
C.G. Jung Society of Victoria



Complexes—the via regia to the unconscious



In this lecture we review a common reason why we act out when under stress – we “complex out.” Jung noted that we all have complexes, but what many of us fail to remember is that “complexes have us.” Why do we get upset when someone uses a particular tone with us? Why do we have problems doing our taxes? What makes communication with our spouse so problematic?

John Betts trained as a psychologist and worked in the Victoria community for the past 15 years. John is presently a Diploma Candidate in the Jungian Analyst training programme at the International School for Analytical Psychology in Zürich, Switzerland.

Lecture: May 5, 2006 7:30 – 9:45 PM
University of Victoria David Strong Building, Room C116
Members and full time students \$10 Non-members \$15

Workshop: May 6 10 AM – 3 PM
U. Victoria Continuing Education — 910 Government Street
Members \$100 Seniors and full time students \$90 Non-members \$110
Attendance at Lecture is required; Pre-register (370-6001) as Size is limited

Workshop Do you want to be able to be less prone to getting stuck in a complex? In this day-long workshop we will identify our core complexes in a safe and fun way, then find how to “de-potentiate” these structures. We’ll begin with the core complexes we all have to deal with – mother, father and money – then explore less common, but equally critical complexes such as perfection, competence, and education. Important in our time together is developing an approach to gaining insight into these complexes, and, more importantly, learning how to de-potentiate them.

Membership in the Society is \$25/year and entitles you to reduced admission to monthly lectures and workshops, access to special interest groups and use of the Society's library. For Information phone 370-6001.

For more details, SEE OUR WEB PAGE: cgjungsocietyvictoria.ca