



“Psyche and matter are two different aspects of one and the same thing.”

–C.G. Jung, *On the Nature of the Psyche*

Mind-Body Jungian Psychotherapy Presentation

Like shadow and persona, eros and logos, and instinct and archetype; Jung believed mind and body influence and affect each other in alchemical ways. This presentation will explore the relationship between mind and body in the context of Jungian psychotherapy and the psychology of Chinese Medicine’s Five Element theory. Specifically, the meditative movement of Archetypal Qigong will be discussed as it relates to the Five Elements and active imagination, amplification, dreams, the shadow, and ultimately the coniunctio of Jung’s transcendent function.

Throughout the Jungian literature many writers have noted the conspicuous absence of the development of Jung’s ideas about the body and its relationship to the psyche. This lecture will show how myth, metaphor and poetic language can be combined with meditative movement to access and engage the deep psyche through the body.

Through lecture, demonstration, and clinical examples I will present a concise yet thorough overview of my doctoral work and show how a mind-body approach to the psyche can yield deep healing and numinous transformation.

When: April 5th, 2017 from 7:15-8:15 p.m.

Where: 407 NE 12th Ave., Opening to Life

Cost: Free

*Details about the first introductory workshop for therapists and clients interested in utilizing Archetypal Qigong as a supplement to talk-therapy will also be available. CEU’s offered.



Dr. Peter M. Gold, Ph.D. utilizes Archetypal Qigong in his private Jungian counseling practice to supplement traditional talk therapy. His forthcoming book *Movement, Archetypes and Jung: Applying Five Element Archetypal Qigong in Jungian Psychotherapy* will be published next year.