



C.G. Jung Society

OF NEW ORLEANS

Spring 2019 • Vol. 28, No. 1

How do we individuate?

Deldon Anne McNeely, PhD, Jungian Analyst and Jung Society Board Advisor

An essential concept in Jung's psychology is "individuation," and we have decided to make that the theme for this year's Jung Society of New Orleans presentations. The term has sometimes been interpreted to suggest that only exceptional people are capable of individuating, which has lent an elitist air – that is unpleasant and undemocratic – to the concept. So, first let us clarify: individuation is a universal experience that occurs naturally as our psychological growth proceeds. We become gradually more authentic, expansive and differentiated. However, there is a way to become more aware of our process, and that makes individuating more meaningful and deliberate. That way is through reflection and responsibility.

Jung hypothesized that the center of consciousness was not the ego, but was an organizing principle that encompassed the unconscious as well. He called that the "Self" and imagined it was the source of vital energy that drove the search for one-

self. By reflecting on dreams and unconscious messages as well as our conscious experiences, we participate actively in the process of individuating.

We each desire to fulfill those characteristics that express our values, ideals, ambitions, our own traits and talents. In healthy situations this urge thrives and we become more and more able to express our individuality as our experience and consciousness widen. But when we are thwarted in development by fear, or shame, or limits in freedom of thought or movement, the natural process of development fails to progress and pathology occurs. The sign of a healthy individuation process is that the values of the personality are compatible with some greater good; that sometimes means we have to grow beyond the comforts and mores of the family or group in which we find ourselves.

Individuation progresses as we become more and more consistent with our own integrity, more creative, more open, more reliable, and more capable of gratitude. We hope you will find that our programs in the next year contribute to your awareness of your individuation. ☺

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Jung Society membership is open to all

For the annual \$60 membership fee, you receive free admission to all nine evening programs, a discount on Saturday workshops, and checkout privileges at the Society's library. You can join online now at jungneworleans.org or at the door anytime you attend a monthly program. ☺



SPRING 2019 PROGRAMS

Tuesday, January 8, 7:30 pm

True Religion: Individuation, Alchemy and Poetry

Presenter: Deedy Young, MSW, LCSW, Jungian Analyst

Jung wrote "the strongest urge in every being, the urge to realize itself, is an incarnation of *the inability to do otherwise*, equipped with all the powers of nature and instinct" (1969a, CW 9i, ¶ 289). Central to our nature, this urge is the driving force behind individuation, the lifelong process of becoming who and what we are. In researching alchemy, Jung recognized alchemical images to be symbolic of the psychological processes an individual experiences in the overarching individuation process. Like alchemical images, poetry may also shed light on individuation. Poetry's languages of symbol, imagery and feeling can bring the concept of individuation vibrantly alive, adding nuance while conveying numinous energy associated with an individuating experience.

Elizabeth (Deedy) Young is a diplomate of the Inter-Regional Society of Jungian Analysts. She lives and works as an analyst in Lafayette, Louisiana. One of her poems and an article were recently published in "Psychological Perspectives." Deedy is a faculty member of the New Orleans Jungian Seminar, an organization that offers monthly seminars to those who wish to explore Jungian psychology, as well as serving as a point of entry for analytic training with the IRSJA.



1.5 CE credit hours for LPCs and Social Workers, additional \$10.

\$15 (students \$10), free to Jung Society members

Venue: First Unitarian Universalist, 5212 S. Claiborne at Jefferson, New Orleans

OBJECTIVES

Participants will grasp the concept of individuation, particularly its central role in the psychological development of the individual; will deepen their awareness of individuation at a level beyond theory by experiencing aspects of the individuation process via poetic expression; will recognize the integral relationship between alchemical processes and the overarching process of individuation; and will understand the nature, function and purpose of basic alchemical processes.

The Jung Society welcomes a new Jungian analyst

Elizabeth Colistra, PhD, LPC, is a certified Jungian analyst and Licensed Professional Counselor who recently moved to New Orleans from New York City. She trained at the C.G. Jung Institute of New York and the Jungian Psychoanalytic Association while completing her doctorate from Pacifica Graduate Institute. She has taught courses at the Jungian Psychoanalytic Association and the Philadelphia Jungian Seminar. Areas of interest include working with the animus from a classical perspective, active imagination, the analytic relationship, mutual process, creative and destructive aspects of Eros, and ethics in analytical psychology and practice. She is a past Board Member and Secretary for the Jungian Psychoanalytic Association. She has a private practice in the French Quarter in New Orleans working with individual adults in Jungian analysis and psychotherapy. 504-608-0825 or eacolistra@gmail.com.





SPRING 2019 PROGRAMS

Tuesday, February 5, 7:30 pm

Hearing the Call of the Cave

A Journey from Isolation to Incubation to Transformation

Presenter: Katharine Volk, LCSW, BCD

Caves have held fascination since the beginning of time. As a symbol of the mother archetype, the archetype of the cave represents both terrifying and engulfing darkness as well as rebirth and new life. In Jung's words, such dark, cavernous regions hold the "layer of the unconscious where there is no discrimination" ... "Where split off parts of the personality are united" ... "Where the 'treasure hard to attain' can be found."

This talk will focus on the warring opposites that might be encountered in a descent into one's own psychological cave. Isolation within the cave can bring inspiration or depression. Incubation can hold healing development or the inhibition of energy, a life-defying stagnation. Transformation comes about not through an alteration of

one's original inherited disposition, but by an assimilation of the inferior function which opens space for new attitudes. It is an appreciation for the journey and movement towards individuation.

Katharine Volk is a Licensed Clinical Social Worker who has been in private practice since 1992. She is a participant in the New Orleans Jung Seminar and is an analyst in training with the Inter-Regional Society of Jungian Analysts (IRSJA)



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Venue: First Unitarian Universalist, 5212 S. Claiborne at Jefferson, New Orleans

OBJECTIVES

Participants will explore and become familiar with the archetype of the cave; will be able to understand the correlation between physical caves and psychological caves as it is being viewed through this paradigm; will be able to identify the characteristics of isolation, incubation and transformation with one's psychological cave; and will have increased understanding of the Transcendent Function.

Dream Groups led by area Jungian Analysts

NEW ORLEANS

Facilitator: Jungian Analyst Constance Romero. Information at 985-778-1641

MANDEVILLE

Facilitator: Jungian Analyst Constance Romero. Information at 985-778-1641

BATON ROUGE

Facilitator: Jungian Analyst David Schoen. Information at 225-763-1230



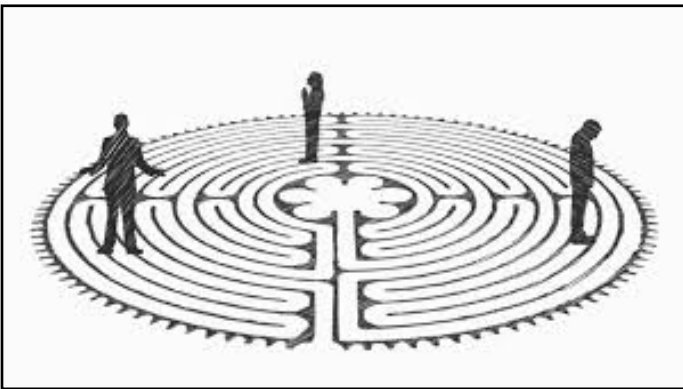
SPRING 2019 PROGRAMS

Tuesday, March 12, 7:30 pm

Please arrive at 6:30 if you would like to walk the labyrinth

Labyrinth: Symbol of Wholeness

Facilitator: Peggy DesJardins, BFA



Labyrinths are an ancient cross-cultural archetype for wholeness based on Sacred Geometry. Like a mandala, a labyrinth represents unity and is a symbol for the Feminine. It is a passageway, a womb, a container for healing. Labyrinths can be found in nature and in Chartres Cathedral in France. Labyrinths can be a beautiful tool to quiet the mind as you place one foot in front of the other on its winding path. Much like following your breath, a labyrinth can be physical, grounding, and can bring you to center, to yourself.

Three women, Peggy DesJardins, Rita Breath and Winnie Darphin Bacque, will present three experiences of labyrinths: building them, using them as a practice, and bringing labyrinth to St. Gabriel women's prison. In approaching labyrinth there is no right or wrong way. You cannot get lost. It is a singular path to the center and back out. You may ask an open-ended question before you enter if you like. Follow the path and be open to a possible quieting of the mind. Pause at the center for as long as you like. Leaving the center, follow the path back out. Often this is an opportunity to integrate any gifts received.

Peggy DesJardins, BFA, is an artist with a clay/mixed media studio, a temporary labyrinth builder, and a Talented Art Teacher and Education Coordinator at St. Tammany Art Association.

Rita Breath, BS, MS, is the Retired Director of LSU Bogalusa Medical Center Acute Psychiatric Unit, has a private counseling practice, and is an instructor of psychology in higher education.

Winnie Darphin-Bacqué, BA, has Veriditas Labyrinth Facilitator Certification and is Co-Creator of the Louisiana Labyrinth Angel Team Ministry, Louisiana Correctional Institute for Women (St. Gabriel), 2000-2010.

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\$15 (students \$10), free to Jung Society members

Venue: First Unitarian Universalist, 5212 S. Claiborne at Jefferson, New Orleans

OBJECTIVES

Participants will be able to explain how labyrinths became archetypal symbols of wholeness; show how working with labyrinths can have healing effects on people; and consider the relationship between personal individuation and methods of meditation and ritual such as walking a labyrinth.



SPRING 2019 PROGRAMS

Tuesday, April 2, 7:30 pm

Evolution and Individuation

Deldon Anne McNeely, PhD, Jungian Analyst

The concept of evolution captivates and energizes the imagination. And so, we create stories – utopias, dystopias, eternities, deities, imagining our future. Because of global communications, the images of the future that we entertain at this point in our history could have a powerful influence on the future of humanity. And the images we have about our individual futures influence our relationship to the whole world as well. In this program we will consider images of the relationship between our personal development in individuating, and evolution of the species, with particular interest in the unfolding of the feminine principle in humankind.

Deldon Anne McNeely is a Clinical Psychologist and diplomate of the American Board of Professional Psychology (ABPP). She obtained her PhD at LSU and her certification as a Jungian Analyst through the Inter-Regional Society of Jungian Analysts, and now is on the faculty of the New Orleans Training Seminar. She is author of several books on Jungian psychology, including Becoming: An Introduction to Jung's Concept of Individuation (2010).



1.5 CE credit hours for LPCs and Social Workers, \$10.

\$15 (students \$10), free to Jung Society members

Venue: First Unitarian Universalist, 5212 S. Claiborne at Jefferson, New Orleans

OBJECTIVES

Participants will contemplate possible effects of images of evolution on our individual growth; will consider how our personal individuation process reverberates in the larger society; and will be able to recognize philosophically how the process of individuation might affect the evolution of the species.

If you're interested in receiving more information on upcoming events or our announcements, please like our page and follow us on Facebook, C.G. Jung Society of New Orleans.

Continuing Education Certificates

Most Jung Society programs offer CE credit hours for Social Workers and Licensed Professional Counselors. We are proud to be able to provide this service. Evening programs generally are approved for 1.5 contact hours and Saturday morning workshops for 2.75 contact hours. Certificates are an additional \$10 charge per program. Occasionally we may choose to offer a program that does not qualify for CE credit hours if we believe the topic or presenter would be of special interest to our audience even without the certification.



SPRING 2019 PROGRAMS

6th Annual ART & PSYCHE IN NEW ORLEANS

Music, Movement and Emotion

An Evening with the
Melange Dance Company
of New Orleans

Tuesday, May 7, 7:30 pm

**\$15 (students \$10),
free to Jung Society members**



Venue: Unitarian Church, 5212 S. Claiborne at Jefferson

This year's Art and Psyche presentation welcomes Melange Dance Company Co-Founders Monica Ordonez and Alexa Erck Lambert. Winners of several Big Easy awards for choreography and performance, Melange focuses on projects that reflect diverse and complicated issues affecting us all. Tackling issues such as rising sea levels, a history of women's rights, and the American immigrant experience, Melange's diverse troupe of dancers brings an unusual mix of emotion, storytelling and movement that engages audiences in a profound way.

Monica Ordonez, Artistic Director of Melange, has been nominated for six Big Easy Awards for outstanding choreography and presentation. She has a BA in Dance Studies from Tulane University and was selected as a choreographer for the Marigny Opera House New Dance Festival in 2013. She also choreographed a production of West Side Story for St. Martin's Episcopal School in 2013. Dancing since the age of three, she has been choreographing professionally in New York, Miami and New Orleans for the past 10 years, combining her love of story, social issues and dance.

Alexa Erck Lambert, Executive Director of Melange, trained in dance in Chicago and, before moving to New Orleans, performed with Ballet Entre Nous and Kinesis Dance Company. She studied cellular biology, ballet and modern dance at Tulane and has performed with the Newcomb Dance Company, Tsunami Dance Company, New Orleans Dance and Alternative Collaborations. She is also an epidemiologist and contractor for the CDC with a Masters in Public Health from the Tulane School of Tropical Medicine.

Facilitator **Constance Romero, LPC, LMFT**, is a practicing Jungian Analyst in New Orleans and Mandeville. She is a Senior Training Analyst with the Inter-Regional Society of Jungian Analysts and a faculty member of the New Orleans Jung Seminar. She lectures nationally and internationally on the interface between depth psychology and the arts.



1.5 CE clock hours for LPCs and Social Workers, additional \$10



C. G. JUNG SOCIETY OF NEW ORLEANS STATEMENT OF PURPOSE

Following the general thrust of Carl Jung's analytical psychology, the Society presents an interdisciplinary program to foster self-understanding by the individual. Jung's deepest interest was in arriving at insights capable of bringing genuine help to the individual. His theories laid the groundwork for a new understanding of man, the significance of which extends far beyond the boundaries of psychology in the conventional sense. The goals of the C. G. Jung Society, then, are to offer a forum for the exchange of ideas in the sphere of the humanities, that family of knowledge that deals with what it is to be human, to make value judgments, and to select wiser courses of action. As Jung often stressed, it is within the individual, and not on the level of collective social measures, that the problems of our age must be met and the foundations for a healthy society preserved and strengthened.

CONTINUING EDUCATION CREDITS FOR SOCIAL WORKERS AND LPCs

Most programs are approved for Social Work contact hours through Tulane School of Social Work and for LPC clock hours through the National Board for Certified Counselors (NBCC). The C. G. Jung Society of New Orleans has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5388. Programs that do not qualify for NBCC credit are clearly identified. The C. G. Jung Society of New Orleans is solely responsible for all aspects of the programs.

JUNG SOCIETY

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Learn more at neworleansjungianseminar.org

SPRING 2019 PROGRAM CALENDAR

Tuesday **True Religion: Individuation,**
Jan. 8 **Alchemy and Poetry**
7:30 pm *Deedy Young, MSW, LCSW, Jungian Analyst*
\$15, students \$10, members free

Tuesday **Hearing the Call of the Cave:**
Feb. 5 **A Journey from Isolation to Incubation**
7:30 pm **to Transformation**
Katharine Volk, LCSW, BCD
\$15, students \$10, members free

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March 12 *Facilitator: Peggy DesJardins, BFA*
7:30 pm \$15, students \$10, members free
Come at 6:30 if you want to walk the labyrinth!

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April 2 *Deldon Anne McNeely, PhD, Jungian Analyst*
7:30 pm \$15, students \$10, members free

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May 7 **Music, Movement and Emotion:**
7:30 pm **An Evening with the Melange Dance**
Company of New Orleans
Facilitator: Constance Romero, LPC, LMFT,
Jungian Analyst
\$15, students \$10, members free

PLEASE PUT THESE DATES ON YOUR CALENDAR...

WE LOOK FORWARD TO SEEING YOU!

Website Address: www.jungneworleans.org

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Mailing Address: 609 Metairie Road, #171, Metairie, LA 70005

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C. G. Jung Society of New Orleans
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