

#WithUkrainianJungians

Walking alongside our Ukrainian colleagues in solidarity in 2023

‘Making the Unsayable Experiential’ (BB7) webinars - part 1.

in association with **GAP** (Guild of Analytical Psychologists)
& **ARAS** (Archive for Research in Archetypal Symbolism)

Walking alongside our Ukrainian colleagues

“It was like another reality, a hand stretched from another world. It allowed us not only to have awareness of this other reality, but also to come in touch with it when everything is perceived as very fragile” (Ukrainian analyst)

We invite you to join us over the next 16 months in walking alongside our Ukrainian colleagues

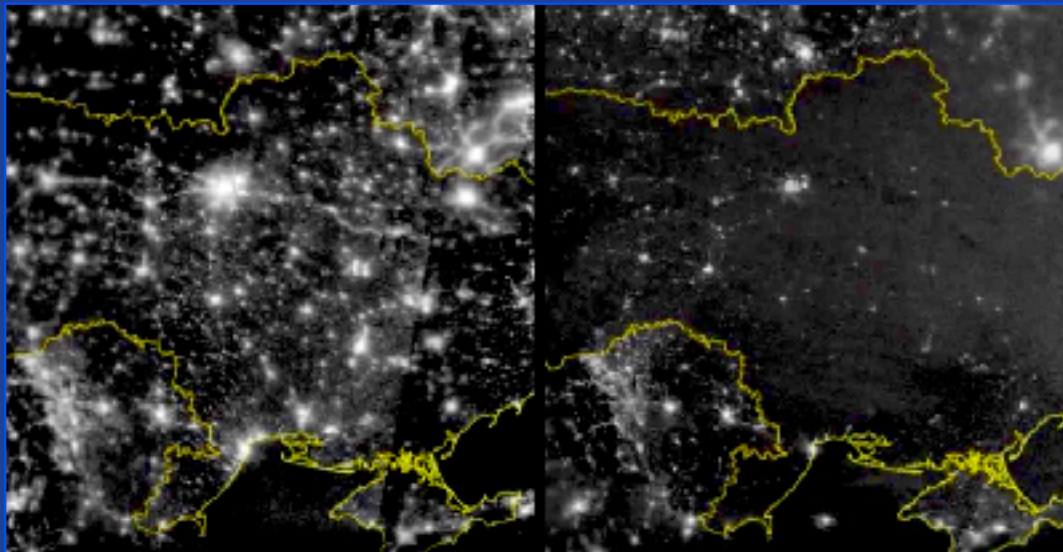
You can participate in a number of ways

- Attend our **monthly webinars**. This means a lot to our Ukrainian colleagues - all webinars are aimed at everyone, Ukrainian and non-Ukrainian
- **ARAS image project**
- **Dream depository** (also for synchronistic and somatic experiences)
- **Film project**
- **Financial donation**

Welcome

Dear Colleague,

As I write this note to you, Russia is trying to break the morale of the civilian population in Ukraine by destroying its energy infrastructure, leaving vast swathes of the country without heating, light, internet and mobile communications - just as the icy cold winter sets in. It is an ancient tactic of war. Tom Singer sent me these images from Nasa, which graphically depict Ukraine's descent into darkness.



One of our Ukrainian colleagues wrote to me: Thanks a lot for your support. I am alive, and during this period it's the best news - to be alive. Another wrote to tell me life is all about survival now. And yet, from the darkness and the icy cold, our Ukrainian colleagues have inputted into this programme of solidarity that we have put together for next year. That is how important it is to them to meet with those of us who are not in the war.

"And now when I am in the shoes of someone needing support, I could fully receive and understand the significance of this process when colleagues from other countries contribute and organise such important support events" (Ukrainian analyst)

We watch in horror, feeling powerless in the face of Ukraine's suffering. But actually, we really can, each one of us, make a difference. We know this from the international Reading Groups that #WUJ has been running.

"It was like another reality, a hand stretched from another world. It allowed us not only to have awareness of this other reality, but also to come in touch with it when everything is perceived as very fragile" (Ukrainian analyst)

We can help maintain the morale of our Ukrainian colleagues in this time of extreme stress and suffering.

"[The Reading Group] has been like a lighthouse that showed the way we could move. And that was so important to me. Us Ukrainian colleagues are in a stormy sea and we have to rely on our capacity, our skills to swim in our body, how long can we survive in the sea, but then suddenly we got that container, a boat, something more civilised, something constructed where you can really be. There was a lot of feedback on that souls' container, to be together in the zoom rooms, a place of hope. A lot of compassion" (Ukrainian analyst)

We don't need to be a bystander.

"A participant said the Russians don't know me and want to kill me. There are people on the other side who also don't know me, but care and have a desire to help. How can we oppose evil? Someone cares and if we are not afraid to look into darkness, then maybe symbols come from darkness." (Facilitator)

Those who participated in the Reading Groups were profoundly moved by the encounter with our Ukraine colleagues.

“Going into the war as we did, seeing someone out there in the dark. It’s really strange that we’re on zoom, and at the same time it brings us close to that place. I’m very grateful and very humbled by the quality of our Ukrainian colleagues. I was really touched by their capacity to see us respectfully. They said it helped them to reflect on the unthinkable, us being a little bit distanced.” (Facilitator)

“It’s in our imperfection...this experience in these crazy times brings out something which is the naked humanity we all have and we all share... We think we should do more, but the fact is that we did something. We were able to provide a place of warmth. When around you things are being destroyed, how can you cope with that? If you feel shattered and fear of the next bombing? We created a space. Little by little images emerged...finding a capacity, finding your body... it was very powerful” (Facilitator)

Our first solidarity event was in May, and many of you joined us for that. We then ran nine Reading Groups for Ukrainians and non-Ukrainians together, with 150 people signed up. We thought they would just be reading groups, but then we realised we were participating in a very deep process.

In addition to the webinars, you will see that ARAS will be running an image project, Chris Hauke will attempt a film project and we have opened up a Dream Depository to which we can all contribute. We know from the May event with Ann Ulanov that you will also be generous with your financial support.

2023 will be a very tough year for our Ukrainian colleagues. We invite you to walk with them and us as a community. You will be helping to build a vital container that will help to hold our colleagues in the darkest of times.

Thank you

Catherine Cox & Catherine Hinds
On behalf of the Organising Committee
December 2022

“I believe that this part of the project is important support... a continuation of the process that has started. Colleagues have already noted some kind of a restructuring of the mindset that they were more open to a symbolic, Jungian way of thinking and that that was resourceful for them. And they also noted that it was valuable that facilitators were from other countries and were in safe conditions.” (Ukrainian analyst)

Webinar Schedule

All webinars start on Tuesdays at 18:00 GMT **except in March 2023** when Marian Dunlea's webinar will take place on a Saturday at 17:00 GMT instead.

January: 24.1.23	Joe Cambray & Inna Kyryliuk Synchronicity and Trauma.
February: 21.2.23	Sonu Shamdasani & Svitlana Shevchenko Jung's New Cure of Souls: Reflections on Jung's practice and later shifts in Analytical Psychology.
March: 25.3.23	Marian Dunlea & Olena Brante BodyDreaming - aligning with the body and psyche's inherent organic capacity for Self-regulation.
April: 25.4.23	Lionel Corbett & Elena Pozdieieva Jung's notion of the Self: An emerging new God-image.
May: 16.5.23	Murray Stein & Serhiy Teklyuk The Mystery of Transcendence Within - A Dream for Our Time.
June: 6.6.23	Susan Schwartz The Effect of Absent Fathers: Father Desire, Father Wounds.
July: 4.7.23	Ann Shearer & Victoria Roslik A Myth for our times.

September: 19.9.23	Donald Kalsched Working with Affect and Defence in the Aftermath of Trauma.
October: 24.10.23	Verena Kast & Olga Kasianenko Coping with Grief - Difficulties and Resources.
November: 21.11.23	Renos Papadopoulos Collective Forms of Severe Adversity: narratives, traps, effects and therapeutic endeavours.
December: 12.12.23	Dale Mathers & Yuri Danko Being with not knowing.
2024	
January: 16.1.24	Tom Singer The Mythopoetic Imagination and The Plague: An Antidote to the Contemporary Dystopian Paralysis
February: 13.2.24	Katerina Sarafidou Love Inside-Out: Jung's Black Books as a framework for shaping one's attitude towards life, war and analysis.
March: 12.3.24	George Hogenson New developments in the theory of archetypes.
April: 16.4.24	Ursula Wirtz Trauma and the Arts.
May: 21.5.24	Christopher Hauke 'Frames and Borders' - an international Jungian community film project reflecting who we are to each other, and what this means.

1. January 24th 2023

Joe Cambray & Inna Kyryliuk

Synchronicity and Trauma



Joe writes:

“We are pleased to invite all who wish to join us in this communal encounter in solidarity with and support of our Ukrainian colleagues. As we have been learning the participation of the international Jungian community is providing a highly valuable and much needed sense of interconnectedness for all who participate. We look forward to having you with us for this series of webinars.”

Joseph Cambray, Ph.D. is the Past-President-CEO of Pacifica Graduate Institute and Past-President of the International Association for Analytical Psychology; has served as the U.S. Editor for *The Journal of Analytical Psychology*. He was a faculty member at Harvard Medical School in the Department of Psychiatry at Massachusetts General Hospital, Center for Psychoanalytic Studies. Dr. Cambray is a Jungian analyst now living in the Santa Barbara area of California. His numerous publications include the book based on his Fay Lectures: *Synchronicity: Nature and Psyche in an Interconnected Universe*. He has published numerous paper in a range of international journals.

The concept of synchronicity is becoming an increasingly important idea in the 21st century. We will start with a brief review of how this core conception eventually arose in Jung's response to personal trauma followed by war and a pandemic. His journey through these difficulties is documented in the *Red Book* as he gradually made his way back to the world. We will then look at clinical and cultural aspects of synchronicity.

This will include discussion of precognitive dreams that have a synchronistic feeling. While it is obvious that not all synchronistic experiences are trauma based, nevertheless, traumas do activate archetypal processes which can engender such experiences. Often, when the ordinary functions of consciousness are hindered, as in the threat or aftermath of intense trauma (freezing), the psyche may adapt by spontaneously employing synchronistic communications.

The value of understanding these communications can greatly assist us in moving forward in time of great difficulty.



Inna writes:

Einstein said: “Intuitive mind is a sacred gift! And the rational mind is a faithful servant!” Jung had the gift of intuition that often manifested in his life and work and that became the foundation for researching and describing the notion of ‘synchronicity’. He viewed synchronicity as a creative principle constantly operating in nature that reveals one of the dynamic attributes of the “new code of behaviour” for new moral responsibility.

In psychotherapeutic practice synchronicity is closely connected on the one hand to the archetypes and on the other hand to the situation of “impossibility” to find a solution or an explanation to one’s actions or premonitions.

Already now, after nine months of war I can describe my observations of how the subconscious “anxious” image of disaster was penetrating the conscious level in the form of dreams, thoughts, premonitions and symbols and after a while the objective physical situation coincided with those images. Those were the phenomena, apocalyptic dreams, obsessive images and anxious premonitions of disaster/war that the year before the war was filled within Ukraine.

There will be a presentation of clinical material: dreams, visions, premonitions of both Ukrainian and Russian clients.

Inna Kyryliuk, PhD, is a Jungian Analyst, IAAP supervisor and Jungian Sandplay Therapist. She is President of Ukrainian Jungian Association (UJA), Ex-president of Professional Association of Child Analytical Psychologists, member of Eastern and Central European Community of Jungian Analysts (ECECJA), & Founder and Head of the Analytical Centre ‘Prostranstvo’, Kyev, Ukraine.

Inna has written more than 15 articles on Analytical Psychology in working with adults, children and adolescents. She is the author and facilitator of long-term educational programmes on Analytical Psychology.

2. February 21st 2023

Sonu Shamdasani & Svitlana Shevchenko

Jung's New Cure of Souls: Reflections on Jung's practice and later shifts in Analytical Psychology



A view from Jung's study (c) Sonu Shamdasani, 2011

Sonu writes:

"I support the initiative of these lectures on the Care of Souls, as they aim to provide solidarity through community, which is the least one can do in times of collective cataclysms."

This webinar opens a discussion of Jung's practice in psychotherapy, reconstructed through correspondences and diaries of patients. It looks at the codification of therapeutic practice following the rise of training institutes, focussing on developments in London, the broader regulatory apparatus of psychotherapy, and the renewed interest in Jung's practice self-healing as revealed in *Liber Novus* and *The Black Books*. It is recommended that participants read the following essays beforehand:

Sonu Shamdasani, "From Neurosis to a New Cure of Souls: C.G. Jung's Remaking of the Psychotherapeutic Patient,' in eds. Mererid Puw Davies and Sonu Shamdasani, *Medical Humanity and Inhumanity in the German-Speaking World* (London, UCL Press, 2020), available on open access at: <https://www.uclpress.co.uk/products/131021>, and reprinted in ed. Stefano Carpani, *Anthology of Contemporary Theoretical Classics in Analytical Psychology The New Ancestors* (London, Routledge, 2022).

Sonu Shamdasani, "Jung's Practice of the Image", *Journal of Sandplay Therapy*, 24 (1) pp. 7-22, available at: <https://discovery.ucl.ac.uk/id/eprint/1473764/>

Professor Sonu Shamdasani is Vice-Dean (Health) of the Faculty of Arts and Humanities, University College London, and Co-Director of the UCL Health Humanities Centre. He is the General Editor of the *Philemon Foundation*, and the author and editor of a dozen works, which have been translated into many languages.



Svitlana writes:

“Ukraine is going through very difficult times now, we are fighting for our right to be, to live, to have our identity, our culture, our language, our homeland. Your support is very important to us. The world is so small and everything that happens in our country is reflected and concerns the whole world. And at the same time, the world is so big, and it has enough resources to defeat evil.

I recall the words from Jonathan Lear's book, ‘Radical Hope’, about making a bet on the intuitive belief that there is enough good in the world to make everything end well.”

Svitlana Shevchenko is from Zaporozhye in Ukraine, and has been an individual member of IAAP since 2019. As well as working analytically with individuals and groups, Svitlana conducts lectures and training seminars in her main areas of interest - working with dreams, sandplay therapy, and myths & fairy tales.

3. Saturday 25th March 17:00 - 19:30 GMT

Marian Dunlea & Olena Brante

BodyDreaming - aligning with the body and psyche's inherent organic capacity for Self-regulation.



Marian writes:

“Currently I am privileged to be working online with a small group of Ukrainian analysts and training analysts. Our meetings bring me into contact with the most basic value of our shared humanity - our ability to listen and to be present to the other’s experience. This I feel has been a learning curve for me . The simple act of showing up and receiving the other’s experience transforms suffering - brings strength and hope in a time when the centre seems not to be holding. We all benefit from meeting each other on the edge of hope and resilience.”

Marian Dunlea M.Sc., IAAP, ICP, is a Jungian analyst and Somatics practitioner who has been teaching and leading workshops internationally for the past 30 years integrating body and soul. She is head of the BodySoul Europe training programme, sister organization of the Marion Woodman Foundation, where she is core faculty. With the development of her unique approach BodyDreaming®, Marian incorporates developments in neuroscience, trauma therapy, attachment theory with Jungian psychology, and the phenomenological standpoint of interconnectedness. Her book, BodyDreaming in the Treatment of Developmental Trauma, Routledge won the Gradiva Award for best book, 2019, with NAAP - National Association for the Advancement of Psychoanalysis and is Co-Winner of The International Association for Jungian Studies, Best Book award 2019.

www.mariandunlea.com

BodyDreaming is an embodied Jungian approach that offers tools to support our stressed and sometimes traumatized nervous systems. It can strengthen our capacity to tolerate the unbearable, to bring back connection, resilience, and hope. This workshop provides tools for working with all analysands, whether or not in a war zone.

This somatic practice, rooted in Jungian psychology, works with holding the tension of opposites between dysregulated and regulated states. The process invites in the possibility of a 'new third' a 'living birth.' As Jung writes:

"The confrontation of two positions generates a tension charged with energy and creates a living third thing - not a logical stillbirth ... but a movement out of the suspension between the opposites, a living birth that leads to a new level of being, a new situation. The transcendent function manifests as a quality of conjoined opposites" (Jung, 1957, par. 189).

The BodyDreaming approach interrupts the trauma vortex out of which we may be unconsciously operating. It offers our nervous systems a release from the tyranny of overwhelm and the experience of isolation. This brings us into a greater sense of ease, connection and coherence.

Experiential piece.

We will practice the tools used to regulate the nervous system.

We will offer some demos to show how to use these resources for regulating the nervous system and aligning with self-regulation.

We will show how these tools can be used in active imagination and dream work, working with individuals who will be invited to share a dream image.



Olena writes:

"I appreciate what Natan Schwartz Salant said:

"With the realisation of hatred, we often begin the process of "awakening"."

Olena Brante was born and grew up in Ukraine, but for the last six years she has lived in Ireland. Elena trained as a Jungian analyst with the Ukrainian Development Group and her main areas of interest are: trauma (in all its varieties), narcissism phenomena and immigration processes.

She very much appreciates art techniques and is interested in the impact of cold swimming on the psyche.

Remembering Nathan Schwartz Salant, Olena believes that every Self provides its own experiment during the life, seeing the life of the soul as very difficult but also miraculous.

Interpretation

There will be simultaneous translation into Ukrainian.

We are also hoping to have simultaneous translation into Spanish, German, French, Portuguese and Italian.

We pay our Ukrainian translators.

All others work for free to support Ukraine.

ARAS

ARAS, the **Archive for Research in Archetypal Symbolism**, is pleased to join **#WUJ** in a collaborative effort to support our Ukrainian colleagues.

We will run a project in which participants and presenters will be invited to share images that arise in response to the experience of each webinar.

These images, along with brief commentaries that provide cultural context and archetypal meaning, will be housed in a special place on the ARAS website.

ARAS will also house the recordings of the webinars for those who are unable to attend live.



Team:

Tom Singer

Marilyn Mathew

Allison Tuzo

Stella von Boch

Oksana Korobova

Film Project: 'Frames and Borders'



An international Jungian community film project reflecting who we are to each other, and what this means.

Borders: between countries, between people, between conscious and unconscious, between psyche and matter, between thought and feeling

Frames: the film frame as border, framing ourselves and our lives, framing our understanding, framing our identity, framing realities

Led by **Christopher Hauke** (SAP)

Information on how to participate to follow

Christopher Hauke is an IAAP Jungian analyst & a Senior Lecturer Emeritus at Goldsmiths, University of London, interested in the applications of analytical psychology to a wide range of social and cultural phenomena.

His short films, documentaries *One Colour Red & Green Ray* and the psychological drama *Again* premiered in London venues and number of congresses.

He has written & co-edited numerous books on film & analytical psychology and now writes fiction under his middle name, Covel.

www.christopherhauke.com

Dream Depository

We have set up a **Dream Depository** to run alongside the webinar series. Here you may deposit dreams, synchronistic experiences and somatic experiences.

Everyone involved in any way in the Webinars is invited to participate - participants, speakers, interpreters, organisers... This **Dream Depository** is secure and contributions are anonymous.

We hope that the **Dream Depository**, alongside the Webinar Series, will create a useful container for us all as we work together on what Jung described as the Magnum Opus.

But please be aware that, as in a social dreaming matrix, what is deposited will be treated as belonging to the collective. It may be used in research to help us understand better how the psyche responds to war and may be published (all anonymously of course).

To access the **Dream Depository** please click:

<https://forms.gle/NfasrSEVJC31YYaR6>

Tickets

1.

Please first **make a donation** on our **GoFundMe** page:

<https://gofund.me/49977cf7>

To be as inclusive as possible, suggested minimum donations (by World Bank ranking) are:

High income: North America, Australia and Europe: £25
(trainees and routers: £15)

Upper middle income: South America and the Balkans: £15
(trainees and routers: £5)

Lower middle income: South East Asia and Africa: £5
(trainees and routers free)

Ukrainians & those working on the front line with Ukrainians: Free

2.

Please then **book your ticket** on **Eventbrite**:

Webinar 1 (Joe Cambray)

<https://tinyurl.com/yrber4sf>

Webinar 2 (Sonu Shamdasani)

<https://tinyurl.com/48sykzmv>

Webinar 3 (Marian Dunlea)

<https://tinyurl.com/5n7h5tba>

Financial matters

These webinars are a fundraiser for our colleagues in Ukraine.

Our aim is to try to get the money to those colleagues most in need.

From the Ann Ulanov event in May, we were able to donate the £35,0000 we raised directly to individual Ukrainian Jungians or trainees.

We need a different method this time and are discussing with UJA and the developing group USAP how best to proceed. Communication is very difficult and slow at the moment with the destruction of so much of Ukraine's energy infrastructure, so we will update once the mechanism is finalised.

The money will be held by IAAP member, The Guild of Analytical Psychologists (GAP), which is a registered charity in the UK.

Everyone involved in the project is working for free - the only people we will pay are the Ukrainian interpreters, so almost all your donation will go to our colleagues.

#WUJ objectives

#WUJ is an international collaboration between non-Ukrainians and Ukrainians that aims to engage the international Jungian community at grassroots level in meaningful support of colleagues experiencing sustained terror in Ukraine.

The 3 objectives of **#WUJ** are:

- to help alleviate trauma by standing alongside our Ukrainian colleagues
- to help reduce stress by providing financial support to colleagues who are suffering considerable financial hardship due to the war
- to use the resources of Analytical Psychology to sustain us all in these tumultuous times.

#WUJ acknowledges that our colleagues in Ukraine are not the only colleagues to experience trauma. We hope that what we are learning about how to respond will help inform a response in the future when colleagues are faced with extreme crises elsewhere in the world. All work in support of **#WUJ** is voluntary (other than when we are able to employ Ukrainians).

Attendance is free for Ukrainians and those providing significant support on the front line.

Contact: WUJ@citypsychotherapy.org

Please note: **#WUJ** has no staff or budget, so please be very patient if you contact us!

With thanks to everyone working on the project:

Organising Committee

Catherine Cox
Catherine Hinds
Joe Cambray
Judy Cowell
Maxim Ilyashenko
Susan Schwartz
Elisabetta Pasini
Claire Mouchot
Sally Arthur

Speakers

Olena Brante
Joe Cambray
Lionel Corbett
Yuri Danko
Marian Dunlea
Christopher Hauke
George Hogenson
Donald Kalsched
Olga Kasianenko
Verena Kast
Inna Kyryliuk
Dale Mathers
Renos Papadopoulos
Elena Pozdieieva
Victoria Roslik
Katerina Sarafidou
Susan Schwartz
Sonu Shamdasani
Ann Shearer
Svitlana Shevchenko
Tom Singer
Murray Stein
Serhiy Teklyuk
Ursula Wirtz

Interpreters

Helene Besson
Hartwin Busch
Desiree Coco
Debora Chobanian
Karin Fleischer
Sandra Fröhlich-McCormack
Justin Hoffman
Alejo Lopez
Luciana Nadalutti
Helene Popp
Jan Rausch
Crispina Sanders
Cindy Schaller
Anya Stembkovska
Chiara Tixi
Natalia Valdes
Katharina Wawrzon-Stewart

Social Dreaming Matrices Facilitators

Helen Morgan
Catherine Cox
Franca Fubini
Carola Mathers
Marilyn Mathew
Alessandra di Montezemolo
Fiona Palmer Barnes
Elisabetta Pasini
Carlos Remotti-Breton
Chris Scanlon
Laurie Slade
Cinzia Trimboli

Svitlana Shevchenko
Ann Ulanov

Design

Marilyn Mathew

Reading Groups Facilitators

Joe Cambray
Linda Carter
Judy Cowell
Catherine Cox
Catherine Hinds
Maxim Ilyashenko
Trevor Jameson
Ольга Касяненко
Инна Кирилюк
Alessandra di Montezemolo
Guislaine Morland
Elisabetta Pasini
Елена Поздеева
Katerina Sarafidou
Susan Schwartz
Serhiy Teklyuk
Stella von Boch
Caterina Vezzoli
Heba Zaphiriou-Zarifi



#WithUkrainianJungians

There is a story that when Chinese artist Mao Mao met one of Ukraine's ex presidents, she begged him to reverse the colours of the flag.

The reason was because according to the Book of changes I - Ching, the current disposition suits to the hexagram 否, pǐ, 'sky above land', that portends disaster and decline, and if the colours are reversed, it will create the hexagram 泰, tài, 'land above sky' that portends success.