

ANALYTICAL PSYCHOLOGY CLUB OF NEW YORK INC

BULLETIN

Volume 76
Number 5
September 2014

October Program

First Session: Tuesday, October 7, 2014, 6:30 p.m. – 8:30 p.m.

RECLAIMING THE INNER CHILD

A Monthly Workshop led by Joseph G. Moore, PhD, LCSW
At the C.G. Jung Center, 28 East 39th St., NYC
See pages 6 - 7 for more information

October Program

Tuesday, October 28, 2014, 6:00 p.m.-7:00 p.m.

JUNG IN EVERYDAY LIFE

An Informal Talk Among APC Members and Friends
At the C.G. Jung Center, 28 East 39th St., NYC
See page 7 for more information

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APC Tel#:(212) 557-1502

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PROGRAM CALENDAR - Fall 2014

Tuesday, October 7, 2014, 6:30 p.m.

RECLAIMING THE INNER CHILD



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

This is a monthly program with these additional dates:

November 11; December 2;

January 6, 2015; February 3, 2015; March 3, 2015;

April 7, 2015; May 5, 2015

See pages 6 & 7 for more information

Tuesday, October 28, 2014, 6:00 p.m.

JUNG IN EVERYDAY LIFE

An Informal Talk Among APC Members and Friends

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
contact@jungclubnyc.org

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



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 contact@jungclubnyc.org with SUBMISSION in the subject line, or mail to SUBMISSION, APC of NY, Inc., 28 E. 39th St. New York, NY 10016. Copy deadline is 15th of each month for inclusion in the following issue.

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, November 22, 2014

SYNCHRONICITY
a Workshop led by Joseph G. Moore, PhD, LCSW

SAVE THE DATE!

*On Saturday, March 28, 2015 we are planning a program tentatively titled
BRINGING THE SHADOW TO LIGHT.*

We will be sending out a request for abstracts on the subject from potential presenters. We'll announce more details just as soon as they are available.

DIRECTORY CHANGES

New Members

Ms. Lane Gardner
4 Rydal Place
Montclair, NJ 07092
(917) 687-7970
Lane@Lanegardner.com

Ms. Anja Riebensahm
235 Lincoln Place #6H
Brooklyn, NY 11217
(H) (212) 463-7822
(C) (917) 957-3781
papallany@yahoo.com

Address Changes

Bruce Parent
P.O. Box 786
Killingworth, CT 06419

Judith Rosenberg
3203 Hollywood Ave.
Austin, TX 78722



Book Discussion Group



The Book Discussion Group continues to meet on Tuesday evenings from 6:00 to 7:00 PM. In the course of a calendar year they work through two to three books. So far this year they have completed discussion of books on the Scapegoat Complex and the Transcendent Function. They are now halfway through a book on using Jungian Ideas in Everyday Life.

Those interested in joining the group should call Bob McCullough at 212-532-8379.

BULLETIN BOARD

PRESIDENT'S REFLECTIONS

by Joe Moore, PhD, LCSW, Retired Psychotherapist

I feel very honored to have been elected President of the Board of the Analytical Psychology Club of New York, Inc., and I'm excited by what I would like to see happen with APC in the next two years.

I want our members to become more involved in planning and participating in our various programs and activities. As a first step, we will be sending out a short survey asking for information about your interests. (I know everyone gets numerous surveys each year, but at least ours does not ask for money at the end of the survey.)

I am very excited about our new initiative to recruit new members. The Board has decided to launch a two-year Pilot Program offering two new membership categories, "General Membership" and "Student Membership." These categories do not require completion of 50 hours of Jungian Analysis or Jungian-oriented therapy, just a strong interest in learning about C.G. Jung and Analytical Psychology. If this program is a success, we will convene a committee to revise the Club's Constitution and By-Laws to include the new categories.

I am looking forward to reaching out to various groups, such as schools of social work, to recruit new members. I hope that each APC member will talk to family and friends and encourage them to join the Club and get involved in our activities and planning committees.

During this program year we are presenting a monthly Tuesday night series called "Reclaiming the Inner Child," which I will be presenting. We have a session tentatively titled "Bringing the Shadow to Light" scheduled for March 28, as well as "An Introduction to Jung" and "Insights Into Jung's Influence on Our Daily Lives." The dates for the Inner Child series are on the calendar at the front of this issue; look for information on the others, as well as Saturday workshops, as plans for them develop.

As you know, we received a large monetary gift from Delle Morris. I am hoping that the Board can dedicate part of these funds to

BULLETIN BOARD

planning a yearly two-day conference, the first to be presented in the fall of 2015.

As you read in the May 2014 Bulletin, we had a wonderful year with many exciting happenings. The Board and I want to thank Jane Bloomer for her dedication and leadership of the APC. I hope to build on what Jane accomplished over the next two years.

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

Our new program year is beginning with our new President's new approach to scheduling. We're starting off with two ongoing series of programs on Tuesday nights. President Joe Moore is offering workshops from October through May on "Reclaiming the Inner Child."

The other, a more informal offering suggested by Bob McCullough, is titled "Jung in Everyday Life." It's a short monthly get-together where attendees will share how they use Jungian insights in their ... everyday lives. This will also run from October to May. The first gathering is planned for Tuesday, October 21. The other dates are not yet confirmed; we'll add them to our Bulletin calendar next month.

The New Directions program is still a work in progress. President Joe Moore is planning a November workshop on Synchronicity, and he is requesting papers from which to develop a March program on Shadow. Ideas for other New Directions and weeknight programs are welcome.

We have an ambitious program, that of course depends on you to participate and respond. We hope it will find favor, and welcome your reactions.

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

RECLAIMING THE INNER CHILD

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

First Session: Tuesday, October 7, 2014 (6:30 – 8:30 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.

Even loving parents often do not know how to meet their children's needs of “belonging,” “mastery,” “independence” and “generosity.” 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” become our inner children. They often “act up” to get the attention they did not receive growing up.

For the adult who wants consciousness, authenticity and individuation, these inner children must be reclaimed and integrated into the self. This monthly workshop will explore ways to integrate the inner child.

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Fees for the Workshops:

APC Members and Seniors: \$10 per Session;

Non-APC Members: \$30 per Session;

Students with valid ID \$15 per Session

For information or to make a reservation

email contact@jungclubnyc.org / phone 212-557-1502

The following sessions of this workshop will be held on the following

Tuesdays: November 11, 2014; December 2, 2014; January 6, 2015;

February 3, 2015; March 3, 2015; April 7, 2015; May 5, 2015

All sessions are from 6:30 to 8:30 p.m.

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: JUNG IN EVERYDAY LIFE

An Informal Talk Among APC Members and Friends

Tuesday, October 28, 2014, 6:00pm-7:00pm

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

contact@jungclubnyc.org / (212) 557-1502

Join us at this first in a series of informal get-togethers of APC members and friends. We'll have the opportunity to share how we use Jungian insights in our day-to-day lives.

Attendees will have a set amount of time, about 5 minutes each, to speak, and then it will be the next person's turn. After all have spoken, we'll see where our conversation leads us.

We're planning our first meeting on Tuesday, October 28. Future dates will be announced once scheduled.

We are not requiring advance reservations, but for planning purposes please let us know by email, contact@jungclubnyc.org, or phone, 212-557-1502, that you'll join us. There is no formal charge but we will request donations.

BULLETIN BOARD

BUSINESS MEETING, JUNE 18, 2014 ANNUAL REPORTS OF APC BOARD OFFICERS, 2013-2014

JANE BLOOMER, PAST PRESIDENT

The APC Board had a full complement of officers and one General Member. Each Board member participated as fully as their energy and health permitted. Our Program Chairmen were Francoise Richards, Vice-President, and Fred Gurzeler, New Directions Chair. Fred continued to serve as Recording Secretary as well.

Katherine Mylenki continued capably as Bulletin Editor and Website Manager, keeping us abreast of Club activities. Sharon Slowik served on the Editorial Committee.

Robert McCullough continued to provide his expertise as Acting Treasurer when Steve Markovitz took a leave of absence and continued to attend to Assistant Treasurer activities, including membership renewals. (Mark Simmons, elected Treasurer in 2013, resigned due to work requirements.)

An appreciative APC member, Delle Morris, left the Club a generous legacy in her Will. This will free the Club to be more creative in investing in its future. She also donated to the KML.

Katherine Mylenki, Sharon Slowik and Mark Simmons served on the Nominating Committee. The Board supported their efforts to select a viable presidential candidate. Recognizing that Dr. Joseph Moore, a General Member since September 2013, had the leadership skills and abilities needed to serve as president, we polled the membership for approval to waive our Constitutional requirement that a presidential candidate must have served on the APC Board for at least one full year. Those members who voted approved this one-time waiver (with one nay) and Dr. Moore was elected our new President.

The KML Board of Trustees met every six to eight weeks. The Club now has its full complement of Trustees: Robert McCullough, Stephen Moskovitz, Joseph Moore, Kevin Foley and Jane Bloomer. Robert McCullough was elected Treasurer of the KML Trustees. The KML is seeking full membership representation on the Center Committee because it is flourishing financially and enlarging its purview.

The Center Agreement Review Committee, did not meet this past year.

STEPHEN MOSKOVITZ, TREASURER

Having been elected Treasurer of the APC and looking forward to the opportunity to serve the Club, a diverticulitis attack landed me in the hospital on the was a day after Christmas (the symptoms began five weeks earlier). I had emergency surgery and

REPORT: Annual Business Meeting, continued

remained in the hospital for 18 days.

I asked Robert McCullough to let the Club know of my prognosis for a full recovery after a period of convalescence. I asked Bob, now the Assistant Treasurer, to take over the Treasurer's duties until I can resume those tasks, which I intend to do in September.

ACTING TREASURER ROBERT MCCULLOUGH

The Club's assets were \$139,000 at the end of 2013 vs. \$142,000 at the end of 2012. Our expenses were in excess of revenues were \$23,000 for 2013. This deficit was mostly offset by gains in our portfolio of stocks and bonds invested in the Morgan Stanley TRAK program.

Revenues consisted of membership dues and gifts of \$3,200; fees from lectures and workshops of \$1,700; and receipts from dividends and interest of \$1,600.

Major expenses were rent of \$7,600, bulletin and website publishing of \$11,000, program and hospitality of \$3,000.

The Executive Committee, upon advice of our financial advisor and the recommendation of the Finance Committee, voted to maintain our portfolio risk profile at a moderate level in view of the recent large gains in the stock market.

The Club was informed recently of a bequest of some \$260,000. When received, these funds will be dollar averaged into the stock and bond markets over time.

ASSISTANT TREASURER ROBERT MCCULLOUGH

Membership renewals in 2013-2014 numbered 68.

The Board reviewed our membership categories and voted to adopt new President Joseph Moore's proposal for a New Membership Pilot program to increase membership as well audiences for programs. In addition to the current categories, applicants with at least 50 hours of Jungian analysis or Jungian-oriented therapy (to be called Full Members with voting privileges) with annual dues of \$60 per year and those with the requisite hours living more than 50 miles from New York City paying dues of \$30 per year we are adding two new membership categories: Applicants without requisite hours of therapy who are interested in learning about Jung's theories and participating in Club activities may become General Members with dues of \$60 per year. Students with valid ID from their schools may become General Members with dues of \$30 per year.

As part of the Pilot Program we plan to establish a pathway to full membership for the latter two categories.

REPORT: Annual Business Meeting, continued

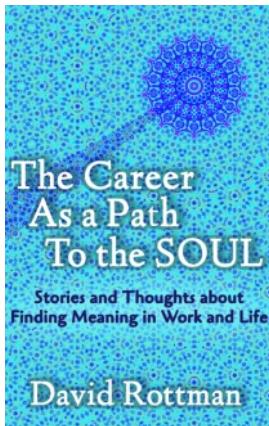
FRED GURZELER, RECORDING SECRETARY

As Recording Secretary, I have encouraged the practice of making changes to the minutes via email prior to the meeting at which they are to be read, thereby facilitating the process of getting on with new business.

Last Fall, along with Jule Lanier, I agreed to serve on the Program Committee for New Directions Workshops. Unfortunately Jule, due to other commitments, resigned from the Committee soon after its inception. Working alone, I recruited three speakers for programs presented in Spring 2014, and two programs for Fall 2014. We hope to attract more speakers in 2015 and beyond. I must thank Jane Bloomer for her wise counsel with regard to these bookings.

THE CAREER AS A PATH TO THE SOUL

Report by Fred Gurzeler, APC Recording Secretary



Giving a comprehensive talk on May 10 as part of the APC's New Directions Program about his new book entitled The Career as a Path to the Soul, David Rottman kept his audience engaged. He discussed the stories of seven people, challenged to discover new pathways to a happier and more creative life through careers that brought renewed purpose. Success only evolved after overcoming psychic obstacles that often impeded this process.

The circumstances of the sought-after journey to career fulfillment were varied: feeling imprisoned by a job, finding the right job, overcoming a family affliction that stymied job satisfaction, wanting to make a positive impact through work, love of job disrupted by a tyrannical boss, and disillusionment over success that couldn't be sustained.

Jung cited the Complex as the source of problems causing an individual to feel blocked from self fulfillment. When the Complex is in the driver's seat the individual confuses the present with the past and feels cheated of a life path, not by the outer world but by oneself: Divided against oneself. The Jungian idea is that the Complex is a center of energy, comprised of patterns of behavior and attitudes that are independent of consciousness and the ego.

Images are the energy source of psychic development. Dream images must be understood on their own terms objectively, not simply from one's associations. The transformational potential of a dream comes from the specific meaning of the images in the dream. The job of consciousness is to convert negative energy to

REPORT: continued

positive. We each possess a unique imaginal language. It is important to see oneself objectively and to translate the specific nature of images into daily life by working with the images. The ego needs to do its job of separating reality from distortions, and align itself with the larger psyche to produce a positive effect. The ego can be conceptualized as a container or net. The individual can develop a hole in this container or net, which must be repaired.

Energy from the Higher Self inspires the creative force. Our larger psyche knows what we are meant to do even if consciousness doesn't have enough knowledge of this reality. We have true voices versus false voices in our psyches. Working on images provides the energy to develop the transformation process or the "container" for this process. This entails bringing the ego into alignment with the part of the psyche Jung called the Self.

In closing, Mr. Rottman explored our capacity in Western culture for the ego to create an imaginative and positive experience; specifically, living out a personal myth or recognizing one's personal destiny. Change can happen in the Inner World that cannot happen in the Outer World. In terms of ancestral psychology, family attitudes handed down through generations have an enormous impact on our ability to differentiate ourselves from the attitudes of the ancestors and the world, which is critically important. In Western civilization, life has often been seen as just a clock that winds down in contrast to life that has individual meaning. With a clockwork view of time, life becomes a black hole. The challenge to the ego is to create individual meaning. Worshiping the persona becomes a distraction from recognizing a greater purpose; the ego is in the wrong place. The problem originates from the Western belief that meaning comes from the outside. In coming to live correctly with one's own images, the intention of the ego can produce a positive effect. The ego needs to do its job of relating to reality.

**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://apcny.org> or
<http://jungclubnyc.org>, now available on your phone or tablet as
well as on computer!**



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