, our Web Development Chairperson, suggested that our web design feature our APC Mission Statement.

Suse Wenzel has improved greatly and attended a movie with Mollie Morse recently. And it was a pleasure to have Jule Lanier's presence at the Authentic Writing Workshop.

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

Our program season is winding down, with a lecture on April 12 at 7:00 p.m. by Dr. Iris Drey, "Update on Osteoporosis." This is not our usual fare, but this subject is of great importance to all of us—we need to be aware of the causes, signs and treatment options for this insidious disease which affects so many people, men as well as women. Dr. Drey deals with osteoporosis every day she sees patients and will be answering many questions about it so we can learn how to protect ourselves. Please see the flyer in this issue, and join us for this important discussion.

On May 12 Dr. Fanny Brewster will give the last New Directions workshop of the season, "A Depth Writing Workshop: Secrets and Shadow." Fanny will be offering us opportunities to revisit our secrets through depth writing, and release repressed creative energy and put it in the service of authentic living.

Also in May, on the 24th, we will have our annual Business Meeting, when our Board officers will report on activities of the season past, and the results of the election will be announced. As Jane noted in her column last month, the offices that need to be filled this year are President, Assistant Treasurer, Recording Secretary, and two General Members.

Part of our obligation as a 501(c)3 organization is to have a Constitution and a Board with elected officers, but it is sometimes difficult to find qualified people who are willing to serve. I'm sure Fred Gurzeler, who is chairing the Nominating Committee, would be happy to receive your nominations for these offices. Please send your nominations to him at bloomzeler@aol.com. As always we encourage you to be involved in this process; it's an important part of being a member of this Club.

So join us for these programs, let us know what you think of them and what sorts of programs you'd like to see in the coming year by phone, 212 557 1502, or email, apcnewdirections@aol.com, or to submit to the Bulletin email me at kmylenki@gmail.com, and send your nominations to Fred for the election.

And when you get your ballot, as they used to say in Chicago, Vote early and vote often!

**FOUNDING MOTHERS: AN EVENT HONORING THE
FOUR WOMEN DOCTORS WHO INTRODUCED JUNG'S
ANALYTICAL PSYCHOLOGY TO THE UNITED STATES**

A Day-Long Conference Co-Sponsored by APC, ARAS,
C.G. Jung Foundation, C.G. Jung Institute and NYAAP
Saturday, March 31, 2012, 9:30 a.m. to 4:00 p.m.
At the C.G. Jung Center, 28 East 39th St., NYC

The five organizations that share the Jung Building, the Analytical Psychology Club, the Archive for Research in Archetypal Symbolism (ARAS), the C.G. Jung Foundation, the C.G. Jung Institute, and the New York Association for Analytical Psychology (NYAAP) join together to sponsor this day-long conference to present the lives and work of Doctors Beatrice Hinkle, Kristine Mann, Eleanor Bertine and Esther Harding, the pioneer analysts who brought Jung's theories and methods of clinical practice to New York in the early 20th century. Four lecturers will describe the history of these vibrant founding mothers who established the traditions that shape the programs sponsored today at New York's Jung Center.

The Presenters are: Jay Sherry, Ph.D., on Beatrice Hinkle, an independent historian of psychoanalysis and a member of the Board of the C.G. Jung Institute of New York. His book *Carl Gustav Jung: Avant-Garde Conservative* won a 2011 Gradiva Award. He is currently writing on the life and work of Beatrice Hinkle.

Beth Darlington, Ph.D., on Kristine Mann, a Professor of English at Vassar College and a licensed and certified Jungian analyst with a private practice in Poughkeepsie, New York. A member of NYAAP, she teaches at the C.G. Jung Institute of New York and the C.G. Jung Foundation.

Christopher Beach, J.D., on Eleanor Bertine, a Jungian analyst in Portland, Maine. Chris works with both individuals and dream groups. He is a member of the New England Society of Jungian Analysts and of the Ethics Committee of the International Association for Analytical Psychology.

Polly Armstrong, Ph.D., on Esther Harding, a Jungian analyst and clinical psychologist who recently retired from 30 years of private practice in Washington, D.C., and now lives on the coast of Maine. She served as director of education for the Jungian Analysts of Washington Association and for nine years was president of the Washington Society for Jungian Psychology. She is currently a member of NYAAP and the Jungian Analysts of Washington Association.

The cost of the conference is \$60.00. Send a check made out to the C.G. Jung Foundation of New York to "Founding Mothers," C. G. Jung Foundation, 28 East 39th Street, New York, NY 10016. Seating is limited; please reserve your space as soon as possible.

The New Directions Committee of the APC, Inc. Presents:

**A DEPTH WRITING WORKSHOP:
SECRETS AND SHADOW**

A Workshop led by Fanny Brewster, Ph.D.
Saturday, May 12, 2012, 10 a.m. – 3:00 p.m.
At the C.G. Jung Center, 28 East 39th St. NYC
apcofny@aol.com / 212-557-1502

We all have secrets. These secrets are hidden within the darkness of Shadow. We may hide them so well they are consciously forgotten. Seemingly erased from memory. However, the unexpected happens and brings the secret back to mind. When it does we feel discomfort, perhaps even shame.

This writing workshop is an opportunity to explore our creativity and move past negative self-judgment, a hallmark of shame. Writing with depth



allows us to revisit the secret and as a result gives us opportunities to release repressed creative energy and put it in the service of authentic living. Writing depthfully into our deep, dark secret, lights the path to even more creative freedom.

The Depth Writing Workshop is especially useful for those interested in creating memoir or autobiography pieces within this genre or poetry, for anyone feeling creatively blocked, and for those seeking greater self-expression in their lives.

Fees for the workshop: \$45 for APC members, \$50 for non-members, college students with ID \$9

**For further information or to make a reservation
call 212-557-1502 or email apcnewdirections@aol.com**

Fanny Brewster, Ph.D., is a Jungian analyst and graduate of the New York C.G. Jung Institute. She is the author of "Kensho: The Mirror of Self-Reflection" in the journal Quadrant (2012) and is a two-time nominee for the NAAP Gradiva award for her writing of Window to Eternity: A Personal View of Death (2010) and for Mythology and the Battered Feminine: The Use of Feminine Mythology and Dreamwork as Practice in the Healing of Battered Woman Syndrome (2011). She has an MFA from Goucher College in Creative Non-Fiction.

The Analytical Psychology Club of New York, Inc. Presents:

UPDATE ON OSTEOPOROSIS

A lecture led by Iris A. Drey, MD, FAAOS

Fellow of the American Academy of Orthopaedic Surgeons

Thursday, April 12, 2012, 7:00 p.m. - 8:30 p.m.

At the C.G. Jung Center, 28 East 39th St., NYC

apcofny@aol.com / 212 557 1502



Osteoporosis is a disease of progressive bone loss associated with an increased risk of fractures. In the United States it is estimated that over 5 million women and 2 million men older than age 50 years have osteoporosis. It may develop unnoticed for many years. One in two women and one in five men over the age of 65 will sustain bone fractures due to osteoporosis. The most serious and debilitating osteoporotic fracture is the hip fracture. There are many factors that lead to osteoporosis. These include hereditary, nutritional, lifestyle in addition to various illnesses and medications taken. Men are at risk for getting osteoporosis in addition to women. There is a wide variety of treatment options for osteoporosis. The more you know, the more you can protect yourself.

Who can get osteoporosis?

How are men affected by osteoporosis?

What are the factors that cause osteoporosis?

How is osteoporosis diagnosed?

What are the current treatments used to combat this disease?

Is it ever too late to treat osteoporosis?

These and many more questions will be answered during this evening's talk.

Please bring in your bone density tests for any questions you may have about them.

**Fees for the Workshop: APC Members \$10, Non-Members \$20,
College Students with ID, \$9**

**For further information or to make a reservation e-mail
psychefrancoise@aol.com**

Iris A. Drey, MD, FAAOS is a board certified orthopaedic surgeon licensed to practice orthopaedic surgery in New York and New Jersey. She is a graduate of Georgetown Medical School and completed her residency at University Hospital of Medicine and Dentistry in Newark, New Jersey. She currently works with Premier Orthopaedics and has offices in Bloomfield, Union City and Hoboken, New Jersey.

REFLECTIONS ON THE MONUMENT TO DR. MARTIN LUTHER KING, JR. (Part 2)

by Inez Martinez

Dr. King is the first African American to be honored with a monument on the national mall in Washington DC. Significant and welcome as is this acknowledgement that black American history is part of American history, this monument is not without ambiguities. Having him only partially emerged from the stone, arms crossed, implies he remains caught. I wonder if the designer is alluding to Michelangelo's sculptures of slaves still caught in stone. If so, perhaps the idea is that King—and because of him, America—is only in the process of breaking free of the heritage of slavery, a process far from complete.

Of course, King's mission became much more inclusive than addressing the injustice of racism. He became the advocate for people of many colors and nations, including the Vietnamese. By the time of his death, he was organizing for economic justice for the American poor, including poor whites. I imagine that if he were alive, he would be offering moral leadership for the Occupy Wall Street Movement. But he is not alive. He was assassinated, tellingly at the point when economic justice had become his focus. Uniting Americans across racial lines threatens the status quo of power distribution. Dr. King was murdered once he began uniting blacks and whites in a common cause. The issue of economic inequality continues to roil American souls as the Occupy Wall Street Movement, fueled by the historically immense gap in wealth between the richest and the rest of Americans, bears witness. We continue to be split between our commitment to equal opportunity and our fierce safeguarding of individual rights to the monetary gains of our efforts.

If we are to continue his mission we need, as he did, to address the split between our conscious ideals and our unconscious participation in various injustices and inequities; e.g., waging unprovoked (“preemptive”) wars, electing leaders supporting a plutocracy, depleting our planet and its life systems, to name a few. Dr. King's example teaches that conscious citizenship in America calls for developing a national conscience; in Jungian terms, becoming conscious of cultural shadow, and then living as best we can conscientiously.

It was precisely Dr. King's example that inspired me in my youth to recognize that one person may take responsibility for personal pursuit of the common good. When he was shot I was devastated. Once I stopped weeping, I followed his lead by joining a group that went to Chicago where the National Guard had been called out to quell the rioting that followed his assassination. We intended to speak to the soldiers to try to persuade them not to fire on their fellow citizens and, if necessary, to interpose ourselves between the soldiers and those we were protecting. Walking to

ESSAY continued

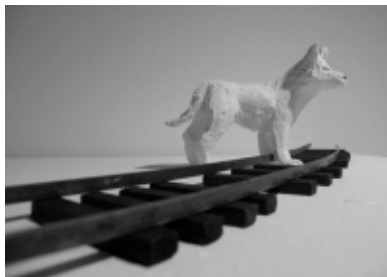
the armory, I watched armed military vehicles drive down empty streets, a soldier's upper body rising from each of them as he manned a rotating machine gun, ready to fire. Once at the armory, we were met by masked soldiers marching four abreast, trapping us against a fence, spraying mace, wielding batons and bayonets. I leaned back into the fence terrified, choking, helpless, and later learned that four of us had been bayoneted.

That encounter with state power helped me understand what Dr. King had faced—again and again. His persistence and physical courage are part of what is so admirable about how he lived. He didn't abandon his moral vision or sense of personal responsibility in the face of governmental physical intimidation. He maintained faith that, as a friend of mine paraphrased the poet Gerard Manley Hopkins, there is a righteousness in “deep down things,” a faith similar to Jung's belief that becoming conscious makes partial psychological freedom and thus, morality, possible.

Since Dr. King's death, much has been written about his personal shadow. It's difficult to honor a man as a hero and still portray him as having weaknesses and vulnerability. Dr. King's statue, an instance of hagiography, does not meet this demand. Still, it might be seen as suggesting a mix of personally heroic and collectively vulnerable human dimensions. I read the arms crossed as determined leadership and the entrapment in stone as living out moral leadership in a culture characterized by being unconsciously split between its ideals and its practices. Perhaps addressing that split is a task we Jungians, experienced at trying to own our shadow and deal with it as responsibly and ethically as we can, are especially suited for undertaking. That possibility offers us a particular way to participate in carrying forward the mission that Dr. King lived and has left us as legacy and challenge.

THE MAGIC OF METAPHOR

Report by Katherine Mylenki, Bulletin Editor



I met her by the tracks, 2011
printed with permission of the artist,
Laura Arminda Kingsley de los Santos

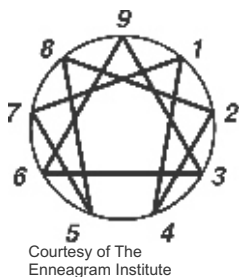
On Thursday, January 26, 2012 Mark Simmons presented his workshop on The Magic of Metaphor, which he called a road to active imagination. As an example he spoke of a boy he worked with who used to think he could fly. Mark had to think through, what is the metaphor? A metaphor is a figure of speech, a correspondence of two seemingly unrelated things. To integrate the problem, he had to hang out in the problem state. When Mark did that, he realized that the kid could fly, hitting the ground was the problem. He had to learn to land.

Mark demonstrated the method of "circumambulation" that David Grove first did, and which Mark uses with his clients, with one of the attendees. The process of moving through something is done through a series of questions that keeps the person in the metaphor and brings about a shift inside. This form of active imagination bridges one back to the start and makes resolution possible.

"After resolution," Mark said, "you are free, you can do anything."

THE ENNEAGRAM OF PERSONALITY

Report by Mark B. Simmons, LCSW-R



Courtesy of The
Enneagram Institute

On February 14, 2012 Rose Gatto presented The Enneagram of Personality to the APC. Introducing this ancient symbol brought to the west by George Gurdjieff around 1920, she made this nine-pointed configuration come alive as she explained its main use today as a map of the human psyche, exploring the nine distinct different personality types that the symbol represents and how each type sees the world through its particular filter, fear, and style of communication. Each type has a particular passion and chief feature which drives the personality, which on one hand keeps us from our true essence, and on the other hand contains the antidote to one's chief feature—that consciousness, the capacity to notice the pattern, versus figuring it out, brings.

Many in the audience, finding this personally relevant, were universally involved in finding and noticing their type and demystifying some of the behavior patterns that are so perplexing and hopeless without such a system that brings its own insights to Self and individuation.

Analytical Psychology Club of New York, Inc.

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