Depth Psychology Therapy

Theory of Change
Change occurs through exploring and integrating material from both unconscious and conscious levels of understanding. Unconscious processes include dreams, images, symptoms, intuitions and other non-volitional experiences.

Role of the Therapist
• Client and therapist form a critical alliance, which invites client into exploration of connections and meanings that are below the surface of conscious awareness and engages the transpersonal, mysterious space between therapist and client.

Treatment Goals
• Increase self-awareness and inner wisdom.
• Integration of repressed experiences and shadow material.
• The goal is often referred to as individuation: a process that fosters self-awareness through inner and outer exploration of the unconscious, the individual and the wider community. By which one discovers a more potent sense of meaning and purpose in life.

Key Concepts
• “Depth” refers to a way of seeing that which lives underneath the cultural, historical, spiritual, psychological manifestations of human experience.
• Recognizes the “collective unconscious” which is passed down through generations and is shared by all people. Could be described as a universal library of human knowledge often represented by “archetypes” or basic patterns of human behavior and situations that seem to be common amongst all people. Such as: the hero, the mother, the father, the orphan, the explorer etc.
• Active Imagination is an intervention used to amplify, interpret and integrate the unconscious and includes working with dreams and the creative self via imagination, images etc. Active imagination relies on a client’s undirected observation of their imagination or dreams, allowing the images or dreams to speak for themselves as much as possible without overbearing influence from the conscious mind.
• Psyche and Soul are widely used terms in Depth Psychology. The soul is the dimension of the person that makes meaning possible, turns events into experiences and deepens the human experience. Therefore, Depth Psychology attunes itself to the way psyche reveals itself.
• Mythology: Personal symptoms, conflicts, and stucknesses contain a mythic or transpersonal/archetypal core that when interpreted can reintroduce the client
to the meaning of his struggles (e.g., the pain of leaving home can be reimagined as the ageless adventure of the wanderer setting out into the unknown).

Phases of Treatment & Interventions

Beginning: Invitation and exploration of material the client brings to therapy, including relational situations, dreams, experience, imaginings etc.

Middle: Placing client experience into a mytho-poetic lens, looking at images, myth, story, imagination and archetypal patterns within the conscious and unconscious happenings of the clients life. Looking for meaning by orienting one’s experience into the greater human story.

End: Integration of unconscious material often marked by acceptance of taboo subjects and previously discarded aspects of the personality. Acknowledgement of self-awareness and inner wisdom.