

BULLETIN Volume 75
 Number 2
 March 2013

March Program

Tuesday, March 12, 2013, 7:00 p.m. - 9:00 p.m.

**THE HEALING IMAGINATION
THROUGH THE EYES OF THE CHILD**

A Workshop with Mark Simmons, LCSW-R

See page 6 for more information

April Gathering

Wednesday, April 10, 2013, 6:00 to 8:30 p.m.

**GETTING TO KNOW YOU: AN INFORMAL GATHERING
OF MEMBERS AND FRIENDS**

Hosted by Francoise Richards, APC Vice President

See page 7 for more information

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PROGRAM CALENDAR - Winter - Spring 2013

Tuesday, March 12, 2013 from 7:00 – 9:00 p.m.

***THE HEALING IMAGINATION
THROUGH THE EYES OF THE CHILD***

Presented by Mark Simmons, LCSW-R and Jungian-oriented therapist.

See page 6 for more information



Wednesday, April 10, 2013, 6:00 to 8:30 p.m.

***GETTING TO KNOW YOU: AN INFORMAL GATHERING OF MEMBERS
AND FRIENDS***

Hosted by Françoise Richards, APC Vice President

See page 7 for more information

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

Program Fees: APC members \$10; non-members \$20; students with valid ID \$15
General Inquiries: 212 557 1502; Program Inquiries: email apcworkshops@aol.com
Eleanor Bertine Auditorium, C. G. Jung Center, 28 E. 39th Street, NYC.



Exploring Dreams

with Françoise Richards, Jungian Analyst.

Call her at 212-586-7510

Centerpoint Group Discussions

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

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BULLETIN BOARD

NEW DIRECTIONS PROGRAM CALENDAR

New Directions Programs meet at the Center unless noted.
Program Fees: \$45 for APC members, \$50 for non-members,
\$35 for over age 55, Students with valid ID are \$25.

General Inquiries: 212 557 1502

Program Inquiries, email: apcnewdirections@aol.com

Saturday, May 11, 2013, 10:00 a.m. – 4:00 p.m.

POETRY FOR FUN AND INSIGHT

A Workshop with Katherine Mylenki, Poet and Actor



KML NEWS



Celebrate the Wisdom and Power of Women in their Prime.

The Kristine Mann Library will have a Jungian Meet-Up for Women of a Certain Age (over 50) to discuss and explore empowerment and life as an Elder and a Wise Woman, a juicy Crone! Thursday, March 21st at 3:30 pm.

Please RSVP by phone during the Library's open hours, Monday 10:00 am to 8:00 pm; Tuesday, Wednesday and Thursday 10:00 am to 7:00 pm or by email, info@junglibrary.org.



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 212-532-8379



PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

The APC is delighted to celebrate the launching of the APC Website. Those of you on our email list received the notice of its availability at <http://apcn.org> as of February 1, 2013. Our announcement stated that it has been designed for easy navigability and accessibility. It is intended to be welcoming and inviting for members as well as for those surfing the web.

Beatriz Mejia, LCSW, skillfully chaired the committee that designed the website and helped guide us to the final version. She invited Board and Club members to contribute ideas, images, quotations and articles for publication as the site developed over this past year. It is our hope that this effort will bring new interest in the Club and invite greater participation in our activities. Katherine Mylenki, Bulletin Editor, used her editorial finesse in bringing the web material together. Beatriz and Katherine, in particular, welcome your feedback via email at apcofny@aol.com, with COMMENTS in the subject line. A link to provide feedback will be available on the site in the near future.

Francoise Richards, Jungian Analyst, invited more group participation and interaction at the December Holiday Party. She is planning to host a special follow-up event this spring. I join Francoise in hoping this can become a place where a sense of community may develop and where we can creatively explore issues of persona, ego, and shadow in conversation as well as in workshops.

The individuation process is important for Jungians. Another kind of relatedness is called for when we participate in group relationships. This could be in group discussions after lectures, workshops or at Board and committee meetings. In focusing on the ways that the APC has expanded my inner and outer worlds, I see links to my own individuation and community and group relatedness.

The importance of the individuation process and the capacity to contend creatively with the group process is illustrated in Doris Kearns Goodwin's book on Lincoln entitled *Team of Rivals*. Lincoln observed the strengths of some of the men who were his rivals for the Presidency. Although they were his rivals he appointed them to his Cabinet, where he utilized their gifts. Through respect and political prowess they were able to work together in the common cause to reunify the Union and to abolish slavery.

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

Big changes at the APC. We've got our website up and running and the Nominations Committee is at work creating a slate of nominees for our May election. If you have feedback on the site or if you know someone who would like to serve on the Board (be sure to ask the person first, willing candidates only please) email your suggestions to apcofny@aol.com (Suggestions in subject line) or call 212-557-1502.

On Tuesday, March 12 we will have our final evening program of the season when Mark Simmons speaks on "The Healing Imagination through the Eyes of the Child." He will demonstrate using an Inner Child's imagination to travel back in time and create a new reality – in just two hours. (The overview not the whole process.) All who have inquisitive Inner Children who would benefit from an invigorating increase in vitality and enthusiasm and have the desire for a full life (that is, all of us) can benefit from this time traveling technique.

This workshop has done a bit of time traveling itself. It was first scheduled for the Tuesday after Superstorm Sandy and has finally made landfall just days before the Ides of March. (You needn't fear the Ides unless a reputable soothsayer tells you to.)

We have had some unfortunate cancellations in the New Directions programs, and only one workshop remains on the spring schedule: Yours Truly on "Poetry for Fun and Insight." Since the C.G. Jung Foundation now has a poetry talk with Christian Wiman, award-winning poet and editor of *Poetry Magazine*, on Sunday April 7, the day after my workshop was scheduled, I have rescheduled myself to May 11, and hope to see you there.

I want to introduce you to formal poetry with its standard metrical feet and rhyme schemes and hope to convince at least a few of you that working within poetic forms can stimulate, not stifle, creativity. As a sidebar I'll introduce you to Mr. Roget's Thesaurus, that marvelous compendium of words, words, words with their subtle shades of meaning methodically set out. It comes in very handy when you need extra syllables or have to lose of a few. That's where the real fun is, especially if you love polysyllabic words as I do.

Anyone with questions about the cancelled programs may call 917-257-6512.

We're introducing a new event in April, an informal get-together where we can talk as club members should about what we like and would like to see more of in the future. There's an article elsewhere in this Bulletin giving RSVP information.

The Analytical Psychology Club of New York, Inc. Presents :
**THE HEALING IMAGINATION THROUGH THE
EYES OF THE CHILD**

A Workshop with Mark Simmons, LCSW-R
Tuesday, March 12, 2013, 7:00pm - 9:00pm
At the C.G. Jung Center, 28 East 39th St., NYC
apcofny@aol.com / 212-557-1502



This workshop will focus on using the Inner Child's imagination and experience to change current patterns, reactions and history that seem to have been determined by childhood events, feelings and trauma: a "do-over."

Bridging present with past, we will travel back in time to utilize the Child's imagination and participation to change history, neurology and imprinted experience, creating a new reality, invigorated with the Child's vitality, endowment, enthusiasm and desire.

**Fees: APC Members \$10; Non-Members \$20; College
Students with ID \$15**

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

*Mark Simmons, LCSW-R is co-author of *The Problem is the Solution, A Jungian Approach to a Meaningful Life*. He has a spiritually-based practice in New York City and manages a team of social workers and psychologists for a large community-based mental health program.*

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

**GETTING TO KNOW YOU: AN INFORMAL
GATHERING OF MEMBERS AND FRIENDS**

Hosted by Francoise Richards, APC Vice President

Wednesday, April 10, 2013, 6:00 to 8:30 p.m.

in the Kristine Mann Library at the

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

apcofny@aol.com / 212-557-1502

At this year's Holiday Party a good time was had by all. We talked with our assembled members and guests about having a less formal get-together to share what we like (or don't) and what we'd like to see more or less of in the future in the way of Club activities or how we do things in general.

Many of our holiday guests liked the idea so we've scheduled this gathering. No lecture, very light refreshments, just casual conversation so we can get to know each other, members and visitors alike. We'd like our Club to be more like the APC was originally envisioned: club-like and collegial.

We had hoped to host the first of an ongoing series of these informal events earlier in the year but scheduling problems prevented that. We now have a date and time, and a new meeting place. KML Chief Librarian Lorna Peachin has graciously agreed to schedule our Getting to Know You event in the Kristine Mann Library, located on the top floor of the Jung Building, on the evening of April 10.

This will be APC's first time hosting an event in the Library, and we're excited about it. It's a lovely space and we'll be surrounded by Jungian books and artwork, which may well prove inspirational.

**There is no fee for this event but as space is quite limited
please RSVP to Francoise Richards at 212-586-7510
by April 3, 2013.**

FILM REVIEW

“The Prophecy of the Seeress”, a Film by Laurie Schapira

Reviewed by William F Briel, PhD

This is the kind of film that affects you deeply, but in ways you don't quite understand. This is partly because it is so well made. It is beautifully photographed. The camera lingers on starkly beautiful landscape in Iceland, creating a mood of primordial times, as the seeress recounts an old Norse myth of the creation of the world and of its destruction. The film affects us also because these myths are part of our cultural unconscious. The Vikings, in their longboats, visited many parts of Europe and settled in some of them. The Normans who invaded England in 1066 and had such a profound effect on



English culture where originally Vikings, “north men.” Earlier, England had been ruled briefly by the Norse during the “Danelaw.”

The film is based on “Voluspa,” an ancient Viking Saga which is part of the Norse Edda. “Voluspa” is Old Norse for “Prophecy of the Seeress.” The film moves back and forth between a mythical seeress reciting a version of the Voluspa and events in modern-day Reykjavík, in September of 2008. The recitation of the myth provides the archetypal background for the events. Part of the Voluspa is a recounting of the future events referred to as the Ragnarök, in which a great battle occurs and a number of the Norse gods will be killed, including Odin, who has had a major hand in the creation of the world. This apocalyptic story provides the background for events in Reykjavík in September of 2008, when corporate Vikings (“Utrasarvikingar”) plunder the banks in Iceland and the nation's economy teeters on the brink of collapse.

The film opens with a helicopter landing, bringing a corporate CEO to Reykjavík. Before rushing off to a meeting to deal with the crisis, he drives to the house of a modern-day seeress, seeking understanding of what is happening. She spreads a deck of tarot cards out on the table and asks the CEO to pick 10 of

REVIEW, continued

them. Her interpretation of the cards touches off reminiscences of mythical events, and we are presented with Odin visiting a mythical seeress, seeking understanding of events, in parallel with the CEO consulting the modern seeress. The same actor plays Odin and the CEO, and the same actress plays the modern and the mythical seeress.

Odin has lost one of his eyes, voluntarily sacrificing it in order to attain more knowledge and power, implying that the CEO has sacrificed his vision in pursuit of the same ends. During the tarot reading we do not see the eyes of the CEO; they are hidden behind his dark glasses. The seeress is trying to read his eyes and asks him to take the glasses off, but he demurs. He is uncomfortable during the visit, fidgeting, as was Odin during his visit, uncomfortable at being dependent on feminine wisdom.

Just as Odin dies in the events of the Ragnarök, so the modern CEO, rushing off prematurely from the tarot reading to his meeting, suffers a heart attack on the way to his car and dies. Just as in the myth, it is fated that the modern man who has created the world we live in must die. The CEO rushes off with one tarot card yet to be interpreted. After he leaves the seeress turns it over. It is Death.

Odin committed certain offenses, and these appear to have led to his undoing. A competition took place between Odin and the mythical seeress to see who had the best second sight. The seeress won. "She turned to face you, and saw into your innermost heart, your heart of darkness. She spoke the truth you did not want to hear." Angry, Odin ran her through with a spear and tried to burn her three times, but she survived and even became stronger. The seeress says, "How could you, Odin, a guest in your own home?"

In retaliation Odin gave away the beautiful goddess Freya to the Frost Giants when they offered to rebuild Asgarth, the home of the gods. The seeress confronts him: "She was not yours to give." "Did you envy Freya's bounty? She was beloved, not feared, like you, by humankind. Or was it because she knows who you are?" We would say Odin feared feminine power and tried to control it, offending its autonomy. The film suggests analogues of these offenses with modern images of war and environmental destruction.

TOOLBOX FOR SELF DISCOVERY
a Discussion with Nadine Kreisberger
Report by Katherine Mylenki, Bulletin Editor

On the evening of January 29, 2013 the APC hosted a fascinating discussion led by Nadine Kreisberger, a Jungian-trained analyst who conducts workshops and media work around the world. She had returned only a few days before from a trip overseas. It was a fascinating program in which we discussed tools Nadine has defined that can help us grow in understanding of ourselves and discover our soul's meaning, which is hidden within our neuroses.

In Nadine's parlance we first need to learn to delve into the iceberg of which our conscious awareness is merely the tip. The genetic memory of our forebears and the cellular memory of our every experience are hidden in the larger part of the iceberg, the part that is under the ocean. Our painful experiences are suppressed in the unconscious (under the ocean) so we can function, and we must connect with it to become authentic to ourselves.

We discussed the various characters that define, drive and determine who we are, including our True Essence, who is in the moment and authentic though not always wise. They all have positive and negative sides and different ways of functioning so we need to get to know them and learn to work with them. Nadine suggests gathering them at a Round Table and naming them to facilitate this work.

We also discussed Victor Frankl's theory of the will for meaning: To find happiness in our lives we need to find something we're good at, that energizes us (that we enjoy) and is meaningful to people outside ourselves.

To find what's most meaningful for us we can use dream work and/or meditation. They both involve letting go and allowing the subconscious to speak to us. This needs to be combined with conscious work to solve the root causes.

We had a lively discussion and Nadine is an excellent speaker and many in the audience had heard her speak before. We will be very fortunate if she returns to the APC for a repeat engagement.

ART THERAPY AS AN INTERVENTION WITH AUTISTIC CHILDREN

Lecture/Discussion led by Marcia K. Avirom, MA, ATR-BC, LCAT
Report by Katherine Mylenki, Bulletin Editor



On the evening of February 2, 2013 the APC hosted a very interesting and enlightening lecture/discussion about how art therapy is able to reach autistic children as art therapists use the children's artwork to assess their initial state and progress.

Art Therapist Marcia

Avirom, who works with special needs children age 16 and younger, explained that how children draw is the key to their mental age and helps the therapists discover if the children are on target developmentally. She said mirror writing is common at about age four. The drawings can also uncover symptoms of various problems including sexual abuse.

Mandalas (a sanskrit word meaning magic circle, and a concept well known to Jungians) are one of the first things they use with the children. Marcia told us if they draw a circle for the children to work with, they never draw outside the lines.

How a child depicts a house, a tree, a picture of her family tells a lot. Marcia showed us a variety of drawings and other artwork by the children she works with. As the child progresses the style and content of the drawings changes as well. The simplicity and power of their work is stunning.

Marcia showed us many artworks and related what they told her about the child and how she proceeded with the therapy based on what she learned from them. We didn't discuss the collage that illustrates this report but it demonstrates that there is a lot to be discovered in the "simple" work of a child.

Analytical Psychology Club of New York, Inc.

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