



## OREGON FRIENDS OF C.G. JUNG

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OREGON FRIENDS OF C.G.JUNG

# How can we live more consciously?

**NORA  
SWAN-FOSTER**

Jungian Art Therapy  
Living a Creative Life

**SUSAN  
CLEMENTS  
NEGLEY**

The Coniunctio Gastronomique:  
God Becomes Flesh  
Sweating the Salmon

**DENNIS  
MERRITT**

Ecopsychology & the  
Environmental Catastrophe  
Jung, Hermes & the Tao

**DONALD  
KALSCHED**

Trauma, Innocence & the  
Core Complex of the  
Dissociating Psyche

# About Oregon Friends of C.G. Jung

The ideas of visionary Swiss psychiatrist Carl Gustav Jung (1875–1961) remain a source of inspiration and enlightenment for those who wish to explore the wisdom, creativity, and healing potential of the psyche. Jung invited us to connect with the powerful unconscious energies that move through each of us, are present in our dreams and creative imagination, and speak to us in symbolic language. By engaging in this inner work, Jung believed we are able to discover and integrate our undeveloped or neglected capacities, embody our authentic selves, and gain meaning in our lives.

Since 1974, Oregon Friends of C.G. Jung has invited leading Jungian analysts and scholars from around the world to bring their insightful and innovative perspectives to our community in Portland. OFJ's annual program season features eight weekends of Friday Talks and Saturday Workshops in which Jungian ideas are explored in depth. We are a community of people seeking to enlarge and deepen our understanding of life's challenges and stages through an inner exploration that offers an abiding sense of shared meaning and purpose.

We welcome all people, in all stages of life, at all levels of familiarity with Jung's work. We invite you to join us.

Members of Oregon Friends of Jung receive free admission to our season of Friday Talks, discounts to Saturday Workshops, and a host of other benefits. Membership in Oregon Friends of Jung brings you into a vibrant, diverse community of other engaged individuals on the journey to understanding and wholeness. Become a member at [ofj.org](http://ofj.org).

## Our history

In the early 1970s, an era of emerging social consciousness and individual exploration, fifty people responded to an ad placed by our founder, Dottie Kyle, in a small local newspaper, *The Lake Oswego Review*. They gathered under a shade tree in her backyard to share ideas about Jungian psychology. They were hungry for discussion and community. Out of this gathering of seekers, Oregon Friends of Jung was born.

Before long, those early OFJ members began inviting leading Jungians to Portland as a way of nourishing themselves and serving the community. Programs with Joseph Campbell, James Hillman, Edward Edinger, Joseph Wheelwright, Marion Woodman, Thomas Moore, and Robert Johnson attracted attendees from around the state and beyond.

Now in our 49th year, Oregon Friends of Jung is a 300-member volunteer-driven 501(c)(3) non-profit educational organization, with an Executive Director and passionate Board. We remain conscious of the vision of our founders: to serve our community humbly and with few organizational trappings, offering serious Jungian discourse to individuals who are searching for consciousness and meaning in their personal lives and in the world.

## OFJ audio archives

OFJ has always sought the most fresh and innovative Jungian ideas, delivered by speakers with expertise, depth and integrity. Presenters, most of whom are Jungian analysts, often prepare new material especially for us. Since the beginning, we have made audio recordings of these presentations, which has made our audio collection one of the most unique and valued Jungian archives in the world. We are proud to make this collection available to our members through our library as well as streamed on our website

## The OFJ Fae Dougan Library

Our large collection of Jungian books and journals—many rare and out of print—as well as program recordings and the latest books by recent speakers, are available to the general public at 811 NW 20th Ave., and can be checked out by members. Visit [OFJ.org](http://OFJ.org) to learn more about our library.

## PNSJA analyst seminars

In partnership with the Pacific Northwest Society of Jungian Analysts, OFJ offers a series of in-depth, small-group seminars on Jungian topics such as Fairy Tales, Symbols, and Individuation. These seminars fill up quickly, with members receiving priority. Become a member or sign up for our newsletter at [OFJ.org](http://OFJ.org) to receive the latest information.

# OFJ Winter/Spring 2023 Season



## Jungian Art Therapy: Living a Creative Life

**Nora Swan-Foster, MA, ATR-BC, LPC, NCPsyA**  
**January 20 & 21, 2023**

Nora Swan-Foster is a Jungian analyst and art psychotherapist in Boulder, Colorado where she has had a private practice for over 30 years. With a background in English Literature, Creative Writing, Artmaking and Expressive Arts Therapy, Nora is a senior training and supervising analyst with the IRSJA, a member of the IAAP, and an adjunct faculty member in the Graduate Art Therapy Program at Naropa University. She currently serves as Co-Editor-in-Chief for the *Journal of Analytical Psychology*. She has presented internationally, and published two books: *Jungian Art Therapy* and *Art Therapy and Childbearing Issues*. Her website is [www.swanfoster.com](http://www.swanfoster.com).



## The Coniunctio Gastronomique: God Becomes Flesh Sweating the Salmon

**Susan Clements Negley, MA, LCP**  
**February 17 & 18, 2023**

Susan Clements Negley is a Jungian Analyst in private practice in San Antonio, Texas. Susan is a faculty member and training director for the Texas Seminar of the Inter-Regional Society of Jungian Analysts (IRSJA). A graduate of the Cordon Bleu Cooking School in Paris, her first career was as a professional chef. She then trained at the Texas Seminar of the IRSJA, where her diploma thesis, *The Coniunctio Gastronomique*, explored the individuation process expressed in the metaphors of cooking, food, and feasting.



## Ecopsychology & the Environmental Catastrophe Jung, Hermes & the Tao

**Dennis Merritt, PhD, LCSW**  
**March 17 & 18, 2023**

Dennis Merritt holds an MA in Humanistic Psychology, a PhD in Insect Pathology from UC-Berkeley, and is a graduate of the Zurich Jung Institute. He is a Jungian analyst, sandplay therapist, and ecopsychologist in Madison and Milwaukee, WI. He grew up on a small dairy farm in Wisconsin where he developed a deep connection with the land, hence the title of his four-volume *Dairy Farmer's Guide to the Universe: Jung, Hermes and Ecopsychology*. He is interested in the ecopsychological dimensions of Jungian theory and practice, beginning at the intra-psychic level and extending to others and the environment.



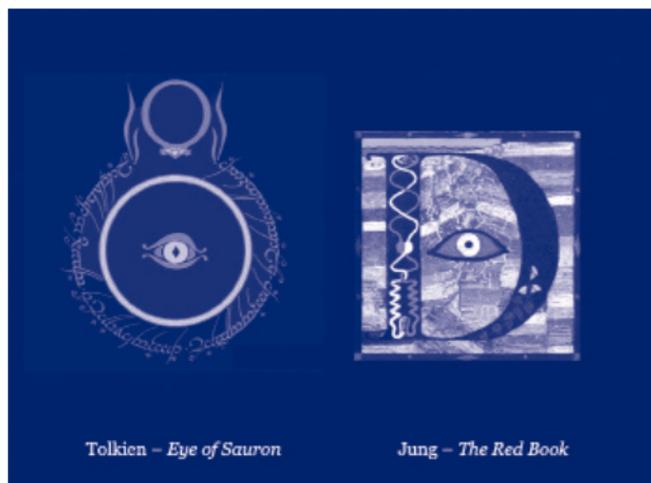
## Trauma, Innocence & the Core Complex of the Dissociating Psyche

**Donald Kalsched, PhD**  
**April 14 & 15, 2023**

Donald Kalsched is a Jungian psychoanalyst and clinical psychologist in Brunswick, Maine. He is a senior faculty member and supervisor with the Inter-Regional Society of Jungian Analysts, and lectures internationally. His book, *The Inner World of Trauma: Archetypal Defenses of the Personal Spirit*, (Routledge, 1996) explores the interface between contemporary psychoanalytic theory and Jungian thought as it relates to practical clinical work with the survivors of early childhood trauma. *Trauma and the Soul: A Psychospiritual Approach to Human Development and its Interruption* (Routledge, 2013) explores some of the mystical or "spiritual" dimensions of clinical work with trauma-survivors.

# OFJ adapts to the moment

Our OFJ community has grown with new and returning members and friends from around the country, even internationally. We are committed to continuing to video record our season of weekend programs, and to make them available to our members and to all attendees interested in Jungian thought.



BECCA TARNAS, PHD  
The Two Red books:  
Jung, Tolkien & The  
Imaginal Realm.  
November, 2022

In service of our mission to further the understanding of Jungian ideas during these turbulent times, we continue to host presenters who bring fresh insight into psyche. Last year we held our first in-person, post-pandemic weekend program in Portland, and we also filmed it for those who could not be present. We plan to experiment with and refine ways, both digitally and in-person, to reach more people interested in Jungian psychology, and to remain a community for those on their individual journeys.

If you are curious about Oregon Friends of Jung, or if you need help registering for events or using Zoom, please reach out to us. Write to us at [info@ofj.org](mailto:info@ofj.org) or call 503-223-3080. We're responsive, patient, and welcoming.

Things continue to unfold, we adapt, but our purpose remains: Creating a space where the community can gather on the journey to self-understanding and wholeness. We hope you will join us.

*"An advance (in culture) always begins with individuation, that is to say the individual, conscious of his isolation, cutting a new path through hitherto untrodden territory. To do this he must first return to the fundamental facts of his own being, irrespective of all authority and tradition, and allow himself to become conscious of his distinctiveness. If he succeeds in giving collective validity to his widened consciousness, he creates a tension of opposites that provides the stimulation which culture needs for its further progress." - C. G. Jung*

Our OFJ newsletter has inspiring Jungian quotes, program updates, and more. Subscribe now at [OFJ.org](http://OFJ.org)



[www.ofj.org](http://www.ofj.org)



[@oregonfriendsofjung](https://www.instagram.com/oregonfriendsofjung)



Oregon Friends of C.G. Jung

# Winter/Spring 2023 program descriptions

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## JANUARY



**Friday Talk**  
**January 20**  
7:00 pm–9:00 pm

### Jungian Art Therapy: Living a Creative Life

NORA SWAN-FOSTER, MA, ATR-BC, LPC, NCPsyA

What does it mean to live a creative life? Jung's initiatory journey into the *spirit of the depths*, was creative but required profound psychic courage, suffering and patience as he confronted the unconscious and discovered "the third thing".

Upon his "return" when Jung wrote "everything of which we are conscious is an image, and that image is psyche," he elevated the creative processes for psychological work. His investigations into the unconscious through creative means also opened the door for the expressive arts therapies. In this lecture the three-part initiation model provides a container in which we consider Jung's wisdom and how the "third thing" may offer hints on living a creative life.

**Saturday**  
**Workshop**  
**January 21**  
10:00 am–3:00 pm

### Creative Initiation Journey

Drawing from the three stages of what I refer to as a creative initiation journey: Gateway, Attending, and Passage, we build a container, attend to the unconscious and awaken the prospective psyche. Using art materials, writing, dreams, movement, and/or active imagination, each person will engage in creative tasks to mark and document an imaginal path within their individuation journey. Various simple ideas and prompts will be provided along the way. \*Artistic skill not necessary, only the willingness to be on the Fool's journey and to play. Bring your paints, brushes, paper, oil crayons, and your journal. More info on the website.

## FEBRUARY



**Friday Talk**  
**February 17**  
7:00 pm–9:00 pm

### The Coniunctio Gastronomique: God Becomes Flesh

SUSAN CLEMENTS NEGLEY, MA, LCP

Cooking, like alchemy, is the transformation of basic ingredients into refined substances. Psychologically, this alchemical process represents the development of the personality. Understanding the psyche through the art and practices of cooking can heal the mind-body split that is the primary wound of modern life. The food we purchase or grow, cook and eat, links us to the cosmos: then God becomes flesh, (*in-carne*). We become what we eat. The lecture invites us into the sensuous, alchemical *temenos* of the kitchen.

**Saturday**  
**Workshop**  
**February 18**  
10:00 am–3:00 pm

### Sweating the Salmon

Our psyche is hungry for manifestation in the world, and through its appetites the soul makes itself known to us. The workshop delves into the symbolism of cooking and the personal and cultural myths of cooking and feasting. We amplify and work with archetypal dreams to reveal, through the ordinary and mundane imagery of the kitchen, its tools, methods and environment, possibilities for healing and glimpses of spiritual truth.

*All programs are Pacific Coast time*

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## MARCH



**Friday Talk**  
**March 17**  
7:00 pm–9:00 pm

### Ecopsychology & the Environmental Catastrophe

DENNIS MERRITT, PHD, LCSW

At the 2022 climate change meetings in Egypt, the UN Secretary General said, “We are in the fight of our lives, and we are losing.” Psychology has been embarrassingly slow to respond to the frightening deterioration of our planetary environment, though ecopsychology emerged in the 1990’s to address the issue. A case will be made that a Jungian version of ecopsychology offers the best framework for understanding our problems at the deepest levels, and gives us a vision for our future. Hermes is the primary god that will either lead us toward positive change, or on a continued path to oblivion.

**Saturday Workshop**  
**March 18**  
10:00 am–3:00 pm

### Jung, Hermes & the Tao, and Complexity Theory

The Greek myth of Hermes stealing Apollo’s cattle illustrates the dilemmas we humans face in relating to each other and to the environment. The secret is in the symbol of his wand: a figure 8 with a gap at the top. Hermes is about the transactions in the gap between opposites (the two upper arms on the 8). He is the god of ecopsychology because he is the god of business, psychology, diplomacy, advertising that sustains our consumer culture, and human-environment relationships. Hermes exists at the source of what happens between non-existence and existence. Hermes is symbolically associated with the Tao and with complexity theory—the mathematics of what happens between stability and chaos when change occurs.

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## APRIL



**Friday Talk**  
**April 14**  
7:00 pm–9:00 pm

### Trauma, Innocence & the Core Complex of the Dissociating Psyche

DONALD KALSCHED, PHD

Following early relational trauma, a dissociative system is set up in the psyche, composed of part-self personifications including an innocent/wounded child and his or her archetypal protectors. The main purpose of this Self Care System is to keep the innocent/injured child-self separated from the suffering of affective experience that might annihilate (or transform) it. Dreams during the psychotherapy process give us a picture of this core complex and its defensive “efforts” on behalf of the “child.” Working with these archaic energies in the transference can be a stormy affair.

The Friday Talk will address and illustrate these archaic energies in the core complex that frequently stretch our understanding of the analytic situation in the direction of enactments and counter-enactments.

**Saturday Workshop**  
**April 15**  
10:00 am–3:00 pm

The Saturday Workshop will deepen the work with the archaic energies in relational trauma, provide several clinical vignettes as illustrations, expand on the Self Care System, and invite conversation and engagement with attendees.

# Program & membership details

## Friday talks & Saturday workshops

OFJ's Friday Talks provide a stimulating introduction to the speaker and their ideas. Programs run from 7:00 pm – 9:00 pm, including questions and discussion. Saturday Workshops allow for a deeper and more intimate experience with the presenter and their material, and can include experiential opportunities. Workshops begin at 10am and finish at 3pm, with breaks, including a 45-minute lunch break.

## Event pricing and OFJ memberships

General admission: \$25 for Friday Talks, \$100 for Saturday Workshops. **Membership:** \$95. Includes free admission to all eight Friday Talks and discounted admission of \$70 to Saturday Workshops.

## OFJ Journey membership

\$395. Includes admission to all Friday Talks and Saturday Workshops.

## Membership

runs for one year from the date of purchase. Join at [ofj.org](https://ofj.org).

## Payment

We encourage everyone to purchase their membership and tickets safely and securely online at [ofj.org](https://ofj.org). Please contact us for alternative payment methods.

## Event registration

Members are automatically registered for all Friday Talks. Journey Members are also automatically registered for Saturday Workshops. Anyone wishing to register for single events can do so via [ofj.org](https://ofj.org). Access to events (for members and those purchasing single events) is provided by logging in to your account at [ofj.org](https://ofj.org). Each event is recorded and made available to all who are registered for the event.

## CEU credits

We offer CEU credits from National Association of Social Workers (NASW): \$5 for a 2-hour Friday Talk, \$10 for a four-hour Saturday Workshop. CEU credits are NOT automatically awarded. Anyone wanting CEU credits (members and others) must purchase them separately for each event via [ofj.org](https://ofj.org), and also must attend the live event. CEUs cannot be awarded for watching recorded events.

## Scholarships

As part of OFJ's mission to make Jungian material widely available in the community, we are pleased to offer scholarships. Please write to us at [info@ofj.org](mailto:info@ofj.org) or call us at 503-223-3080 to apply.

# Membership benefits

- Free admission and automatic registration to Friday Talks (\$105 savings)
- Discounts to Saturday workshops (\$210 savings)
- Journey members enjoy free admission and automatic registration to all Friday talks and Saturday workshops (\$500 savings)
- Access to our audio and growing video collection of past events
- Checkout privileges at our beautiful library and via our digital library
- Early bird registration for our popular analyst seminars
- And the knowledge that your membership supports OFJ and its vital mission to make Jungian thought available and to encourage more consciousness in our community and in the world

# Welcoming new friends



How were you first stirred by the ideas of Carl Jung? Was it through a Myers-Briggs typology test? Or maybe through Joseph Campbell's work? Or perhaps you were pulled in by Jung's ideas about the unconscious, synchronicities, fairytales, archetypes, or dreams.

The Oregon Friends of Jung has managed to stay vital for nearly 50 years by continuing to welcome new friends who are just beginning their personal Jungian exploration.

We offer members a free ticket to be shared with someone who has never attended an OFJ event. Do you have a relative, friend, neighbor or colleague who you believe would be interested in Jung's ideas? Members, watch for our email with information about our New Friend Pass, good for any one of our spring 2023 Friday Talks, or contact [membership@ofj.org](mailto:membership@ofj.org)



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