

# THE JUNGIAN SEMINARS

Quay House, Quay St. (off Castle St.) Hereford

Saturday 17<sup>th</sup> April 2010 10.00 am – 3.30 pm

(Arrival from 9.40am)

## EXPLORING THE SHADOW

a day workshop with

**BLYTHE ELLIS**

This study day provides an opportunity to discover the shadow and how it links with our everyday lives. We shall look at the concept of shadow, which was introduced by Carl Jung, as a way of naming aspects of experience that are important yet elusive. Jung identified those dark and unruly shadow elements which can erupt and give rise to bewilderment, and often shame. Importantly, we shall reflect further on the shadow as also representing 'the un-lived life.' It is not simply a flaw but is a necessary part of our wholeness.

As well as examining Jung's ideas, insights will be drawn from literature which hold 'the mirror up to nature' and enhance and deepen our understanding of shadow processes. We shall consider how childhood experiences influence shadow formation and there will be time to reflect on our personal shadows and share insights. We shall also look at how the mechanisms of splitting and projection can be a defence against the shadow. The shadow is archetypal and integral to our human experience. Whilst it is important for us all, this workshop may have a particular relevance to those working in the caring professions. A more conscious relationship with our shadow involves a difficult, even painful journey and takes courage but it brings new life.

*Blythe Ellis is a Jungian psychotherapist in private practice in Herefordshire. She has an academic background and has taught psychology in universities in the United States, West Africa and in Birmingham. More recently she was Course Tutor on the MA in Psychodynamic Counselling in Birmingham. She has a particular interest in the relationship between psychotherapy and spirituality, and a developing interest in psychotherapy and later life.*

**Ticket £35** (includes refreshments, excluding lunch)

**Numbers are limited. Please book in advance.**

Cheques payable to **THE JUNGIAN SEMINARS.**

Please include a stamped self-addressed envelope when sending your cheque.

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*Convening Group of Analytical Psychologists and Jungian  
Psychotherapists:*

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