



**Robert Sheavly, LICSW, DCSW**

is a Jungian Analyst in Washington, DC and is the Director of the Central Washington Psychotherapy Associates. He is a graduate of the Inter-Regional Society of Jungian Analysts. Bob is the Director of Education for the Jungian Analysts of Washington Association (JAWA) and also serves as Treasurer of the Philadelphia Association of Jungian Analysts (PAJA). He is a former church organist, an avid choral singer and the author of *Ensouling AIDS: The Archetypal Dimension of the LGBT Choral Movement*. Teaching psychotherapy is one of his passions.

**Financial Disclosure**

Robert Sheavly has signed a financial disclosure statement indicating no conflicts of interest.

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**Saturday, October 13, 2012**

The Ethical Society Of Philadelphia  
1906 Rittenhouse Square  
Philadelphia, PA 19103

8:45 AM - 12:15 PM

**An Introduction To  
Depth Psychotherapy:**

**Working With  
Complexes**

**By**

**Robert Sheavly, LICSW, DCSW**

## REGISTRATION INFORMATION

The fee for the workshop is \$100. *Registration deadline is October 8, 2012.* Your registration information and payment must be received by that date by fax, email or post. Check or credit cards will be accepted. Download the registration form at

[www.DCpsychotherapy.com/paja](http://www.DCpsychotherapy.com/paja)

In order to provide an optimal learning environment for skill development, space is limited for this workshop to 15 participants. *Please register early.*

### Target Audience

For clinicians, this is an intermediate level seminar for social workers, psychologists, counselors, psychiatrists, psychoanalysts and mental health professionals, allied professionals and students possessing *at least one year experience* working with clients.

### Continuing Education

For psychologists, 3 CE credits will be offered. Full attendance is required to receive credit. This activity is being co-sponsored by the National Association for the Advancement of Psychoanalysis (NAAP) and the Philadelphia Association of Jungian Analysts (PAJA). NAAP is approved by the American Psychological Association to sponsor continuing education for psychologists. NAAP maintains responsibility for this program and its content. PAJA adheres to the Ethical Principles of Psychologists.

### Cancellation Policy

Cancellations must be made by October 1, 2012 to be eligible for a full refund. If cancellation is made after that date, a \$35.00 administrative fee will be deducted. PAJA may cancel workshops that are under-subscribed. Registrants will be notified by email and tuition will be refunded in full. A fee of \$25 will be charged when duplicate certificates of attendance are requested.

*PAJA presents:*

# Working With Complexes: An Introduction To Depth Psychotherapy

Core to much of psychotherapy is the task of assisting the client to identify and modify repetitive, self-defeating patterns of behavior and in so doing, expand consciousness. From the Jungian perspective, such patterns are understood as complexes.

Complexed behavior is essentially unconscious behavior and is referred to in a variety of ways depending on the psychological theory: The false self/adapted self; a sub-personality; childhood wounding; a script. Even colloquial usage reflects this experience: having a “button” (as in, “She pushed my button”) or a “part” (as in, “I have an angry “part”). Expanding consciousness of the content of our complexes is critical for personal growth, when working with clients and for fostering conscious, healthy relationships. These patterns are clinically challenging not only because of the unwanted aspect of the pattern which is in the client’s awareness (often the presenting problem) but because of the *unconscious* elements in the pattern as well as even deeper archetypal (universal) elements.

This workshop will use lecture and discussion to briefly review Jung’s theory of the structure of the psyche. Experiential methodologies including demonstration and journaling will be used to explore the clinical dimension of working with complexes – either our own (please be kind enough to bring one) or those of our clients.

### Workshop Objectives

- ▶ Define psychic structure including the relationship between ego, consciousness, the unconscious and complexes.
- ▶ Describe a model of a complex including the relationship between the conscious and unconscious aspects of the complex.
- ▶ Practice clinical skills necessary to use the felt-sensation component of a complex to identify the matrix of contemporaneous and historical material which make up the complex.

8:45 - 9:00 Arrival and check-in

9:00 - 10:30 Theoretical foundation: Jung’s model of the psyche and the structure of a complex.

10:30 - 10:45 Break

10:45 - 12:15 Practical application: Identifying the felt-sensation component of a complex. Using the felt-sensation (kinesthetic) component to access contemporaneous and (often unconscious) historical material associated with the complex.

*Recommended Reading:* *Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way* by Rick Carson. Quill: 2003. ISBN-10: 0060520221.

*Required Reading:* *Aion*, Vol 9ii, ¶1-9 from the *Collected Works* by C. G. Jung. Princeton University Press: 1979. ISBN-10: 069101826X. This short extract will be emailed to participants.