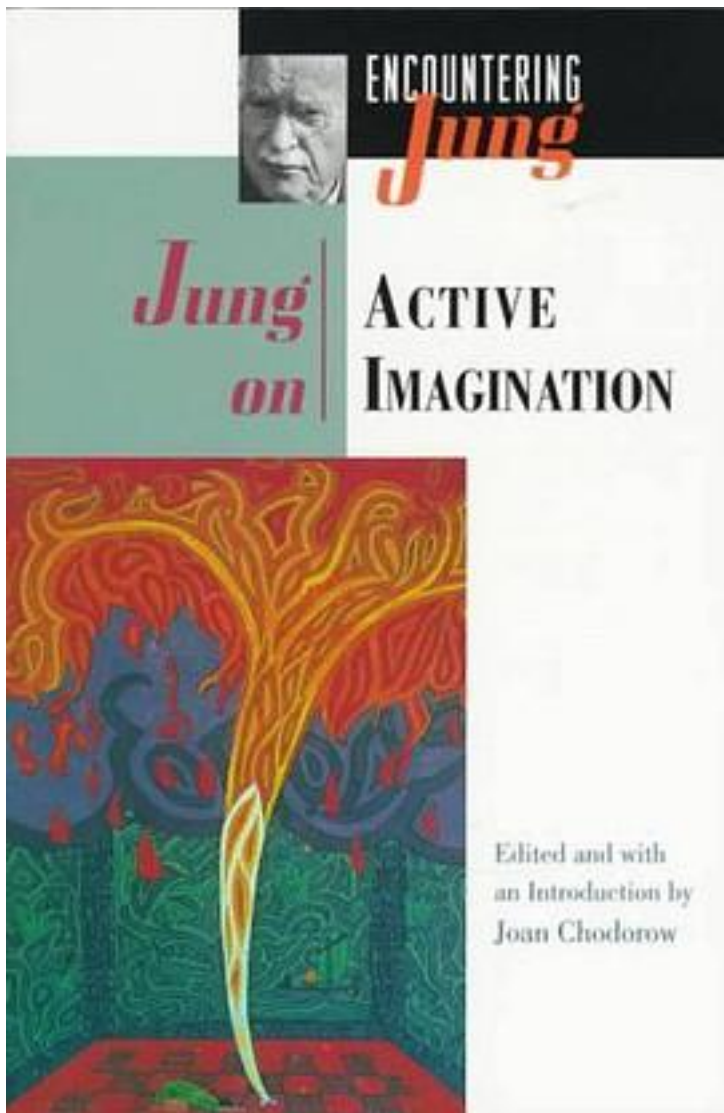


Jung on Active Imagination



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著者:C. G. Jung

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All the creative art psychotherapies (art, dance, music, drama, poetry) can trace their roots to C. G. Jung's early work on active imagination. Joan Chodorow here offers a collection of Jung's writings on active imagination, gathered together for the first time. Jung developed this concept between the years 1913 and 1916, following his break with Freud. During this time, he was disoriented and experienced intense inner turmoil --he suffered from lethargy and fears, and his moods threatened to overwhelm him. Jung searched for a method to heal himself from within, and finally decided to engage with the impulses and images of his unconscious. It was through the rediscovery of the symbolic play of his childhood that Jung was able to reconnect with his creative spirit. In a 1925 seminar and again in his memoirs, he tells the remarkable story of his experiments during this time that led to his self-healing. Jung learned to develop an ongoing relationship with his lively creative spirit through the power of imagination and fantasies. He termed this therapeutic method "active imagination."

This method is based on the natural healing function of the imagination, and its many expressions. Chodorow clearly presents the texts, and sets them in the proper context. She also interweaves her discussion of Jung's writings and ideas with contributions from Jungian authors and artists.

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标签

心理学

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评论

Out of despair or ecstasy, many embarked on their introspective imaginative journeys and reached the point of no return. Maybe by chance, not only they escaped from the poignancy of individual trauma, but they also added remarkable notes to art history, literature, music and the most universal fantasies. What a wonderful dream state!

必读教材之一。上学期到这学期写了两篇相关论文了，精神分析学派真的有种自省自究的独立感。教育水平，思维能力，觉察程度都能影响理论使用效果。哲学家学派是真。

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书评

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