



THE SOCIETY OF ANALYTICAL PSYCHOLOGY

JPEG: Jungian Process & Experiential Group

“The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves.” Carl Jung

JPEG 2020 -2021 Course Content

10 Saturday Afternoon Sessions

£400 for the year

• Who is the course for?

The JPEG group meets once a month on a Saturday afternoon. It is for past and current participants of the Foundations Course and Therapeutic Skills Course, participants of previous JPEG groups, current SAP trainees as well as other individual applicants who have done an equivalent introductory course.

It will cover the following possible interests:

- on-going personal development and exploration with like-minded people through exploring Analytical Psychology
- individuals who are interested in beginning to explore the possibility of applying for the SAP's professional trainings
- general exploration of concepts in Analytical Psychology through reading, discussion, debate, process and experience
- individuals gaining CPD hours through attendance

JPEG group-work is an opportunity to explore, play and learn from Jungian and post-Jungian concepts in Analytical Psychology. This group meeting is not an analytic or group therapy forum but rather an experiential, process and discussion group that may have therapeutic elements and is facilitated by analyst members of the SAP.

• JPEG Approach

The purpose of this group is to offer an on-going forum for individuals interested in learning more about a developmental approach within Analytical Psychology while respecting classic and archetypal approaches. An aim that the facilitators have towards JPEG as an on-going forum of learning can be described in the following quote by Winnicott:

“It is in playing, and only in playing, that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self.

• General information

Venue: The SAP, 1 Daleham Gardens, London, NW3 5BY

Date: Once monthly on a Saturday, 10 meetings per year

Time: 14.00 – 17.00

Fee £400 for the one year programme

Payment options: one payment of £400 or two instalments of £200

Booking: Gita Khalatbari on 020 7435 7696 or publicevents@thesap.org.uk

Convenor: Ali Zarbafi

Facilitator: Ali Zarbafi and Laurie Slade

• JPEG Afternoon Dates and Format

14:00 – 15:00	Social Dreaming or Film
15:00 – 15:30	Break
15:30 – 16:00	Dream Reflection
16:00 – 16:30	Readings and Small Group Discussion/exercise
16:30- 17:00	Large Group Reflection
17:00	Close

Dates:

JPEG (2020-21)
19 September
24 October
21 November
19 December
23 January
27 February
27 March
24 April
22 May
26 June

The Dreaming Mind and the Creation of Meaning

Dreams have historically been thought of as pointing to something collective or communal or a message from another realm, generally spiritual. With the advent of the Enlightenment and industrialisation in the West and the birth of the individualism and science, the ideas around dreams were firstly dismissed as superstition but eventually seen to belong to the individual unconscious and were ascribed various meanings to do with the individual's inner world of desires, defences, wishes, meaning and purpose in life. However, the symbolic range of a dream is both individual, archetypal as well as belonging to an intersubjective field which includes the other, the group, culture and the collective.

In depth psychology the dream is firstly thought about in terms of the patient's inner world and how the patient may be experiencing as well as being informed by the analyst – the other, which opens the door to an imagined and real environment through which the patient is learning and trying to orient themselves. The other in analysis tends to point to the 'unthought known' in the patient which is deeply unconscious and has archetypal as well as developmental affective meanings. In this JPEG series we will look at the place of the dream in our lives and how dreams can guide us or orientate us about who we are both individually, culturally and archetypally. We will look at Jung, Freud as well as more modern ideas around dreams both in terms of cultural difference as well as neuroscience and the science of sleep and their potential symbolic and creative meanings in various contexts i.e. group, organisation, culture and the collective.

The JPEG series is 3 hours every month on a Saturday afternoon and will start with a social dreaming session followed by a small and large group discussion or exercise around some pre-set reading and any themes which have emerged out of the social dreaming.

• About Social Dreaming

Each JPEG afternoon will begin with a Social Dreaming Matrix.

Social Dreaming assumes that dreams in the matrix belong to the collective, thus all dreams that find their way into the matrix session do not belong to the individual dreamer. Each author of a dream becomes one of many messengers who contribute to the emergent narrative of the matrix.

The dream is indicative of an 'otherness' and is representative of the Self which is conceived or arrives in the mind of the author who then chooses to share it with the collective. The Social Dreaming principle of willingly sharing ones dreams with the collective has two key affective ideas:

- Dreams that are shared develop associations and contributions in the matrix which begin to form patterns, themes, and shapes.
- Exploration in the matrix leads to a something emergent of that 'already known but not thought' which evokes recognition, resonance and mutuality between individuals in the matrix.

Social Dreaming becomes a shared experience where there is an ever-evolving discovery of 'the need of the social and the community in the individual'. The act of a group forming a dream matrix and willingly sharing dreams has the potential for opening a door to a complex collective which is uniquely created and found in the 'here and now'.

Participants in the Social Dreaming matrix find themselves becoming involved in something that is larger and vaster than our individual selves. It is as if during a matrix experience we become aware of dynamics and experiences that seem to arrive of their own accord through associations and contributions which affect how we feel in the group; especially when we can sit and wait for dreams to arrive when ready.

Social Dreaming as an experience can show us how important we are to one another and that there is a deep knowing and respect that is available to us by being able to access it as individuals in a shared group experience.

About the Course Convenor and Facilitator

Ali Zarbafi

Ali is a Jungian Analyst and Psychotherapist. Ali is founder member of the Multi-lingual Psychotherapy Centre and has run workshops on the Refugee Experience. He works in the NHS and private practice and has published a book with John Clare entitled *Social Dreaming in the 21st Century: The World We Are Losing* (Karnac 2009).

Laurie Slade

Laurie is a member of the Guild of Psychotherapists, the Confederation for Analytical Psychology, and the International Association for the Study of Dreams. He practiced for 30 years as a psychoanalytic psychotherapist, and continues to act as a creative consultant. He has been involved in social dreaming since 2001, hosting sessions in a variety of settings, in the UK and internationally, including open-access events for Tate Modern (2017) and the Barbican (2019). He is co-founder of Queer Social Dreaming, a monthly meeting since 2016 for LGBTQI+ and their supporters. His paper *Renewing the Land – the Dreaming Mind in Community* was recently published in *Social Dreaming – Philosophy, Practice, Theory and Research* (Routledge - 2019).

• Reflections from past JPEG participants

“I have really enjoyed the Experiential Group over the last year. It has helped me to keep connected with the SAP and be part of a group that is learning at the same time in similar ways over a prolonged period. I really value the opportunity it has given me to reflect further on themes arising from the introductory lecture series. The JPEG is another strand of preparation for the training which I am planning to apply for over the next year or so. I look forward to the next series.”

“The Jungian Play and Experimental group provided a valuable and meaningful forum for exploration of Jungian ideas in a group setting. I enjoyed every session and would recommend the course to anyone interested in furthering a deeper interest in the application of all things Jungian.”

“An experiential session can’t be described, but only experienced. Yet, JPEG is always challenging, thought-provoking and holds up a mirror to oneself. It never follows a preordained course but instead moves in uncharted areas.”

To register for the JPEG 2019-2020 Programme, please contact the SAP Education and Public Events Administrator – Gita Khalatbari on 020 7435 7696 or publicevents@thesap.org.uk

Please note that this is up to date as of September 2019 and may be updated in the near future. All participants will be informed of updates.