

Outline

The Concept of Shadow

- Jungian shadow: suppressed psychic content, not only painful, shameful, or weak traits but whatever is unacceptable by social standards, including unrealised creativity and higher aspirations ('the golden shadow')
- Also a collective phenomenon: Jung warned about 'the greatest danger for humanity' – that millions of us are falling into unconsciousness, living out a collective psychosis
- Paul Levy: *Wetico* – a contemporary spiritual sickness with the symptoms of greed, selfishness, and consumption of others (including other species and nature)

Therapeutic Relevance

- How much can we take adaptive functioning as a marker for mental health?
- Healing of past trauma (individual and collective)
- Assistance in finding meaning in life (existential program, James Hillman: Acorn theory)

1. Trauma across Time and Space

Transgenerational trauma, collective denial
Remembering of being the victim as well as the perpetrator

2. Freeing Creative and Healing Potential

Finding and freeing past inhibitions (e.g. being persecuted for deviant thinking)
Reconnecting with past resources

Therapeutic Tools

- Getting into the Mind of the Opponent
- Discovering the Positive Intent
- Inner Alchemy: Seeing the evolutionary (learning) potential
- Shift from 1st person (facing it) to 2nd person (talking to it) to 3rd person (owning it)
- Forgiveness and Self-Forgiveness
- Reframing
- Subject – object shift (The moral wrong of stage X+1 is the moral blind spot of stage X)

Potential: Healing individual and collective trauma
Increased authenticity and creativity
Evolution: Fostering non-judgemental and compassionate attitudes