

BEING STRANGERS TO OURSELVES

FEGAP SUMMER CONFERENCE 2017 July 27th- 30th



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The Finnish-Estonian Group for Analytical Psychology invites you to the conference

“Being Strangers to Ourselves”

July 27th-30th, 2017

“In all cases of dissociation it is therefore necessary to integrate the unconscious into consciousness. This is a synthetic process which I have termed the individuation process.”

C. G. Jung

We invite you to participate at a gathering on the Baltic shores aimed at a deeper exploration of C.G. Jung’s conceptualization of dissociation, seen not only as a pathological phenomenon but as a function of the normal psyche and a way to individuation. The dissociation between the conscious and the unconscious mind is a central theme in C. G. Jung’s work. According to Jung the main therapeutic issue is how to integrate the dissociation both on personal and on a collective level. Those parts of us that are dissociated and/or projected out, often find their target in other individuals different from us. How we relate to the strange or to the stranger, outside of us and inside of us, both individually and collectively, is one of the focuses of the Summer Conference 2017.

Programme

Thursday 27 July

18.00 - 18.45 Registration

18.45 - 19.00 Reception, welcome address **Harri Virtanen**

19.00 - 20.30 Dance of the strangers by **Pille Varmann**

Friday 28 July

08.30 - 09.00 Coffee

09.00 - 10.00 Dream matrix

10.15 - 12.15 **Andrew Fellows**: 'Strangers to Nature: Dissociation and the Anthropocene'

Chair Harri Virtanen

12.15 - 14.15 Lunch (not provided)

14.15 - 15.00 **Gerardo Botta**: 'Modern roots of psychological one-sidedness'

15.00 - 15.30 Coffee Break

15.30 - 17.00 Workshop A: **Karni Ishai**: 'Meeting the other within ourselves.' *

15.30 - 17.00 Workshop B: **Nina Kanevskaja**: 'Trauma experience and dissociation from the body: a view from prospective theory of archetypal affects and body knowledge.' Workshop: 'Bringing back connection with the body while working with trauma.'*

18.30 Tallinn Old Town Tour

* Information about the workshops is given below

Saturday 29 July

08.30 - 09.00 Coffee

09.00 - 10.00 Dream matrix

10.15 - 11.15 **Harri Virtanen**: 'Dissociation and the environmental catastrophe.' Chair Misser Berg

11.15-12.15 **Gunilla Midboe**: 'Visit from the Minotaur' Chair Misser Berg

12.15 - 14.15 Lunch (not provided)

14.15 - 15.00 **Marina Conti**: 'Trauma and the transference-countertransference: working with the wounded self from the Jungian Prospective and the EMDR technique.'

15.15 - 16.00 **Daniela Peruzzo**: 'A disturbing proximity: working with refugees from a Jungian perspective.'

16.00 - 16.30 Coffee break

16.30 - 17.15 **Pille Varmann**: 'Working with trauma and dissociation: a clinical case.'

19.00 Gala-Dinner

Sunday 30 July

08.30 - 09.00 Coffee

09.00 - 10.00 Dream matrix

10.15 - 11.15 **Monika Luik**: 'Artificial Intelligence: Dangerous Stranger or Unknown Friend.' Chair Harri Virtanen

11.15 - 12.15 **Giorgio Tricarico**: 'Individuation of the Collective. The possible role of the analyst in questioning the contemporary dissociations.'

12.15 - 13.00 End notes and closure **Giorgio Tricarico**

Speakers

Keynote speaker: Andrew Fellows

Dr Andrew T. Fellows (BSc, PhD Dunelm) is a Jungian Analyst, deep ecologist and writer with private practices in Zürich and Bern. He holds a Doctorate in Applied Physics, is a former Fellow of the Royal Meteorological Society, and enjoyed many years of international professional engagement with renewable (especially wind) energy, sustainable development and energy policy. His special interests include the relationship between mind and matter, the anima mundi, the mid-life transition, the new sciences, and the use of Analytical Psychology to understand and address global collective challenges associated with the Anthropocene Epoch. His book *Gaia, Psyche and Deep Ecology: Navigating Climate Change in the Anthropocene* will be published by Routledge in 2018.



Speakers

Gerardo Botta CIPA is psychologist, analytical psychologist, psychotherapist, family mediator, lecturer. He has published essays on parenthood, family mediation and the relationship between analytical psychology, psychoanalysis, phenomenology and phenomenological psychiatry. He is a member of the scientific committee at CIPA. Since 2013 he has been a member of the editorial committee for the Jungian journal 'Quaderni di cultura junghiana'.

Marina Conti took her degree in Analytical Psychology at the "Carl Gustav Jung Institut" (Zurich) in 2003 and she is associated with AGAP and IAAP, working in Milan and as a "Visiting Analyst" for the Ukraine and Belarus DGs. She participates in international conferences and is co-author of the study "Sincronicità e coincidenze significative", Edizioni Magi (2016) and author of several articles about the development of the Analytical Psychology.

Karni Ishai has 26 years experience in mental health and education. She is a member of the Israeli Institute of Jungian Psychology as well as of the organization for expressive therapists in Israel. She is specialized with various types of trauma: war, terror grief, mourning, sexual abuse and neglect.

Nina Kanevskaja is analytical psychologist, trainee of training program on Jungian analysis (RSAP, IAAP), dance-movement therapist. She has graduated from Saint-Petersburg State University, faculty of psychology in 2000. She has been working as a psychologist since 2001, since 2012 has got private practice (adults and children) and works as analytical psychologist.

Monika Luik. Jungian analyst. Additionally social work background. INTJ. Private practice in Tallinn and in Pärnu. Involved in training new Jungians in Estonia.

Gunilla Midbøe, MSW., certified psychotherapist, supervisor and Jungian psychoanalyst works in private practice in the western parts of Sweden. Her main spheres of interest include how symbols and language interact and contributes to individuation within the analytical relationship and the development of contemporary analytical psychology. Her first book, *The Elliptical Dialogue*, is being published by Chiron Publications in spring 2017.

Daniela Peruzzo is a PhD student in Refugee Care at the University of Essex (UK). Previously she has worked with refugee in Rome, performing different tasks, but over the last 4 years, mainly as legal consultant. Her background in anthropology but she has attended the school of specialization of analytic psychology LI.ST.A, in Milano as an auditor, for 3 years.

Giorgio Tricarico. Psychologist, psychotherapist, Jungian analyst, supervisor. He is member of the IAAP (International Association for Analytical Psychology), and President of the FEGAP (Finnish-Estonian Group for Analytical Psychology). He works with adult patients since 1998, and has given several lectures and seminars on relevant issues in Analytical Psychology. Author of the essay "The Labyrinth of Possibility: a Therapeutic Factor in Analytical Practice", Karnac Books (2015), and of other books, since 2009 he lives and works in Helsinki.

Pille Varmann is a Jungian Analyst (FEGAP, IAAP) with a private practice in Tallinn, Estonia. Pille comes from the medical background. She is trained in internal medicine and psychiatry, currently practising as a psychiatrist in Estonia and in Finland. Pille is also trained as a

supervisor, working with groups and individuals. Pille's special interests in analytical psychology include individuation and its connections to psychosomatic symptoms as an expression of somatic creativity, early relational trauma and dissociation, trauma and creativity, transgenerational trauma and the use of analytical psychology to understand the processes of the collective psyche.

Harri Virtanen, born in 1963, is Jungian analyst (DSAP), who is interested in eco-psychology. He has a private practice in Helsinki. He has written ten plays and more than 100 hours tv-drama and has worked in media and cultural organisations. He is an editor in Psychotherapy-journal and publisher at his own publishing house. He has been lecturing about the negative individuation, aggression, depression, literature therapy, creativity, storytelling and eco-therapy.

Information about the workshops

Karni Ishai

Meeting the other within ourselves

At present, we live in a changing world, where the migration of nations is bringing about a confrontation between cultures and is destabilizing the former equilibrium. The gaps between the different values, beliefs and cultures are emerging now from under the surface.

This confrontation embodies the essence of the encounter with the "otherness" outside of us, yet, within us. The xenophobic expression of this encounter - a hatred of strangers or foreigners, is presently growing in the Western world. This expression is actually a kind of personal and collective dissociation that projects its own shadow parts on other ethnic groups. Therefore, a transformative and rehabilitating opportunity lies precisely, in redirecting this projection, towards ourselves.

This workshop invites us to meet the "other" who is out there outside of us, through encountering "the otherness" in us.

The workshop will be carried out in a safe and containing framework, and by means of both a personal process and an interpersonal encounter. Through these, we will expose the built-in tension and the mutual relations between these 'othernesses'.

Also, we will give up the 'rational' that characterizes western thinking, in favor of returning to **the body**, our natural home inside of us, which is the source of the profound knowledge of ourselves as Jung phrased it "**The body is the primal symbol of human experience**".

We will materialize this by means of the 'Active Imagination' and its expressions through the body and the movement, as reflectors and navigators of the personal and collective psyche, as one.

We will further broaden and deepen the experience through additional channels (amplification) such as drawing, drama and intuitive writing. These creative channels will enable, on the one hand, the direct and incisive observation of ourselves as being strangers or 'others' unto ourselves, and on the other, the creation of a space for empathy and acceptance of who we are, with both, our 'light' and 'shadow' parts inside us.

Nina Kanevskaia

Bringing back connection with the body while working with trauma.

This workshop can be as self-depended workshop and a continuation of the paper suggested above as well.

Loss of grounding is one of the criteria of dissociation from the body and of fact that traumatic experience took place and/or is being constellated. On workshop it will be offered to participants to get the experience of such body-felt phenomenon like grounding, to investigate existing connections in the body as a way to work with dissociation from the body.

Since traumatic experience of the patient can awake intense somatic countertransference, this can become an effective tool for an analyst himself/herself to bring back connection with his/her own body.

Another part of workshop will be devoted to process of investigation the polarities, seeking the transitional space between them. This experience invites participants to embody and to facilitate the possibility for transcendental function to be activated.

In atmosphere of playful movement and dance there will be opportunities to see how joy and interest can create a «container» transformation is possible to occur.

Registration and details

The Summer Camp is intended for Jungian analysts, trainees, students, psychotherapists, and for everyone interested.

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

Date and Time: Thursday July 27, 2017 at 7:00 PM (reception) to Sunday July 30 at 13:00 PM

Location: Hotel von Stackelberg Conference Center, <http://www.vonstackelberghotel.com>

Address: Toompuiestee 23, Tallinn, Estonia

Prices:

Before May 31th - early bird price 120 EUR

May 31th until June 30th – 150 EUR

Lecturers can participate at the Conference for free.

If you want to participate at the Gala-Dinner it will cost additional 50 EUR

Registration: <https://fegap.typeform.com/to/d4FaIV>

Registration deadline is **June 30th, 2017**

Nearby hotels:

Hotel von Stackelberg, <http://www.vonstackelberghotel.com>

Hotel L'Ermitage, <http://www.lermitagehotel.ee/en/>

Hotel Park Inn by Radisson Meriton, <https://www.parkinn.co.ee/hotel-meriton-tallinn>

Those three hotels are next to each other. However there are many more in Old Town.

We also encourage you to check out the Airbnb <https://www.airbnb.com> options that can be more affordable.

More information about Estonia: <https://www.visitestonia.com/en/>

Questions and information: Please address to Harri Virtanen, havirtain@gmail.com



Photo: Kaupo Kalda, visitestonia.com