



The visionary Swiss psychiatrist Carl Gustav Jung (1875-1961) remains 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 invite you to join us.

BOARD OF DIRECTORS

Our board members come from all walks of life, united in their interest in promoting the spirit of inquiry, which was the hallmark of Jung's work. Current board members are Rick Brodner, Warren Buss, Jelly Helm, Rebecca Lam, Brian Lanahan, Jolinda Osborne, Leonora Perron, Cleo Reilly, and Katharyn Waterfield. Write to us at info@ofj.org or leave a message at 503-223-3080.

PNSJA ANALYST SEMINARS

Last year, in partnership with the Pacific Northwest Society of Jungian Analysts, OFJ launched a series of three in-depth, small-group seminars, on the topics of Fairy Tales, Symbols, and Individuation. They filled up quickly, with members receiving priority. This year we're offering a new series. Another reason to join OFJ!



Susan Schwartz, PhD

Susan, Jungian analyst and clinical psychologist, graduated from the Jung Institute in Kusnacht. She is a member of the International Association of Analytical Psychology and has developed group programs in Poland and South Africa through them. She gives workshops and lectures in and out of the USA. Susan has articles in various journals and chapters in several books on Jungian psychology and is currently writing a book on absent fathers and their effect on daughters. She has a private practice in Paradise Valley, AZ.



Ann Ulanov, MDiv, PhD, LHD

Ann, Christiane Brooks Johnson Professor Emerita of Psychiatry and Religion at Union Theological Seminary, is a member of the Jungian Psychoanalytic Association and the International Association for Analytical Psychology. With her late husband Barry, she co-authored six books, including *The Envid and the Envy: Cinderella and Her Sisters*. Her latest book is *The Psychoid, Soul and Psyche: Piercing Space/Time Barriers* (2017). She received the 2002 Gradiva award for the best book in psychology and religion, *Finding Space: Winnicott, God and Psychic Reality*, and the Oskar Pfister Award from the American Psychiatry Association for her work in depth psychology and religion. She has an analytic practice in New York City.



Jeffrey Kiehl, PhD

Jeffrey is a Diplomate Jungian Analyst and senior training analyst for the C.G. Jung Institute of Colorado and the Inter-Regional Society of Jungian Analysts. He is also an adjunct professor at the University of California, Santa Cruz and an adjunct faculty member of Pacifica Graduate Institute, where he teaches a course on Ecopsychology. He carried out basic research on climate change for forty years. He is the author of *Facing Climate Change: An Integrated Path to the Future*, which provides a Jungian perspective on climate change, and he has presented internationally on numerous Jungian topics. He lives in Santa Cruz, CA.



Polly Young-Eisendrath, PhD

Polly is a Jungian analyst, psychologist, and psychotherapist in private practice. She is Clinical Associate Professor of Psychiatry at the University of Vermont and the founder and director of the Institute for Dialogue Therapy. Polly is also the chairperson of Enlightening Conversations, a series of conversational conferences which bring together participants from the front lines of Buddhism and psychoanalysis. Polly has published sixteen books and many articles that have been translated into more than twenty languages, including *The Self-Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance* and *Love Between Equals: Relationship as a Spiritual Path*.

For more information, visit OFJ.ORG. Information about our Winter/Spring programs and presenters will be in the OFJ Winter/Spring brochure, December 2019



OREGON FRIENDS OF C.G. JUNG

(503) 223-3080
811 NW 20th Avenue
Portland, OR 97209

ADDRESS SERVICES REQUESTED



OREGON FRIENDS OF C.G. JUNG



**HOW TO LOVE A NARCISSIST
THE MYTH OF NARCISSIS**

JANUARY 17-18

**SOUL LOST AND FOUND
SOUL, PSYCHE AND PROJECTION**

FEBRUARY 21-22

**ALCHEMICAL ECOPSYCHOLOGY
JUNG, SYNCHRONICITY
AND THE NEW SCIENCES**

MARCH 20-21

**LOVE BETWEEN EQUALS:
RELATIONSHIP AS A SPIRITUAL PATH**

APRIL 17-18

WINTER/SPRING 2020

Become an OFJ Member

A membership in Oregon Friends of Jung brings you into a vibrant, diverse community of other engaged individuals on the journey to understanding and wholeness. Annual (Sept 1, 2019–Aug 31, 2020) benefits include:

- Free admission to all eight Friday Talks (*Value: \$160*)
- Reduced Saturday workshop fees—save \$20 per workshop (*Value: \$160*)
- Library privileges—borrow books, audio/video from our vast collection
- Online audio streaming—listen to archival recordings of OFJ Friday Talks
- Reciprocal membership—Jung Society/Seattle and Eugene Friends of Jung
- Early bird-registration for PNSJA Analyst Seminars

Membership—includes free admission to all eight Friday talks and reduced fees for Saturday Workshops (*Value: \$320+*)..... \$95

Become an OFJ Journey Member

OFJ Journey Membership is designed for those seeking deeper engagement with the work of Carl Jung. Journey Members receive all of the above benefits, plus:

- Free admission to all eight Saturday Workshops (*Value: \$880*)
- Journey Membership—includes free admission to all eight Friday talks and eight Saturday workshops (*Value: \$1,040+*) \$445

Individual Friday Talks & Saturday Workshops

How to Love a Narcissist/The Myth of Narcissus
Susan Schwartz, January 17-18

Friday Talk Public \$20

Saturday Workshop Member \$90 / Public \$110

Soul Lost and Found/Soul, Psyche and Projection
Ann Ulanov, February 21-22

Friday Talk Public \$20

Saturday Workshop Member \$90 / Public \$110

**Alchemical Ecopsychology
Jung, Synchronicity and the New Sciences**
Jeffrey Kiehl, March 20-21

Friday Talk Public \$20

Saturday Workshop Member \$90 / Public \$110

Love Between Equals: Relationship as a Spiritual Path
Polly Young-Eisendrath, April 17-18

Friday Talk Public \$20

Saturday Workshop Member \$90 / Public \$110

Your tax-deductible donation helps cover the cost of our programs. Thank you! \$ _____

Name _____

Address _____

City, State, Zip _____

Email _____ Phone _____

Please mail completed form with check payable to **Oregon Friends of Jung, 811 NW 20th Ave., Portland, OR 97209**. You may purchase memberships and program tickets through our website, ofj.org, or at the registration table at our events. Confirmation for check registration will be sent by email. Please pick up your membership card at a Friday Talk or Saturday Workshop event. No refunds offered for Friday talks. Written requests for workshop refunds will be honored if received a week in advance, minus a \$15 handling fee.

JANUARY 17/18, 2020
How to Love a Narcissist/The Myth of Narcissus
SUSAN SCHWARTZ

FEBRUARY 21/22, 2020
Soul Lost & Found/Soul, Psyche and Projection
ANN ULANOV

MARCH 20/21, 2020
**Alchemical Ecopsychology
Jung, Synchronicity and the New Sciences**
JEFFREY KIEHL

APRIL 17/18, 2020
Love Between Equals: Relationship as a Spiritual Path
POLLY YOUNG-EISENDRATH

We welcome all people, in all stages of life, at all levels of familiarity with Jung’s work.

Our sixty-minute Friday Talks provide a stimulating introduction to the speaker and their ideas. Programs run from 7:30 to 9:30pm, including a short break and time for questions and discussion. Lobby doors open at 6:45 for members and guests to buy tickets, browse through books, and socialize.

Saturday Workshops allow for a deeper and more intimate experience with the presenter and their material, and sometimes include writing, art-making, movement, and films. Lobby opens at 9:15 am, workshops begin at 10am and finish at 3pm, with occasional breaks, including a 45-minute lunch break—please bring your own lunch. Complimentary coffee/tea is available.

General admission to Friday Talks is \$20. Saturday Workshops are \$110. OFJ Members receive free admission to all eight Friday Talks and discounts on workshops. OFJ Journey Members receive free admission to all Friday Talks and all Saturday Workshops. To join us, use the form on the left, go to OFJ.ORG, or sign up at the registration table at an event.

CEU CREDITS
You may sign up at the event for Continuing Education credit, available from NASW. Friday Talk: \$5, Saturday Workshop: \$10, Friday Talk & Saturday Workshop: \$10.

SCHOLARSHIPS
A limited number of scholarships are available for workshops. Please write to us at info@ofj.org or call us at 503-223-3080 to apply.

VOLUNTEERS
OFJ relies on the help of volunteers to deliver these wonderful programs. As a thank you, volunteers receive scrip to use toward Saturday Workshops. You must be a member to volunteer. Contact us at volunteers@ofj.org.

SUBSCRIBE TO E-NEWSLETTER
Sign up at ofj.org to receive updates on our weekend programs and speakers, and advance notice of special small-group seminars. We'll never share your email address.

VISIT THE FAE DOUGAN LIBRARY
Our library at 811 NW 20th Ave, is open Saturdays 12pm–3pm, except program and holiday weekends. Our large collection, including past program recordings, Jungian books and journals, and the latest books by recent speakers, can also be viewed online at OFJ.ORG. Only members may checkout materials.

JANUARY
How to Love a Narcissist
SUSAN SCHWARTZ, PhD

**Friday Talk
January 17**
7:30–9:30
Unity of Portland
4525 SE Stark St

We explore Jung’s concepts of narcissism and its appearance in the person who struggles to connect to self and others. Intimacy is compromised, wanted yet feared. Although the person appears confident, the inner life is marked by perfectionism, emotional distance and dissociation. We consider unfinished areas of the personality originating from early trauma, emotional neglect, and negative parental complexes adversely affecting confidence. Such areas promote idealization of others and destroy initiative while feeding an internalized cycle of self-hatred, oppression and envy. How can we accept life with its creative as well as aging process and find self-love?

The Myth of Narcissus
The intense energy and appeal of the puella/puer often masks a more fragile personality, unrealistic, fantasy driven, easily dissembled, immature and untouched. This person is blocked by a persona adaptation from accessing basic instincts. The splits in the psyche face us with questions of how we relate to otherness both within and without. Looking into the mirror as Narcissus does, we find our shadow selves. This experience will take us down personal pathways and collective avenues, encouraging a deepening into what we know and have yet to discover about ourselves and relationship to others.

**Saturday Workshop
January 18**
10am–3pm
Unity of Portland
4525 SE Stark St

FEBRUARY
Soul Lost and Found
ANN ULANOV, MDiv, PhD, LHD

**Friday Talk
February 21**
7:30–9:30pm
Unity of Portland
4525 SE Stark St

In the West, spiritual and mental life once flowed like one full river of indistinguishable religious and psychological currents. In the early 20th century, the river forked into two as depth psychology emerged as a separate discipline. We will explore psyche, soul, spirit and the subversive persistence of soul as part of healing. People seek aliveness from a deep place within that radiates outward to shared existence with others and links to something more. The two rivers now flow as co-existing psyche and soul currents. We need both facing our unconscious and our soul that dwells in our body and links to collective life and the meaningful, mysterious aliveness at the heart of life.

Soul, Psyche and Projection
In the early 20th century both Freud and Jung noted that projections of our deep emotions of fear and desire, our wishes for nurturance and ambitions for power ceased to be directed to the heavens and the God of various religious traditions. Where did all that energy go? The issue was not to get rid of religion but for people to see the link between sacred images of religions and equivalent images lying dormant in their own unconscious. Both Freud and Jung retained the idea of soul, and added the necessity of psyche. Projection is as basic to psyche as breathing is to the body. We will explore dissolution and integration of projection of personal material, and how projections of archetypal material must find a collective location.

**Saturday Workshop
February 22**
10am–3pm
Unity of Portland
4525 SE Stark St

MARCH
Alchemical Ecopsychology
JEFFREY KIEHL, PhD

**Friday Talk
March 20**
7:30–9:30pm
Unity of Portland
4525 SE Stark St

Alchemical Ecopsychology recognizes the deep, subtle interconnectedness of psyche and matter by combining the sacred psychological practices of alchemy with the discipline of ecopsychology. Through the union, one ancient the other relatively new, we discover a path to understanding how life interacts with the environment, and how life and environment are inherently sacred. A core concept within *Alchemical Ecopsychology* is that of cycles, in which processes both material and psychological manifest in the form of dynamic patterns. Alchemy is rich in images or patterns that stimulate our Imagination. In this presentation, we explore a number of Earth’s natural cycles as patterns, and use alchemical imagery to open us to deeply experiencing these cycles.

Jung, Synchronicity and the New Sciences
Jung had a deep interest in how modern science related to psyche. He worked closely with physicist Wolfgang Pauli to explore how psyche and matter are interconnected, in particular with regard to synchronicity. The discoveries of quantum physics, relativity theory and, more recently, complex systems theory have radically revised how we see and know our world. We will explore the essential dimensions of the ‘new’ sciences and why they are important for how we relate to the world. We will discuss how synchronicity arises in our lives, and how the unconscious dwells in a realm outside of time and space.

**Saturday Workshop
March 21**
10am–3pm
Unity of Portland
4525 SE Stark St

APRIL
Love Between Equals: Relationship as a Spiritual Path
POLLY YOUNG-EISENDRATH, PhD

**Friday Talk
April 17**
7:30–9:30pm
Unity of Portland
4525 SE Stark St

We want a new kind of love in the 21st century. In relationships, we want to be treated as equals and to be seen and known for ourselves. Equal and reciprocal love between adults, in marriage and committed partnerships, is in many ways more problematic and unhappy now than ever, after decades of struggle for gender equality and sexual freedom. Marriage has moved from being a vow of impersonal loyalty (“in sickness and in health) to a vow of personal desire (“as long as this meets my needs”). 21st century love requires new psychological and spiritual skills that go beyond secure attachment or “improved communication.”

**Saturday Workshop
April 18**
10am–3pm
Unity of Portland
4525 SE Stark St

This workshop introduces “personal love” and its unfolding from falling in love into disillusionment and toxic unconscious communication, and finally into the path of true love as a mindfulness practice. Wanting to be respected, cared for, and witnessed by a partner whom you do not control offers both the opportunity for psychological development and the potential for escape into addictions. Chronic projective identification requires the creation of a “mindful space” in which partners relate as adults who recognize and take responsibility for their own thoughts and feelings.