

Information for JPA notice re my C. G. Jung Society, Seattle presentation

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C. G. Jung Society, Seattle lecture and workshop: Jungian Perspectives for Metabolizing Cultural & Personal Trauma in a Time of Outrage, Heartbreak, and Hope

Friday, March 13, 2020, lecture: Overview of Jungian Perspectives for Metabolizing Personal and Cultural Trauma

Saturday, March 14, 2020, workshop: A Jungian Approach to Experientially Metabolizing Personal and Cultural Trauma

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C. G. Jung Society, Seattle, Friday, March 13, 2020, lecture: Overview of Jungian Perspectives for Metabolizing Personal and Cultural Trauma

In response to current cultural, political, social, and individual events, this lecture provides theoretical orientation, mythopoetic narratives, and cultural events within which to contextualize collective and personal traumatic phenomenon.

Based on outrage and hope in response to both historical and current courageous unsilencing about traumatic experiences, this presentation includes Ann's description of a personal process of metabolizing a series of traumatic experiences; unsilencing and reclaiming shadow projections; making amends; and synthesizing these processes in the service of being increasingly present to her own and other people's trauma narratives.

C. G. Jung Society, Seattle, Saturday, March 14, 2020: workshop: A Jungian Approach to Experientially Metabolizing Personal and Cultural Trauma

Building on the lecture, this workshop provides a context in which participants can explore and metabolize responses to collective and personal trauma. The intended outcome of this workshop is an increased understanding of ways to approach traumatic experiences within a variety of relationships.

During this workshop, we review, explore, and validate cultural and personal traumatic experiences via the following strategies: build a safe-enough container; form mutually-supportive networks; set an intention of voluntary participation; identify self-care strategies; and participate in check-ins with small groups and the entire group. During the morning, we create an inventory of collective/societal experiences of trauma; apply centering activities (e.g., journaling, drawing, mediating); and use process check-ins. During the afternoon, we focus on individual experiences: re-set the container; create an inventory of individual trauma experiences; apply centering activities; and validate and provide compassion for our experiences. Next, we explore and reclaim shadow aspects of our projected trauma experiences, followed by applying the process of making amends. These experiential activities provide a 360-degree metabolism of experiences of trauma, both collective and personal; we apply our learning to possible future experiences. To close the container, we check-in with small groups and with the entire group. Because this presentation approaches tender experiences, we will use care and compassion in our time together. This presentation is not intended as a specifically therapeutic context. All participation is voluntary.