

**Mini-Conference**  
**“The Political Psyche: Contributions from Jungian Analysis and Depth Psychology to Today’s  
Social and Political Issues”**  
**1.-2. June 2019**  
**Hotel L’Ermitage Conference Center**  
**Tallinn**

**Mission statement for the conference:**

Jungian psychology has taken a noticeable political turn in recent years. Of course, the incredible complexity and broken nature of today’s national and international politics cannot be healed by applications of psychology alone. But maybe there is a role for a fresh focus on social and political problems. These might include (but not be limited to) leadership issues, gender and economic inequality, and the impact of corruption and violence on the emotional lives of citizens. Is there any hope to be found in the political sphere? That will be one of the things the conference as a community will explore.

What Jung wrote in 1946, at the beginning of the Cold War, is true today:

“We are living in times of great disruption; political passions are aflame, internal upheavals have brought nations to the brink of chaos ... The analyst feels the violence of its impact even in the quiet of the consulting room.”

## **Programme**

### Saturday, June 1st

- 08.30 - 09.00 Coffee and registration
- 09.00 - 10.00 *Dream matrix\**
- 10.15 - 11.15 Introductory presentation by **Monika Luik** “Faces of Stone: Estonian Collective Identity in transformation?”
- 11.15 - 11.30 Coffee Break
- 11.30 – 13.00 **Harri Virtanen** “Power Stories: Storytelling in Therapy and Politics”
- 13.00 – 14.30 Lunch (not provided)
- 14.30 – 16.00 **Andrew Samuels** “Political Violence and the Dialectics of Hope”
- 16.00 – 16.15 Coffee Break
- 16.15 – 17.00 Panel discussion with all presenters “Does Politics need Psychoanalysis?”

### Sunday, June 2nd

- 09.00 - 10.00 *Dream matrix*
- 10.15 - 11.45 **Andrew Samuels** experiential workshop “Political Self”
- 11.45 - 12.00 Coffee Break
- 12.00 – 13.00 Presentations by Jungian candidates, symbolic analysis of Estonian political advertisements
- 13.00 - 14.30 Lunch (not provided)
- 14.30 – 15.45 **Ants Parktal** “Miks lähimineviku haavad teevad eesti inimesele endiselt haiget?”/“Why are Estonians still hurting from the wounds of our recent past?” Presentation will be in Estonian with English translation on the screen
- 15.45 – 16.00 Concluding remarks

## Speakers

### **Keynote speaker - Professor Andrew Samuels**

Andrew Samuels is recognized internationally as one of the foremost political commentators and theorists from the perspectives of psychotherapy and depth psychology. He works as a consultant with political leaders, parties and activist groups in several countries, including the United States. He also consults to Britain's National Health Service.



He draws on a wide range of approaches to psyche, including post-Jungian, relational psychoanalytic and humanistic ideas. But he roots his work in citizens' lived experience, and in what can be learned from therapy work carried out with political awareness. While Andrew does not disguise his background in progressive and left-wing politics and his commitment to diversity and equality, he remains open-minded and celebrates many different takes on social and political issues.

Andrew is a Training Analyst of the Society of Analytical Psychology, in private practice in London, and Professor of Analytical Psychology at the University of Essex. He was Chair of the UK Council for Psychotherapy and founders of Psychotherapists and Counsellors for Social Responsibility.

His many books have been translated into 21 languages, including: *Jung and the Post-Jungians* (1985); *A Critical Dictionary of Jungian Analysis* (1986); *The Father* (1986); *Psychopathology* (1989); *The Plural Psyche* (1989); *The Political Psyche* (1993); *Politics on the Couch* (2001); *Persons, Passions, Psychotherapy, Politics* (2014); *Relational Psychotherapy, Psychoanalysis and Counselling: Appraisals and Reappraisals* (edited with Del Loewenthal, 2014). His latest books are *A New Therapy for Politics?* (2015) and *Analysis and Activism: Social and Political Contributions of Jungian Analysis* (edited with Emilija Kiehl and Mark Saban, 2016). A number of his articles, lectures and videos are available on: [www.andrewsamuels.com](http://www.andrewsamuels.com)

### Lecture: Political Violence and the Dialectics of Hope

Andrew will present some thought-provoking ideas about what Hannah Arendt called the “rationality” of political violence. Most therapists and analysts have rather conventional views on this topic, and maybe that is with good reason. But a deeper exploration can serve as an honest and realistic basis for citizens to explore hope – and also dread – in contemporary politics.

### Workshop: The Political Self – an experiential workshop

Andrew has presented this workshop in several countries to audiences that are both professional and public. It usually sparks reflection and dialogue. What will happen is that the participants will be invited to undertake a few simple experiential exercises intended to help them reach what we could

call “The Inner Politician”. The workshop is non-threatening and sometimes fun. It is, as stated, suitable for everyone, not only clinicians.

### **Harri Virtanen**

Virtanen has worked as Professor of Dramaturgy in the Theatre Academy, as Script Manager and Drama Consultant, Commissioning Editor, Publisher of Fiction and Senior Drama Advisor. He has participated, either as scriptwriter or as a part of the buying end in creating blockbusting, award-winning Finnish drama series. He is currently writing a Netflix crime series called Deadwind.

In addition to his work for television, Virtanen has written and directed numerous plays for the theatre and published several articles and columns in newspapers, magazines and a scientific journal. He has written the book “Trauma and Love - how to cope with the impossible?”

Virtanen has graduated as a Master of Arts from Theatre Academy. He finished his studies in Jung Institute Copenhagen in 2012. He runs a private practice in Helsinki.



#### Presentation: Power Stories: Storytelling in Therapy and Politics

Becoming aware of the myth we are living by may be a key to a meaningful life. It may help us to understand populism, racism and nationalism in Europe and fight against it. Psyche creates reality every day. Creating our narrative about who we are, where we are coming from, again and again, can be a healing experience, "healing fiction" as James Hillman puts it. How is power operating in your life? What access to power do you have? What did you have to do to survive? What is your power story?

### **Ants Parktal**

Ants Parktal is a psychologist, psychoanalytic psychotherapist and psychoanalyst. He has studied psychology at the University of Tartu, psychotherapy at San Francisco School of Professional Psychology and psychoanalysis at two training programs from Finnish and Dutch Societies of Psychoanalysis. He is a member of International Psychoanalytic Association since 2005. Ants works in his private practice as a psychotherapist since 1995 and as a psychoanalyst since 2005. Ants is also a guest lecturer at the School of Natural Sciences and Health of Tallinn University and holds a technical seminar at the training program of Estonian-Latvian Psychoanalytical Society.



#### Presentation: Why are Estonians still hurting from the wounds of our recent past? In Estonian with English translation on the screen

Severe adverse experiences leave wounds in our souls. One can treat them on her own, however complete recovery is not possible without the help of other people.

Healing the soul is not easy, since the wounds have a terrifying history, that can in a worst case scenario lead the nation to a dangerous outcome – self-colonization.

Emotions that reanimate the past can only be expressed by means of words that originate in the body and pass to the mind. For Estonians, only words, coming from the ancient Estonian language can unify the mind and body and so heal the wounds. Curative Estonian soul food lies in national folk songs, legends, fairy tales and other verbal material that has been created by our nation and passed from one generation to the other.

In order to heal the wounds, we need loved ones and we need our community. Loved ones who would listen and understand, and the community, who would witness the pain of those who have suffered and would emotionally join in the shared pain. On the other hand, a community that manically acts out its pain, does not contribute to healing the wounds. Just as the individual, the community also needs time to heal through its own emotional wisdom.

The pain has to be transformed into suffering, only then is it possible to hold the loss in our mind, only then is it possible to get in contact with the helplessness and humiliation every Estonian experienced. Acknowledging and accepting cruelty can create the possibility of forgiveness. Untreated wounds leave both the individual and the community in an illusory world and deprives them from a real life. Healing the wounds, accepting grave losses and understanding that loss is a necessary precondition for psychic growth, may bring about rebirth and renewal.

The recent past has been harsh on Estonian people, our community and state. It is of utmost importance for the Estonian nation to restore our nation's belief in itself, but also to restore our national belief system and the sacredness of nature.

### **Monika Luik**

Monika is a Jungian Psychoanalyst working in private practice in Tallinn and Pärnu. She is a member and past president of Estonian Society for Analytical Psychology and a member of Estonian-Finnish Group for Analytical Psychology. Monika is also teacher and member of the training committee at the Private School for Analytical Psychology by Estonian Society for Analytical Psychology.



### Presentation: Faces of Stone: Estonian Collective Identity in transformation?

Being a nation that has endured 700 years of slavery (serfdom) has been a cornerstone of our national identity for more than a century. And indeed, as a small nation living in this specific geographical spot, we have had to deal with many different powers other than our own. Our experience as an independent country has been brief. How has this slave identity shaped who we are and how we run our state today? Are we still slaves? Are silent anger, envy and passivity so deeply engraved in our collective identity that we can't even imagine a different way of being? How would analytical psychology look upon these matters and what could be the way forward?

*\* Dream matrix is a method to involve material from collective unconscious into our conscious perspective. Participation at dream matrix is voluntary, you can attend the conference without participating in the dream matrix. At the dream matrix participants are invited to share their dreams from previous nights or earlier, associations and amplifications. The material is seen as collective and it is not interpreted, just made visible.*

## **Information and registration**

The Conference is intended for Jungian analysts, psychoanalysts, trainees, students, psychotherapists, politicians and for everyone interested.

The working language of the Conference is **English**.

**Date and Time:** Saturday June 1<sup>st</sup>, 2019 to Sunday June 2<sup>nd</sup>

**Location:** Hotel L'Ermitage Conference Center

**Address:** Toompuiestee 19, Tallinn, Estonia

### **Prices:**

Members of EAPS and FEGAP 140 EUR

Others - 160 EUR,

Jungian candidates, students -100 EUR

**Registration:** please send an e-mail to Monika Luik, [monika.luik@gmail.com](mailto:monika.luik@gmail.com)

Registration deadline is **May 20<sup>th</sup>, 2019**.