

Community Education Series

The Recovery Village and Advanced Recovery Systems





Presentation Topic:
Jungian & Post-Jungian Clinical
Use of Dreams



Speaker:
Minh Tran, M.A., L.M.F.T.

About the Speaker:

Minh Tran

M.A., L.M.F.T.,



- Minh identifies himself as a “first-and-a-half” generation Vietnamese-American who was born in Vietnam, but grew up in the United States. Minh’s background is in community mental health, where he has served individuals of the LGBT community, HIV-positive persons, the monolingual Vietnamese population at Special Service for Groups in Los Angeles County and Mental Health Association in Orange County, California. Even prior to becoming a clinician, Minh worked for a number of years at the Asian Pacific AIDS Intervention Team (APAIT) and The LGBT Center of Orange County as a paraprofessional counselor helping prevent transitional aged youth from contracting HIV and becoming addicted to drugs and alcohol.
- Upon his graduation from Pacifica Graduate Institute's M.A. in Counseling Psychology graduate degree program, Minh was named one of 70 Los Angeles County MFT Stipend recipients. As part of his year-long stipend commitment, he has been working with Latino children, teens, families, and individual adult clients, at Enki Health & Research Systems, Inc. (EHRS), a county public mental health clinic in Bell Gardens, CA. Minh was then awarded a scholarship to complete a 9-month post-graduate certificate program in psychedelic therapies and research at the California Institute of Integral Studies (CIIS). This program is the first of its kind in this country, preparing clinicians to staff psychedelic therapy research in anticipation of expanded access, which will bring psychedelic treatment out of clinical trials in research university hospital settings and into outpatient clinics throughout the country. Throughout and all the while, Minh stay true to his stated purpose, “To be an undercover agent for depth psychology,” in a mental health system that often seems as though it has forgotten the importance of soul.



“ Jungian ” vs. “ *Post-Jungian* ”

Jungian:

classical, developmental, clinical, emphasis on the development of personality and integration of unconscious aspects of Self into a more individuated whole

Post-Jungian:

archetypal, anima mundi/soul of the world, animistic, pluralistic, imaginal, emphasis on multiplicity and constellational nature of perspectives within psyche/”soul”

Jungian Dream Analysis

- Who is dreaming the dream? Relationship between the dream-ego and the Self.
- symbol, metaphor, image
- Dream Structure: Exposition, Development, Climax, Lysis
- Methodologies: Association, Amplification, Active-Imagination, art-making
- Archetypal Progression: Shadow, Anima/Animus, Wise Old Person, the Self
- Small dreams, Big dreams, precognitive dreams, dreams by the dying

Post-Jungian Dream Work

- Archetypal Psychology/Imaginal Psychology (James Hillman)
- Sandplay Therapy (Dora Kalff)
- Somatics (Marion Woodman, Robert Bosnak)
- Dream Tending (Stephen Aizenstat): Association, Amplification, Animation, Dream Council, Anima Mundi & World Dream

Tips & Things

- Nightmares and night terrors in children: Teach them in psychotherapy sessions how to “master the monster.”
- Children as the I.P. can be the dreamer for the family as well.
- The Shadow usually is the figure the dream-ego cannot really see who chases the dream-ego.
- One’s clothing is often representative of personae.
- When in a car, who is driving the car?
- Dreaming in cartoons.
- Houses in dreams.
- Dream journaling.
- Lucid-Dreaming

Minh Tran

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REFERENCES

- The Portable Jung (1976) edited by Joseph Campbell, M.A.
- The Thought of the Heart & the Soul of the World (1995) by James Hillman, Ph.D.
- Healing Fiction (1983) by James Hillman, Ph.D.
- Re-Visioning Psychology (Pulitzer Prize nominee 1975) by James Hillman, Ph.D.
- Dream Tending (2009) by Stephen Aizenstat, Ph.D., L.M.F.T.

THANK YOU

