

BULLETIN

Volume 76
Number 1
February 2014

March Program

Tuesday, March 18, 2014 from 7:00 – 9:00 p.m.

**TO EVERYTHING THERE IS A SEASON:
STEPPING BACK AND ALLOWING OUR KIDS
TO GROW UP**

Presented by Andrea Spiritos, LCSW

See page 8 for more information

New Directions Program

Saturday, March 8, 2014 10 a.m.- 4:00 p.m.

**EMPOWERMENT PSYCHOLOGY:
A PARADIGM FOR USE IN RAISING CHILDREN
AND YOUTH, A TOOL TO USE
TO RECLAIM THE INNER CHILD**

A Workshop led by Joseph G. Moore, PhD, LCSW

See pages 6 & 7 for more information

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APC Tel#:(212) 557-1502

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PROGRAM CALENDAR - Spring 2014

Tuesday, March 18, 2014 from 7:00 – 9:00 p.m.

***TO EVERYTHING THERE IS A SEASON:
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Presented by Andrea Spiritos, LCSW
See page 8 for more information



Tuesday, April 1, 2014 from 7:00 – 9:00 p.m.

THE MODERN WITCH IN TODAY'S SOCIETY

Presented by Katherine Manaán, Pagan High Priestess, Reiki Master,
Interfaith Healer

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
contact@jungclubnyc.org**

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



Book Discussion Group



The group meets every Tuesday from 5:30 pm to 7:00 pm in the Members Room. New members are very much welcome to join. For more information please call Bob McCullough at 212-532-8379.

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.

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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, March 8, 2014 from 10 a.m.- 4:00 p.m.

***EMPOWERMENT PSYCHOLOGY: A PARADIGM FOR USE IN RAISING
CHILDREN AND YOUTH, A TOOL TO USE
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A Workshop led by Joseph G. Moore, PhD, LCSW

See pages 6 & 7 for more information

Saturday, April 12, 2014

A WALKING TOUR OF JUNG'S GREENWICH VILLAGE

Conducted by Jay Sherry, PhD

The tour begins at 11:00 in Greenwich Village and lasts about one hour

Limited to 12 participants

Fees: Adults \$25; Students with ID \$15

Saturday, May 10, 2014 from 10 a.m.- 4:00 p.m.

THE CAREER AS A PATH TO THE SOUL

David Rottman, MA

Send your proposals for New Directions workshops to
bloomzeler@aol.com

Articles, comments or suggestions for the Bulletin? Send to
contact@jungclubnyc.org and/or to jane.bloomer@ymail.org.

Check out our website at <http://apcnyc.org> or
<http://jungclubnyc.org>, now available on your phone or tablet
as well as on computer!

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PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

I was drawn to read Sue Monk Kidd's latest novel, *The Invention of Wings* after reading an interview with the author in *The New York Times*, "Giving Voice, and Finding Her Own." The theme of finding one's voice evoked the journey a Jungian uses in going through the individuation process to find out who one is. Sub-titled "Sue Monk Kidd Tackles Race," it suggested that the book could be a compelling combination of history and fiction. The 65-year-old author disclosed that in her childhood, during the 1950s and 1960s, she was very concerned about racial problems.

After much reflection, research and active imagination, she found a way to delve into the institution of slavery as lived out in the actual historical lives of two sisters, Sarah and Angelina, who were born into the wealthy Grimke family in Charleston, SC. Ms. Kidd discovered the story of the short life of an actual young girl born into slavery, about which barely anything is known. Ms. Kidd studied the historical records of the time, in addition to using active imagination, to develop a richly elaborated fictionalized version of the slave girl she names Hettie.

Hettie is "owned" by the Grimke family. The book commences in 1803 as 11 year old Sarah receives 10 year old Hettie as a "birthday gift". As the book unfolds, the individual stories of Sarah and Hettie come to life as does the complex, deeply entwined relationship that evolves between the two as they grow up.

Angelina is born when Sarah is 13 years old and the siblings become very close as they bond together in viewing slavery as abominable. As adults the sisters make important contributions to the abolitionist and feminist movements, 20 years before Harriet Beech Stowe's *Uncle Tom's Cabin* was published. Until the publication of *Wings* the endeavors of the Grimke sisters as prominent lecturers and writers, speaking out effectively against slavery and also in favor of women's rights, were lost to history.

Each of the three girls, Hettie, Sarah and Angelina, were traumatized by slavery. They witnessed and personally experienced the cruelty that was inflicted upon slaves when they were as young as five or six. By the time each had turned 11, they were verbalizing their opposition to slavery as cruel, intolerable, and inhumane. The traumas that they experienced marked them for life. How each of them coped and evolved into adulthood having experienced such wounding is exquisitely developed in *Wings*.

I propose that the APC, individually or in coordination with other Jungian organizations, present a program featuring some of the latest authors writing about

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the social/spiritual/economic/cultural/racial wounds and traumas from the era of slavery that remain unresolved today. Included among the books and films that might be featured are *Post Traumatic Slave Syndrome* by Dr. Joyce De Gruy; *The New Jim Crow* by Michelle Alexander, Esq., about the high percentage of Black and Latino Americans imprisoned, compared to other nations; and Katrina Browne's film *Traces of the Trade*, about her own family's direct participation in the slave trade years ago.

Kathryn McKee, a professor of literature at the University of Mississippi, is quoted as saying that when a white author attempts to write a black person's story, it can be risky. Ms. Kidd is quoted as saying that she had a need to go deep and to explore "the root causes" of slavery. Are we up to the challenge of exploring racial issues that affect each one of our individual psyches as well as our collective culture?

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

We are happy to report that at least one prediction for this New Year has come to pass: New Directions workshops are back—there are three scheduled this spring. Jule Lanier unfortunately had to resign from that committee, but Fred Gurzeler is carrying on as Committee Chair. Please send proposals and program suggestions for this season and next to him at bloomzeler@aol.com.

Dr. Joseph Moore, new APC member and new Board member, will present his program on Empowerment Psychology on Saturday, March 8. Please see the article in this issue for details.

In April Dr. Jay Sherry will lead a tour of four sites in Greenwich Village that Jung visited while in New York. This was first offered as part of the ARAS Art & Psyche in the City event in the summer of 2012.

In May David Rottman, President and Chairman of the Board of the C.G. Jung Foundation of New York, will present a workshop based on material from his recently published book, *The Career as a Path to the Soul*.

Two evening programs are scheduled as well. On March 18 Andrea Spiritos will offer her workshop, "To Everything There Is a Season: Stepping Back and Allowing Our Kids to Grow Up," again tackling the difficult process of dealing with adolescents.

On April 1 a new presenter, Katherine Manaana, will discuss what I think is a first-time topic for the APC: "The Modern Witch in Today's Society." Katherine is a healer in many modalities, as a Pagan High Priestess, Reiki Master and Interfaith Healer, among others, as well as an author. Please join us to learn more about this very much misunderstood calling.

The New Directions Committee of the APC, Inc. Presents:
EMPOWERMENT PSYCHOLOGY:
A PARADIGM FOR USE IN RAISING CHILDREN
AND YOUTH, A TOOL TO USE
TO RECLAIM THE INNER CHILD

A Workshop led by Joseph G. Moore, PhD, LCSW
Saturday, March 8, 2014 10 a.m.- 4:00 p.m.
At the C.G. Jung Center, 28 East 39th St. NYC
contact@jungclubnyc.org / 212-557-1502

With his visit to the Taos Pueblo in 1923 C.G. Jung began his exploration into various non-European cultures. Chief Mountain Lake stated that Native Americans thought with their hearts, not with their minds. Through meditation on this statement, Jung realized how coercive and punitive European thought was and how we needed to re-establish a connection to values emanating from the heart.

Native American family values radiate from the heart and stress “Belonging,” “Mastery,” “Independence,” and “Generosity” as building blocks for child development. Three psychologists – one a Lakota Sioux – using this Native American family system model developed a theory of Empowerment Psychology. The “Circle of Courage” represents these four psychological needs. Children and adults who are offered the opportunity to meet these needs in healthy ways grow to find meaning in their lives.



When children do not have the favorable conditions to meet these needs, they struggle, finding ineffective, inappropriate and often destructive ways for these needs to be fulfilled. It is at these times that the child feels isolated and alienated from the true self. These split-off aspects of the Self are our inner children.

The adult who wants consciousness, authenticity and individuation, must reclaim these inner children and integrate them into the Self. Empowerment Psychology presents tools to reclaim these inner children.

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Fees for the workshop:

**By Feb. 28: APC Members & Seniors \$35 Non-APC members \$45,
Students with ID \$25**

**After Feb. 28: APC Members & Seniors \$45, Non-APC Members \$55,
Students with ID \$35.**

**For further information or to make a reservation
email contact@jungclubnyc.org**

Joseph G. Moore has worked in the field of Child Welfare for 45 years. He has been in Jungian therapy for over 30 years and has practiced as a Jungian-oriented therapist for the last 25 years. He is reclaiming and integrating several inner children into his Self.

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

**TO EVERYTHING THERE IS A SEASON:
STEPPING BACK AND ALLOWING
OUR KIDS TO GROW UP**

A Workshop led by Andrea Spiritos, LCSW

Tuesday, March 18, 2014, 7:00 p.m. - 9:00 p.m.

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

contact@jungclubnyc.org



To everything there is season, and there are seasons for healthy parenting. There is a brief time to step forward and hold our children close; then there comes the time to begin stepping back and letting go. Adolescence is the season of stepping back.

Stepping back, or letting go, evokes powerful feelings of fear, loss and

sadness—often impeding this process which is so necessary for our kids' healthy development.

This introductory workshop will help us begin to step back and let go, so our kids may grow.

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

**For further information or to make a
reservation e-mail contact@jungclubnyc.org**



Andrea B. Spiritos, LCSW, was educated and trained in a variety of modalities including Family Systems Therapy, Analytic Jungian Psychology, and Cognitive Behavioral Therapy. Drawing upon the wisdom traditions, Andrea believes that the most important ingredient for growth and healing is the therapeutic relationship. She has spent over 20 years in private practice working with and learning from individuals 13 and up, couples and families, the experiences of her own life, her two daughters, (ages 20 and 23) and their many and diverse friends, as well as her dog, Elvis.

PSYCHE, SOUND, AND EMPTINESS

with Royce Froehlich

March 7 – 28

Fridays: 6:30 – 8:30 p.m.

\$125; 10% discount for Rubin Museum Members

Rubin Museum of Art, 150 West 17th Street, NYC

www.rmanyc.org 212-620-5000



What did the composer John Cage and the psychoanalyst Carl Jung have in common? A fascination with the I-Ching, the teachings of the Hindu saint Ramakrishna, Buddhism as introduced to the West by D.T. Suzuki, and sacred Tibetan texts.

Participants in this lively workshop will listen to Cage's music and explore his theory of Silence, study Jung's theories of the psyche and his thoughts on East-West dialogue, and sample a variety of meditative practices to explore how Eastern thought has inspired artists and psychologists, as well as their relevance in our lives today.

No experience necessary. All materials included. Registration is required, as space is limited: rmanyc.org or call (212) 620-5000 ext. 344.



Royce Froehlich, LCSW, MDiv, MA, is a Jungian analyst in private practice in NYC. He is a graduate of Union Theological Seminary, Columbia University's School of Social Work, The New School for Liberal Arts (Media Studies), and the C.G. Jung Institute of New York where he is now a member of the teaching faculty. He also teaches at the C.G. Jung Foundation for Analytical Psychology.

"JUNGIAN" FICTION

Suggestions from Walter Kolpakas, APC Member

As someone who has always read a lot and presently spends most of his time reading, I thought it might be interesting to offer some suggestions on literary works that might appeal to people interested in Jung and his ideas. Perhaps the most important suggestion I have to make is to read the works that Jung himself listed (somewhere in the Collected Works) as being some of his favorite books: *Die andere Seite (The Other Side)* by Alfred Kubin (1909), *Das grüne Gesicht (The Green Face)* by Gustav Meyrink (1916), *Das Reich ohne Raum (The Spaceless Kingdom)* by Bruno Goetz (1919) and *Der tote Tag (The Dead Day)* by Ernst Barlach (1912).

The Other Side and *The Green Face* are both available in English from Amazon, and are even on Kindle. Both are very grim, apocalyptic novels that end in the total destruction of a country (a very small one) in *The Other Side*, and the city of Amsterdam (in 1917 considered the apogee of decadence) in *The Green Face*. One can readily see how they contributed to Jung's grim mood and bad dreams in the years leading up to and during World War One.

The other two books are very likely only available in German but can easily be ordered over the Internet. *Das Reich ohne Raum* comes complete with a commentary on each chapter by Marie-Louise von Franz and *Der tote Tag* is a play notable for its grisly depiction of a really horrendous mother complex (one can see why it interested Jung).

For readers interested in more modern works in which Jung himself appears as a character there is Timothy Findley's 1999 novel *Pilgrim*, a fantasy account of strange happenings at the Burgholzi Clinic in Zurich during Jung's residence there. Morris West's novel *The World is Made of Glass* (1983) is an interesting rendition of the Jung-Freud-Spielrein affair, as is Christopher Hampton's play *The Talking Cure*, presented in London in 2002.

And just to be complete I mention that most famous of Jungian novels (with which most readers of the Bulletin are probably familiar) Robertson Davies' *The Manticore* (1972), an account of one man's attempt to find meaning through a Jungian analysis in Zurich.

In conclusion, I must mention a series of novels which (although there is no mention of Jung or of Jungian analysis) are absolutely essential reading for

those interested in inquiry into the worlds of alchemy and astrology and in how changing states of consciousness can transform how one experiences history itself, all embedded in a narrative taking place in New York City and Upstate New York, Kentucky, Renaissance England and Prague: John Crowley's tetralogy *Aegypt: The Solitudes, Love and Sleep, Daemonmania, and Endless Things*. Twenty years in the writing and about 2000 pages in length, it is worth the time and effort to read it all. In fact, the first two novels have the imprimatur of being listed on Yale University's Harold Bloom's Western Canon of Essential Books.

FOR WHAT COMES AFTER

by Jean Hess Green, PhD

And in the night came death,
Coming out of the dark as beauty itself,
In the great sun shining,
Telling a tale of how the edges
Of all the separate things endure
By and through their gift
In turn to the whole that was before them.

And then by day came darkest night
And swallowed us in fear,
A shudder of dread, repulsion, staying us
Stept back from the necessary threshold
And ultimate pitch of the light.
A seeming shortfall of the glory
Primally promised in spirit flames,
And unclouded subtlety of seeing,
-- And suddenly priced too high.

What then? In weak and utter blindness
Shall we dare, without a sinew's string
Of strength, helpless and paralyzed,
Shall we come to the open door?
And stumble through to the Beautiful?

Analytical Psychology Club of New York, Inc.

28 East 39 St

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