

ISAPZURICH

International School of Analytical Psychology Zurich
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Mission Statement

Analytical Psychology, which is taught at ISAPZURICH, belongs to the psychodynamic and depth psychology traditions in which the role of the unconscious is central. It evolved from Freudian psychoanalysis. Psychological problems are considered both as disturbances which can be relieved and as opportunities for psychological development, activating unknown potential resources. The therapeutic task is therefore to help the client become more conscious and self-reflecting, to help him or her to clarify and overcome problems and become more authentic and creative. In C.G. Jung's Analytical Psychology it is understood that the collective and personal unconscious as well as archetypes and complexes shape people and their patterns of relationship. This approach helps the personality to develop as well as understanding and dealing with relationship conflicts and neurotic situations. In Jungian therapy there is a place for questioning the meaning of one's life. The Jungian perspective is transcultural because of its fundamental assumption that people have similar experiences, independent of their culture, ethnicity and religion.

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