



Jung: A Complete Introduction (Teach Yourself)

By Phil Goss



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Jung: A Complete Introduction is designed to give you everything you need to succeed, all in one place. It covers the key areas that students are expected to be confident in, outlining the basics in clear, jargon-free English and providing added-value features like summaries of key books, and even lists of questions you might be asked in your seminar or exam.

The book uses a structure that mirrors the way Jung is taught on many university and counselling courses. Chapters include individuation and the archetypal power of the unconscious, Jung's early life, Jung's early career and key influences, Freud and Jung, the self and ego, the dark side, anima and animus, archetypes, typology, Jungian analysis, working with dreams, active imagination, developmental approaches, application of Jungian analysis to mental health needs, and Jung's legacy in culture, spirituality and therapy.

'A lucid and refreshingly innovative introduction to the complex thought of C.G. Jung' **Paul Bishop, William Jacks Chair of Modern Languages, University of Glasgow**

'A gold mine of knowledge in this eminently readable book that transcends the constraints of a set formula' **Ann Casement, Licensed Psychoanalyst and Fellow of the Royal Anthropological Institute**

'Of the many introductions to Jung's work, I find this one not only the most comprehensive but, importantly, very readable for the non-Jungian... It succinctly maps the remarkable contribution of Jung's distinctive approach to a wide number of subjects, principally psychology, psychotherapy, philosophy and the human condition' **Steve Mitchell, Dramatherapist / Director Pathfinder Studio; former Course Director of Dramatherapy, Roehampton Institute, London**

Jung employs the 'Breakthrough Method' to help you advance quickly at any subject, whether you're studying for an exam or just for your own interest. The Breakthrough Method is designed to overcome typical problems you'll face as learn new concepts and skills.

- Problem: "I find it difficult to remember what I've read."; Solution: this book includes end-of-chapter summaries and questions to test your understanding.

- Problem: "Lots of introductory books turn out to cover totally different topics than my course."; Solution: this book is written by a university lecturer who understands what students are expected to know.

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Editorial Review

Review

This is a lucid and refreshingly innovative introduction to the complex thought of C.G. Jung. Its splendid mix of rich information and accessible presentation means it will be valuable to anyone from a whole range of disciplines, from Cultural Studies through to Psychology. I would not hesitate to recommend this genuinely helpful introduction to students and general readers alike, while analysts, too, will welcome Phil Goss's thoughtful presentation of Jung's theories. -- Paul Bishop, William Jacks Chair of Modern Languages, University of Glasgow

Phil Goss combines dexterity in writing and clarity of thinking to create a goldmine of knowledge in this eminently readable book that transcends the constraints of a set formula. The ideas of two towering figures in the contemporary Jungian world, Wolfgang Giegerich and Sonu Shamdasani, are skilfully elaborated as are the developmental stages of Jung's thought. The latter culminates in Jung's all-important contribution to the history of ideas, viz. the psychological application of alchemy. The author brings to life the first meeting between the neurologist, Freud, and the psychiatrist, Jung, in the course of which the more mature Freud grounds the fiery stream of Jung's outpourings. Goss goes on to spell out the similarities in their thinking as well as the differences that led to their tragic split, the consequences of which continue to reverberate in the psychoanalytic world. Among the highlights of this farranging book is an account of the intellectual forerunners of Jung's thought that include the genius of Schopenhauer. The book is studded throughout with insightful quotations and dreams from Jung, and the acknowledgement of his paramount importance as a religious thinker, the application of which is exemplified in appropriate clinical vignettes. Questions for the studious reader, definitions of key notions, and further references for deeper research make this book a supremely useful tool for teaching Jung in the academy and training institutions. It should also find a wide circulation among lay readers as well as experienced psychoanalysts and psychotherapists. -- Ann Casement, Licensed Psychoanalyst; Fellow of the Royal Anthropological Institute

Of the many introductions to Jung's work, I find this one not only the most comprehensive but, importantly, very readable for the non-Jungian. It will appeal to those in the arts as well as to those working in the psychological therapies and complementary disciplines - whether they are a seasoned practitioner, a student or a lay person who wishes to learn more about the man who challenged Freud's reductionist theories. Those not familiar with Jung's ideas, terminology or life will find this a coherent guide to what otherwise might be a maze. Each chapter focuses on a different aspect of his intricate thinking about human psychology and is written in a style that is both erudite - with serious scholarship behind it - and accessible. There are parallels for me with Jung's own autobiography, *Memories, Dreams, Reflections*, which, unlike his scientific writings, offers poetic observations about life and how we psychologically negotiate the world. Phil Goss has written a work that not only celebrates his subject but also asks important questions. This work will endure, as it succinctly maps the remarkable contribution of Jung's distinctive approach to a wide number of subjects, principally psychology, psychotherapy, philosophy and the human condition. -- Steve Mitchell, Dramatherapist / Director Pathfinder Studio; former Course Director of Dramatherapy, Roehampton Institute, London

About the Author

Dr Phil Goss is a Jungian analyst (member of the Association of Jungian Analysts, London, and of the International Association of Analytical Psychology) and a UKCP-registered psychotherapist. He is course leader for the masters programmes in Counselling and Psychotherapy at the University of Central Lancashire. Phil's publications include *Men, Women and Relationships*, *A post-Jungian Approach: Gender Electrics and Magic Beans* (Routledge, 2010), journal papers and chapters on a range of themes in edited collections.

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