

#WithUkrainianJungians

Walking alongside our Ukrainian colleagues and all those facing erasure



#WUJ Autumn Webinar Series

- September:** **Donald Kalsched** with **Dmytro Zaleskyi, Oxana Zaleska & Olena Brante**
Inner and Outer Democracy and the threat of Authoritarianism: Reflections on Psychological Factors at Play in our Polarised World.
Chair: Lisa Marchiano
- October:** **Verena Kast & Olga Kasianenko**
Coping with Grief - Difficulties and Resources.
Chair: Lily Rose Nomfundo Mlisa
- November:** **Renos Papadopoulos & Larysa Kozyr**
Collective Forms of Severe Adversity: narratives, traps, effects and therapeutic endeavours.
Chair: Karin Fleischer
- December:** **Ann Ulanov**
In response to the war between Israel and Palestine and the ongoing war in Ukraine.

All are welcome

in association with **GAP** (Guild of Analytical Psychologists), **Wordlywise**, **ARAS** (Archive for Research in Archetypal Symbolism) & **Sanctus Media**

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The monthly gathering at the #WUJ Webinars



Catherine Cox writes:

Dear Colleagues and Friends,

Welcome to the #WUJ Autumn Flyer. Here you will be able to read more about the upcoming webinars, the Social Dreaming Matrix Groups, how to make a financial gift to our colleagues in Ukraine and other useful information.

The award-winning novelist, poet and trained war-crimes researcher **Victoria Amelina** died on 1 July from injuries sustained in a missile attack on a restaurant in eastern Ukraine. She was 37 and left behind a young son.

Victoria fought passionately for a Ukrainian homeland where all citizens are free. "In her travels and work she tried to counter horror with hope, documenting atrocities but also organising aid and cultural activities, which she insisted were as important to Ukraine's fight as physical sustenance." (Emma Graham-Harrison, senior international affairs correspondent, The Guardian Newspaper.)

In an essay first published as part of the International Writing Program's Home/Land/s symposium, Victoria described how the compassion she saw in the eyes of a Czech border officer when she arrived, a refugee, at the border caused her to break down in front of her young son.

"Why are you crying?", her son asked.

"Because we are home" she replied.

"But this is not Ukraine." he said.

"We were falling, and our fellow Europeans were ready to catch us. The limits of home may have just expanded, I thought.

I believe that what happened to Ukrainian refugees was more than just an act of kindness. It was a change in perspective, a change in the story of Europe, and ultimately a change in the borders of what we consider our shared home. Ukrainians are now fighting not just for Ukraine, but for Europe as well.

This may not be much help to refugees from Syria or Sudan, unfortunately. But I believe that acts of kindness towards one group of refugees can teach us all, including Ukrainians, to be more kind to all other people fleeing wars. We can sing about a utopian brotherhood, or we can work diligently to expand the limits of the fragile shared trust we have.

No one is obliged to take in a stranger or show them love, yet it happens. This love becomes a true story that changes all future stories, including those of refugees.”

Murray Stein’s #WUJ webinar was entitled “Answer to Evil”. What can we, as ordinary analysts, actually do in the face of the overwhelming evil being visited on Ukraine and in other places around the world, in the face of climate change?

Many colleagues across the Jungian world, not just Europe, are supporting Ukraine in very many different ways. #WUJ offers a space where we can gather in solidarity with our Ukrainian colleagues - us in our safe place, and they in their dangerous one - which has been fed back to us as being so very helpful.

Please join us - it’s just once a month. Your presence may seem insignificant to you, but it is what is needed. The reality is that each one of us can make a difference. We just need to turn up.

We hope that our Ukrainian colleagues know we in the international community are there “to catch them”, that they have a “home” with us - and that our small act of love contributes to the counter-movement that we are seeing in the collective that may, as Victoria Amelina hoped, “become a true story that changes all future stories”.

And we know that our “home”, our international community, is deeply enriched by the sacrifices of Ukraine and by all that our Ukrainian colleagues bring to us from their experience.

Warmly,

Catherine Cox, on behalf of the #WUJ team

8 ■ Tuesday 19th September 2023, 18:00 - 20:00 BST

Donald Kalsched, PhD

Inner and Outer Democracy and the threat of Authoritarianism: Reflections on Psychological Factors at Play in our Polarized World.



Donald's personal statement

Ever since Russia invaded Ukraine, I have been mesmerized by every detail of the battle and the heroic struggles of the Ukrainian people against the brutal invasion of your country by Vladimir Putin. For me, this has been more than a "news story." I have taken it personally and I can't stop thinking about it! I think this is because I have felt devastated by the assaults on American democracy in my own country since 2016, and helpless to do anything about it--except vote. In Ukraine there's a clear enemy (at least for now) and it is possible to fight for the soul of yourselves and your country in a clear way. The battle lines are drawn!

Last year on March 9th I wrote a letter of support to Ukrainian colleagues, and I repeat a portion of what I said there. It contains the core of what I hope to communicate today.

..."As you know, I have written about "Trauma and the Soul." You are in the middle of heart-breaking Trauma, and you are fighting for the Soul of your country; You are fighting for the Soul of the World!

..."Your battle is part of a revolution in consciousness. Dictators will always rise up against this new consciousness because they are afraid of it, but the fight for democracy for equality, for diversity, and for the sacred reality that all people on this planet contain the spark of a God-given right to life and liberty is far bigger than any one battle, and it must be waged over and over again in every generation. ...Despite your current trauma, you are fighting for the Soul. I salute you!"

About this webinar:

*In the trauma-work I do with individual patients, I have come to realize that I am fighting for a democracy of the psyche against the tyranny of authoritarian defences--just like front-line Ukrainian soldiers are fighting for democracy against the tyranny of Russian autocracy--in Kherson, in Zaporizhzhia, in Bakhmut. Of course I cannot compare my struggle with those Ukrainian heroes who risk their lives every day while I sit in my comfortable office talking to people. But the point I want to make in this presentation, is that democracy is not just an outer form of government worth defending. It is also an inner one. It is a principle of organization among the parts of a person or the parts of a nation. This principle is based on freedom instead of fear, on openness instead of constriction, on equality instead of domination, and on inclusiveness instead of exclusion, i.e., on representation of all parts of the whole in a central body, *e pluribus unam* - from the many, one.*

Jung was eloquent about how crucial democracy is to a healthy psyche inwardly and to a healthy community outwardly. His conviction comes from his understanding that consciousness is only generated through an aggressive struggle between the opposites. Democracy provides the best container we have for that struggle. Therefore democracy, both inner and outer, is an engine of consciousness generation. It is the way we become whole and the way we generate a moral center in ourselves and in the world. It is worth fighting for on every battle-front--both within and without.

Donald Kalsched, Ph.D., is a Clinical Psychologist and Jungian Psychoanalyst with a private practice in Brunswick, Maine. He is a senior faculty member and training analyst with the Inter-Regional Society of Jungian Analysts and serves on the Board of the Maine Jung Center. He lectures and teaches nationally and internationally on the subject of early childhood trauma and its treatment, and has led master classes for clinical supervisors in many clinical settings. His celebrated book *The Inner World of Trauma: Archetypal Defences of the Personal Spirit* (Routledge 1996) explores the interface between contemporary psychoanalytic theory and Jungian thought as it relates to practical clinical work with the survivors of early childhood trauma. His second book, *Trauma and the Soul: A Psycho-spiritual Approach to Human Development and its Interruption* (Routledge, 2013) explores some of the mystical dimensions of clinical work with trauma-survivors. He is currently working on a third major book which will explore the practical aspects of working more directly with feelings and defences-against-feelings in the clinical situation.



Oxana Zaleska has been working with children and adults for over 25 years, and for the last 9 years I have been working with the consequences of war and have adapted the Jungian method of Serial Drawing for use in emergency situations for children affected by war. She has co-authored the psychosocial programme "Safe Space", which has been implemented in Ukraine in the education system since 2015 and is aimed at supporting and preventing PTSD in children.

Oxana is a Jungian analyst, child psychotherapist, member of the IAAP with a PhD in Psychology, member of the Ukrainian Group for the Development of Analytical Psychology (UGD IAAP), founder & member of the Professional Association of Child Analytical Psychologists (PACHAP) and a Senior expert psychotherapist & supervisor in the Mental Health Centre at the National University of Kyiv-Mohyla Academy.



Olena Brante was born and raised in Ukraine and for the last six years has lived in Ireland. She trained as Jungian analyst with the Ukrainian Development Group. Mainly my area of interest belongs to the topics about trauma (all its variates), narcissism phenomena and immigration processes.

Olena writes: *I very much appreciate art techniques and feel a lot of curiosity about cold swimming and its impact on psyche.*

Remembering Nathan Schwartz Salant's belief that every Self provides its own experiment during the life I see life of soul as very difficult but miracle.



Dmytro Zaleskyi MD is a psychiatrist, Jungian analyst and has been an Individual Member of the International Association of Analytical Psychology since 2010. He graduated from the Kyiv Medical Institute with a degree in medicine from the Department of Psychiatry in 1988 and worked at the Kyiv City Psycho-neurological Hospital №1, and then at the All-Union Research Center for Radiation Medicine at the USSR Academy of Medical Sciences. From 1986-1991 he worked as a liquidator of the consequences of the Chernobyl disaster as a medical assistant, neurologist and psychotherapist.

Dmytro was First President of the Official Development Group of the IAAP in Ukraine and served in the Armed Forces of Ukraine for mobilisation as Chief of his battalion's medical service in 2015-2016.

Lisa Marchiano



Lisa writes:

When faced with unfathomable suffering and a manifestation of archetypal evil, the imagination falters. How is it possible to contend with such things? The sense of helplessness threatens to overwhelm us and the fabric of meaning is ruptured. In the face of the unthinkable, simple acts of kindness and solidarity seem not enough, but they may be all we can offer. I am grateful to have the opportunity to participate in this webinar as my small contribution, my effort to knit up the ravelled sleeve of tattered meaning and humanity in the very little way that I can.

Lisa Marchiano is a Jungian analyst in Philadelphia. She is the co-host of the popular depth psychology podcast *This Jungian Life* and the author of *Motherhood: Facing and Finding Yourself*, which has been translated into four languages. Her second book will be published in early 2024 and is called *The Vital Spark: Reclaim Your Outlaw Energies and Find Your Feminine Fire*.

9 ■ Tuesday 24th October 2023, 18:00 - 19:45 BST

Verena Kast & Olga Kasianenko

Coping with Grief - Difficulties and Resources



Verena's personal statement:

This destructive, unreasonable war in Ukraine makes me angry and helpless. I am deeply impressed how our colleagues in Ukraine take their difficult fate upon themselves and, despite the most difficult war circumstances, but sometimes also the most difficult personal circumstances, have continued their work with people who need therapy for a very long time now. When you talk to them, they now see this as their task, which they also want to take on. I feel great respect and hope that the little help and good thoughts we can at least send them will have an effect.

Prof. Verena Kast DPhil. Is a psychologist and psychotherapist, who was professor of anthropological psychology at the University of Zurich. She is a teaching analyst and supervisor at the C.G. Jung-Institut Zurich and was President of the Curatorium of the Institute. She was co-director of the Lindauer Psychotherapiewochen, the largest German-speaking continuing education event in psychotherapy. She has written numerous publications in the field of fairy tales, symbolism in general, relationship, mourning processes, emotions also in connection with complex theory and imagination.

About this webinar:

To love someone holds the promise of overcoming existential loneliness. The death of a beloved, therefore, throws us back into existential loneliness.

People react with feelings of grief if they lose someone or something very valuable in their lives. Connected with those feelings of mourning are feelings of grief, anxieties, anger, rage, love, feelings of guilt, and others. If we allow ourselves to be taken over by those feelings, a process of mourning begins, a slow and painful developmental process, that allows us to separate from the departed and gives us the possibility again of getting on in life – without the deceased person, but with all the aspects that the relationship with this person have evoked in the own psyche, that which has been touched in our soul and what we must not sacrifice.

We have to understand the loss of a beloved one in connection with bonding. If we engage with someone, a relationship develops and, in our psyche, a self is created out of the relationship. This communal self differs from the own self but there is also some overlapping. The existence of a good enough own self is important for the process of mourning and separation. In the grief process we reorganise ourselves from the communal self back to our own self. If the own self is not or not sufficiently accessible, those grieving react to a major loss with depression and accessory symptoms, meaning they react with a so-called complicated grief. In this case psychotherapy of depression, focussed on the communal self and the loss is often helpful.

Olga Kasianenko



Olga writes:

When I was in Germany in the summer of 2022 and I was experiencing the loss of Home and the death of my mother that happened when I was away, I was offered to participate in the translation of Verena Kast's article. Naturally, I couldn't even imagine that a year and a half later I'd have an opportunity to lead a seminar together.

Working on the article helped me in my own grieving process. At that moment I was in a deep depression that I couldn't find a way out of, and maybe the reason was that my relational Self was quite developed unlike my individual Self, the contact with which became weaker. Understanding this helped me to make certain decisions that I still consider to be important in my life.

I was filled with joy, inspiration and at the same time fear when it was suggested I present with Verena Kast. What will I say, what new and important things will I say to people who lost so much? Will I find the words to express all my feelings? And once again the project "together with Ukrainian Jungians" came to my aid, namely the initiative of the Archive for Research in Archetypal Symbolism (ARAS) ...with the possibility to share symbols - such a simple, very Jungian and really genius idea - if you lack words, the images will come to your aid: artistic, musical or poetic.

It's not even a presentation, but only a mosaic of images that I came across on the terrain of war and that became the symbols of farewell and grieving for my past carefree life, for fantasies of immortality and a lot of losses that we all experienced.

If I share my grief with you I hope you will also have the opportunity to share your grief with me, with all of us, with the whole world because we are together.

Olga Kasianenko was born and grew up in Kyiv. She graduated from the psychology department of Taras Shevchenko National University of Kyiv, and together with a group of interested colleagues studied classical psychoanalysis courtesy of Tuebingen Institute of Psychotherapy Psychosomatics and Psychoanalysis. In 2008 Olga was lucky to enrol in the first IAAP Router program and was granted the status of Jungian analyst in 2019 and subsequently trained as a group analyst and studied infant-parent relationship therapy at the Anna Freud Centre.

Olga works with children & adults and leads Infant Observation groups.

Lily Rose Nomfundo Mlisa, PhD



Nomfundo writes:

It is an honour for me to be invited to participate in this project.

Ukraine citizens, families, friends and relatives including those in other countries such as South Africa where I live, share whatever, uncertainty, distress, pain, fear and loss of hope faced by Ukraine families today. This is a traumatic life experience many countries are going through today. Pain is pain. So is fear and hopelessness. In South Africa, today, we are faced with similar situations where we have all just been recovering from the painful dilemma of COVID-19 pandemic which left the global world in serious pain, due to not just only losing lives of dear ones, but also emotionally traumatic traces that may take time to heal. The world is crumbling. There is no longer joy and peace but a shadow of darkness hovering over all of us on daily basis.

In spite, of all that, many hours of prayer are held for Ukraine and all countries where peace is no longer experienced. These sessions are powerful in that we are able to connect spiritually with each other, support each other, share the pain together and instil positive hope and faith that, we are all in this together. As a wounded healer myself, and with those Jungians in Ukraine and around the world, we shall heal the wounds of those wounded by using various strategies, such as these sessions.

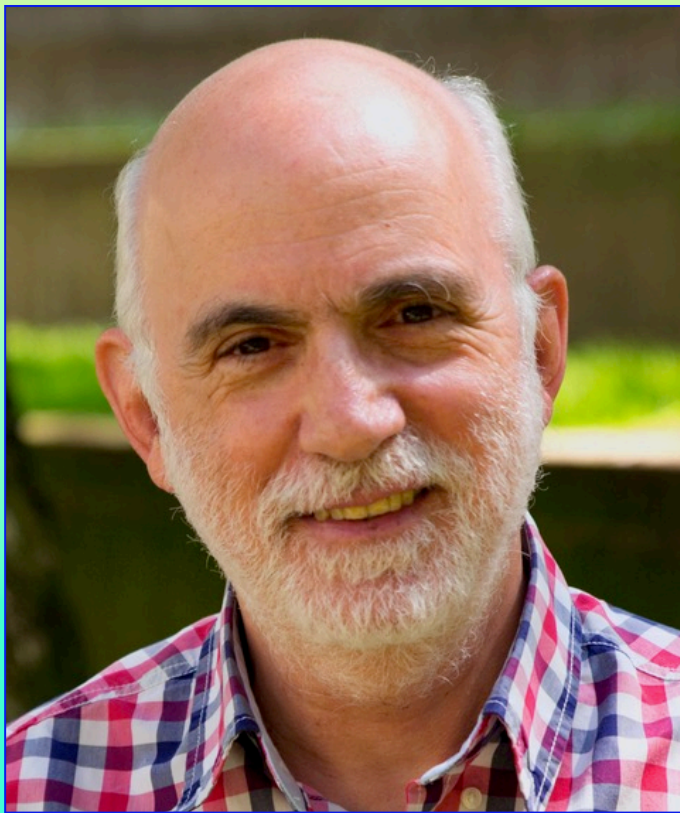
With me today are the two warriors to bring supportive and positive hope initiatives to all human life in Ukraine.

Lily Rose Nomfundo Mlisa (Phd), South Africa is a practising and registered Clinical Psychologist since 1995; attended more than 60 conferences, internationally and nationally. She has organised various panels at various conferences, chairing sessions and presenting. She achieved more than 15 publications on accredited journals. She also participates in Peer Review process for certain journals. Is an independent researcher in the fields of: indigenous Knowledge Research; African Traditional Religions; Community Engagement and Psychology. She is a Research Fellow in the Faculty of Social Sciences and Humanities at University of Zululand in Kwa Zulu Natal, South Africa and Research Fellow at the Department of Religion, Studies, University of Free State, Free State Province, South Africa. She is also one of the founders of 'Rainbow Group' psychotherapy pioneered with South African Jungian psychotherapist and Professor Peter Amman, a Jungian Analyst in Zurich. The group project promotes integrative psychotherapeutic strategies between Jungian and Traditional Healers in South Africa. She also practices various meditation strategies to support traumatized individuals and families from diverse cultures around the world. She is also a fully-fledged Traditional Healer and Faith Healer. (lillymlisa@gmail.com) +27834940433

10. Tuesday 21st November 2023, 18:00 - 19:45 GMT

Renos Papadopoulos & Larysa Kosyr

Collective Forms of Severe Adversity: narratives, traps, effects and therapeutic endeavours.



Renos' personal statement:

Wars are the most destructive forms of human behaviour, not only because of the violence, devastation, and suffering that they, inevitably, bring about, but also because of the grotesque and polymorphous damage they inflict on everything that is uniquely human: thinking, feeling, morality, values, sense of beauty, sense of what is sacred, etc. Since the very first days of the war in Ukraine, I have been invited to assist many groups of various types of professionals, community workers, clergy and other helpers working with Ukrainians within the country, as well as in other countries where Ukrainians fled, including the UK. Also, I have been involved in many forms of direct therapeutic assistance –with individuals, families, groups of Ukrainians as well as those who work with them.

Nobody can get used to the enormity of the pain and suffering, and the persistence of the unanswerable questions about the nature of human destructiveness. Yet, sharing our humanity may be the only viable antidote.

Renos K Papadopoulos, PhD., is Professor in the Department of Psychosocial and Psychoanalytic Studies at the University of Essex, Great Britain. Founder and Director of the 'Centre for Trauma, Asylum and Refugees', founder and Course Director of the MA and PhD in 'Refugee Care'. A member of the 'Human Rights Centre', of the 'Transitional Justice Network' and of the 'Armed Conflict and Crisis Hub' all at the University of Essex. Honorary Clinical Psychologist and Systemic Family Psychotherapist at the Tavistock Clinic. He is a practicing Clinical Psychologist, Family Therapist and Jungian Psychoanalyst, who also has been involved in the training and supervision of specialists in these three spheres. As consultant to the United Nations and other organisations, he has been working with refugee people, tortured persons, trafficked people and other survivors of political violence and disasters in many countries. He lectures and offers specialist training internationally and his writings have appeared in 18 languages.

Author of many books, including '*Involuntary Dislocation. Home, Trauma, Resilience and Adversity-Activated Development*', which was translated and published in Ukrainian in 2023.

About this webinar:

Severe Forms of Collective Adversity (SFCA), such as wars, are not only destructive and dangerous but, due to their highly intricate complexity, create a wide range of predictable and unpredictable effects and consequences. Their evident effects are so concrete and painful that they easily deceive us into believing that we fully understand them and their impact.

This leads us into even more perilous positions of epistemological confusion, essentially, forgetting that far from being the authors of a story, in effect, we are the dramatis personae of a network of immensely powerful archetypal stories, much bigger than us. Moreover, the lethal 'archetypal radiation' that SFCA exert promote simplistic and polarised formulations that distort reality.

In this presentation, using Jungian insights along with my analytical and field experience, I will endeavour to identify some of these complexities, and will elaborate on how they directly affect everyone involved in SFCA, (i.e. sufferers and carers, commentators and bystanders), severely impacting on our therapeutic conceptualisations and approaches as well as on our very individual stance and identities.

Larysa Kozyr



Larysa writes:

I saw the topic of Renos's research book. I am interested in exploring how the theme of the therapist's loss of their own home, the loss of their normal life, can affect their ability to work in these difficult times.

How powerful can the processes of the collective unconscious be if the therapist and the client are in the same field of trauma? How does the guilt of Ukrainians (both therapist and client) affect the ability to live, work, and believe in a better future for themselves and the country?

Larysa Kozyr is an Analytical Psychologist with a psychoanalytic and analytical psychology degree. Until 2014, she lived in Donetsk, but In 2014, due to the invasion of Russian troops in eastern Ukraine, she moved to Kyiv, where she now lives and works, staying with her family in Kyiv throughout the full-scale invasion. Her parents and brother still live in the temporarily occupied Donetsk. Larysa is married with 2 teenage sons.

Larysa works with adults and children. And is in the process of planning her participation in the next year's Router programme at the Ukrainian Jungian Association.

Karin Fleischer



Karin writes:

Wars, with all their violence, also result in the tearing apart of social ties, through forced migration, exile, loss of loved ones and death. At the same time, in these darkest times, expressions of solidarity and support tend to emerge and become stronger. As the German poet, Friedrich Hölderlin, knew when he wrote, at the beginning of the 19th century: “But where the danger is, also grows the saving power.”

I think that the #WithUkrainianJungians project is a clear and profoundly moving example of this human capacity to create new life and new possibilities in adverse situations.

It is an honour for me to be able to participate and contribute to these series of meetings, accompanying on this occasion Reno Papadopoulos, who has a very extensive and internationally recognised trajectory in the field of analytical psychology and in his work with refugees and survivors of political violence, and Larysa Kozyr, who from her direct experience in today's Ukraine raises important questions about the implications of these traumatic experiences in the clinical work and in life itself.

Karin Fleischer is a licensed Clinical Psychologist (University of Buenos Aires), IAAP Jungian analyst, Training analyst, supervisor, & founder member of the Uruguayan-Argentinian Society for Analytical Psychology (SUAPA) and is on the executive board of CLAPA – Latin American Committee for Analytical Psychology. Master of Science in Dance Movement Therapy (California State University, East Bay, USA). University professor of graduate and post-graduate courses in Analytical Psychology. She has introduced Embodied Active Imagination / Authentic Movement, into several Latin American countries, teaching nationally and internationally on the Body and Active Imagination. She has published academic articles in the Journal of Analytical Psychology on topics related to developmental and collective trauma, dissociation, psychosomatic disorders, the body, and Active Imagination.

11. Tuesday 12th December 2023, 18:00 - 19:45 GMT

Ann Ulanov

In response to the war between Israel and Palestine and the ongoing war in Ukraine.



SAVE THE DATE!

How to Book

1.

Make a donation

on our **GoFundMe** page:

HERE

To be as inclusive as possible, suggested minimum donations (by World Bank ranking) are:

High income: North America, Australia and Europe: £25 (trainees and routers: £15)

Upper middle income: South America and the Balkans: £15 (trainees and routers: £5)

Lower middle income: South East Asia and Africa: £5 (trainees & routers free)

Ukrainians & those working on the front line with Ukrainians: Free

2.

Book your ticket

- **Webinar 8: September** **HERE**
Donald Kalsched with Dmytro Zaleskyi, Oxana Zaleska & Olena Brante
- **Webinar 9: October** **HERE**
Verena Kast & Olga Kasianenko
- **Webinar 10: November** **HERE**
Renos Papadopoulos & Larysa Kozyr
- **Webinar 11: December** **HERE**
Ann Ulanov

Recordings

All webinars are recorded.

The webinars are always available in **English** and **Ukrainian**.

Some webinars are available in other languages, including **Chinese, German, French, Italian, Spanish & Portuguese**.

We are grateful to **ARAS** for hosting the recordings, enabling colleagues in other time zones to participate and providing a resource for the Jungian community and general public..

As well as providing support to all those colleagues in fear of erasure, the webinars are intended to raise funds for those colleagues in Ukraine who are suffering severe financial hardship. Whether you attend live or join us via a recording, please do consider donating a gift to our Ukrainian colleagues.

Would one hour's fees be possible?

To view a recording, please click: [HERE](#)

To make a donation, please click: [HERE](#)

We usually play a slideshow whilst people arrive in the Zoom room.

To watch the slideshows, please click: [HERE](#)



#WithUkrainianJungians

Walking alongside our Ukrainian colleagues and all those facing erasure

Social Dreaming Matrix Groups

мережка сновидінь - 'An Embroidery of Dreams'

Four small groups with experienced convenors, meeting once a month on Zoom from October 2023 to January 2024, covering all time zones. Simultaneous English - Ukrainian translation. No previous experience required.

"What emerged, also in other presentations, is how essential it is to create small and safe containers where emotions can be expressed, images can emerge, and a deep transformation can occur bringing reflection and feelings back to life."

Alessandra di Montezemolo reporting back after 75th Anniversary Conference at the C G Jung Institute

"Will you sit with me for a while, with you in your safe space and me in my dangerous place?"

In association with **GAP** (Guild of Analytical Psychologists), **WorldlyWise**, **ARAS** (Archive for Research in Archetypal Symbolism) & **Sanctus Media**

The Groups

Group A: Saturday mornings 10.00 - 11:30 (London time)

Oct 7th, Nov 18th, Dec 2nd, Jan 13th

Maxim Ilyashenko & Olena Brante

Group B: Monday mornings 10.00 - 11:30 (London time)

Oct 2nd, Nov 6th, Dec 4th, Jan 8th

Alessandra de Montezemolo & Elisabetta Pasini

Group C: Monday evenings 18:00 - 19:30 (London time)

Oct 9th, Nov 6th, Dec 4th, Jan 8th

Marilyn Mathew & Maggie Cochrane

Group D: Wednesday evenings 18:00 - 19:30 (London time)

Oct 11th, Nov 8th, Dec 13th, Jan 10th

Carola Mathers & Fiona Palmer Barnes

Consultant: Helen Morgan

All groups will meet on Zoom

How to join

Cost (to cover paying interpreters):

£20 per matrix - wealthy countries

£10 per matrix - rest of the world & trainees

Ukrainian colleagues - free

Type to enter text

All four matrices to be paid in full up front.

Any funds remaining & additional donations will be sent to Ukraine.

To join a Zoom group:

**please email: WUJ-SDM@citypsychotherapy.org as soon as possible
indicating your preferred groups.**

First come, first served!

Social Dreaming

мережка сновидінь - An Embroidery of Dreams

Last May we held our first ever event with Ann Ulanov as our keynote speaker. As part of the event we convened a large international Social Dreaming Matrix, with six Matrices running simultaneously. It was a powerful experience.

After the Ulanov event, we ran nine Reading Groups to discuss Ann Ulanov's paper. These were a very powerful experience for everyone who participated, taking place at a time when Russia launched 84 cruise missiles on Ukraine. Many dreams were shared and we noticed a progression from traumatic freeze to the symbolic as the weeks progressed.

We are now a year on and so much has had to be suffered by our Ukrainian colleagues. What was helpful at one stage in the war may not be what is needed at a later stage.

They have asked us for Social Dreaming Matrix Groups. These will combine two very strong forms of container - the matrices themselves and time with colleagues who are not caught up in the trauma.

For these SDM Groups to be effective we need a good turn-out from non-Ukrainian members of the international community. Please join a group.

The groups will meet once a month for four months. We will then review. Each group will have two Convenors.

The Social Dreaming Matrix Convenors



Maxim Ilyashenko MA is a Jungian psychotherapist (UKCP, BACP, EAP) in private practice in London, but originally from the Ukraine where he trained as a psychotherapist. He speaks Ukrainian, English, French fluently and defines himself as a multicultural therapist. Maxim has been co-facilitating a monthly Dream Matrix group (*Мережка снів* in Ukrainian meaning *Embroidery of Dreams*) for Ukrainian colleagues since January 2023.



Olena Brante is a Jungian analyst who trained with UDG (Ukrainian Development Group.) Born and raised in Ukraine, for the last six years Olena has lived in and worked in Ireland. Olena co-facilitates the monthly Dream Matrix group (*Мережка снів*) for Ukrainian colleagues with Maxim Ilyashenko.



Alessandra di Montezemolo is a clinical psychologist and a training analyst at the CG Jung Institute in Zurich. Alessandra is Italian but has lived in seven countries on four different continents and works in four languages. As a multi-cultural psychoanalyst she is particularly interested in building bridges between humanities, social sciences, and the different psychological approaches.



Elisabetta Pasini is a Jungian Psychoanalyst accredited with the C.G. Jung Institute for Analytical Psychology in Zurich. Now resident in Milan, she has lived and worked in the UK, USA, Latin America, Switzerland, Spain & Dubai. Elisabetta has recently written *The Unexpected Way: a Social Dreaming Experience at the Time of Covid 19* (t.b.p. by Springer Books, 2023)



Marilyn Mathew is a training analyst with BJAA (British Jungian Analytic Association), part of the **bpf** (British Psychotherapy Foundation) who lives & works in Devon, England. Marilyn has a life-long interest in dreams and dreaming. She convenes Social Dreaming Matrices and teaches on aspects of dreaming (the Alchemy of Dreams, Dreams Myths & Fairy Tales, and Dream Series) on a number of UK trainings courses.



Maggie Cochran is a semi-retired Fellow of the **bpf** (British Psychotherapy Foundation) and a training analyst/supervisor for the BJAA (British Jungian Analytic Association) who lives and works in south London. Maggie has supervised trainees and colleagues in Estonia and has an interest in dreams and social dreaming.



Dr Carola Mathers, who lives in south London, retired as a training analyst & supervisor for AJA (the Association of Jungian Analysts) in 2022. Carola has hosted Social Dreaming Matrices in the UK & Europe, and set up online matrices for IAAP & AJA during the pandemic. Recently she initiated regular online dream matrices for the IAAP Analysis and Activism Google group. (Association of Jungian Analysts).



Fiona Palmer Barnes is a supervising Jungian analyst with AJA (the Association of Jungian Analysts). Fiona trained in leading Social Dreaming Matrices and now teaches and works in private practice in Bath in the west of England.



Helen Morgan is a Fellow of the **bpf** (British Psychotherapy Foundation) and a training analyst & supervisor for the BJAA (British Jungian Analytic Association) within the **bpf**. Helen and Peter Tatham convened the first IAAP Social Dreaming Matrix at a conference in Zurich in 1995 since when she has convened many Matrices in a variety of settings.

The background image shows a blue metal door with rivets, set in a grey stone wall. The door is open, revealing a wooden plank bridge with blue railings that leads into a lush green forest. A large tree trunk is visible on the bridge. Ferns are growing at the base of the stone wall.

#WithUkrainianJungians

#WUJ Dream Depository

**You are invited to drop any dreams,
synchronistic or somatic experiences
into the #WUJ Dream Depository.
The Depository is anonymous.**

Add your dream: [HERE](#)

#WithUkrainianJungians and all peoples facing erasure

#WUJ - ARAS Image Project



The Archive for Research in Archetypal Symbolism, ARAS, is pleased to collaborate with **#WithUkrainianJungians** in a joint effort to support our Ukrainian colleagues.

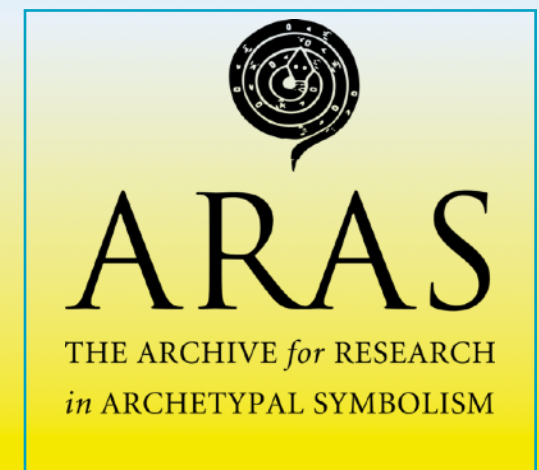
Presenters and participants in the 2023/4 #WUJ webinar series are invited to share images and pieces of music that arise in response to their experience of each webinar.

We are looking for newly created as well as existing images and music that come to mind. Pieces which manifest in a synchronistic way are also welcomed.

Submissions will be published at: **aras.org/wuj**

More about the image:

<https://aras.org/sites/default/files/docs/000149Singer.pdf>



How will the #WUJ - ARAS Image project work?

You can submit an image or audio file:

- Visit aras.org/wuj
- Click on 'submissions'
- Fill out **the form**

Accepted file types are: .jpeg, .png, .tiff, .mp3 & .wav.
Images need to be at least 72ppi.

ARAS will collate and publish your image/audio file with its cultural context and archetypal association on their website: aras.org/wuj

ARAS is also creating an '**internet home**' for the **#WUJ** series where images & all webinar recordings will be available to view. We hope this will attract a wider audience and stimulate financial contributions.

#WithUkrainianJungians

Film Project: 'Frames and Borders'

An international Jungian community film project reflecting our lives in the year ahead and who we are to each other. We will use the lens of our experience of the Ukrainian War, which may reach elsewhere.

Everyone is invited to participate. All you need is your mobile phone or a camera!

'Frames and Borders'

Frames: the film frame as border, framing ourselves and our lives, framing our understanding, framing our identity, framing realities.

Borders: between countries, between people, between conscious and unconscious, between psyche and matter, between thought and feeling.



**The project will be led by
Jungian analyst & film maker
Christopher Hauke (SAP)**

<https://www.christopherhauke.com>

Chris writes: *The aim is to make a community documentary film (or shorter films) that represents the Jungian community in these troubled times.*

If successful, we will offer it for viewing at the IAAP Congress in Zurich in 2025.

There are two ways to participate:

1. **Submit a short film clip** from your phone or a camera.

If you can work out how to do so, please select 1080 resolution (full HD, 1920 x 1080 pixels). This one is a common screen resolution for smart phones.

A minimum of 720 resolution (HD, 1280 x 720 pixels) is acceptable (but not preferred).

No more than **90 seconds** long. (Other clips, such as a short interview, may be submitted by arrangement with the production team)

2. **Join the production team** led by Chris Hauke.

The production team is a group of people (around a maximum of six with at least two from Ukraine) with some familiarity of handling video files (MP4 usually); being able to store and catalogue these; ability to upload and download them using a suitable platform such as Dropbox. (If you are reasonably confident on your computer handling video files is easy to learn, so if you would like to be involved please do contact us.) The group would also act as a production team viewing all the submissions and deciding on the story or stories we want to make from them that would be the finished documentary (or shorter documentaries).

We will also be looking for people to conduct short interviews of members of the Jungian community.

Chris has the facilities to edit the film using Adobe Premiere Pro, but people with the ability to sub-edit sections and supply them in a convenient format would be helpful.

Translating and sub-titling will need to be coordinated across all clips and the final edit.

No previous experience required - just enthusiasm for the project! There will be roles for everyone.

What should we film?

Aspects of the life being lived right now:

- Aspects of the life you would like to live and rarely get a chance to
- Anything around the theme of *frames* and *borders* and what that means to you (see above)
- A major external event
- A scene or streetscape (with or without commentary)
- Buildings - inside and out
- Day to day activity
- Life starting up and trying to return to normal
- Your dreams in the context of your life
- Synchronicities happening all the time
- Folk story connections
- Images that speak for themselves
- Reflections on your experiences
- Material to do with the body, the spiritual, nature...

Please remember:

- Always get the permission of any person you are filming
- Aim for realism
- Discuss potentially longer interviews with the production team (these might be good to divide up and link various other clips)
- Provide language translation in English and Ukrainian (we can also do this with our helpful team of translators)
- Film in 'landscape' orientation (phone held horizontally) to match 16:9 widescreen format (this is the standard default). Then all contributions are on a consistent footing. (Holding phone vertically in 'portrait' tends to make a special point as 'coming from an amateur' eg in newscasts).
- If needed, the team can offer advice on how best to film your clip.
- You may submit several clips over the course of the year.

Finally, bear in mind our title, 'Frames and Borders':

Frames: the film frame as border, framing ourselves and our lives, framing our understanding, framing our identity, framing realities. **Borders:** between countries, between people, between conscious and unconscious, between psyche and matter, between thought and feeling

We invite you to do something different this year!

Please email **Chris Hauke:** christopherhauke@icloud.com if you would like to be involved.

Webinar Schedule

Recordings of these past webinars can be viewed: [HERE](#)

January: **Joe Cambray & Inna Kyryliuk**
24.1.23 Synchronicity and Trauma.

February: **Sonu Shamdasani & Svitlana Shevchenko**
21.2.23 Jung's New Cure of Souls: Reflections on Jung's practice and later shifts in Analytical Psychology.

March: **Marian Dunlea & Olena Brante**
25.3.23 BodyDreaming - aligning with the body and psyche's inherent organic capacity for Self-regulation.

April: **Lionel Corbett & Olena Pozdieieva**
25.4.23 Jung's notion of the Self: An emerging new God-image.

May: **Murray Stein & Serhiy Teklyuk, with Diane Stanley**
16.5.23 Answer to Evil and A Dream for Our Time.

June: **Susan Schwartz & Elena Liulina**
6.6.23 The Effect of Absent Fathers: Father Desire, Father Wounds.

July: **Ann Shearer & Victoria Roslik**
4.7.23 Perseus: Myth for our times.

All future webinars start at 18:00 (London time)

September: 19.9.23	Donald Kalsched Inner and Outer Democracy and the threat of Authoritarianism: Reflections on Psychological Factors at Play in our Polarised World
October: 24.10.23	Verena Kast & Olga Kasianenko Coping with Grief - Difficulties and Resources.
November: 21.11.23	Renos Papadopoulos & Larysa Kozyr Collective Forms of Severe Adversity: narratives, traps, effects and therapeutic endeavours.
December: 12.12.23	Ann Ulanov In response to the war between Israel and Palestine and the ongoing war in Ukraine.
January: 16.1.24	Tom Singer & Yuriy Danko The Mythopoetic Imagination and The Plague: An Antidote to the Contemporary Dystopian Paralysis
February: 13.2.24	Katerina Sarafidou & Olga Bernatska Love Inside-Out: Jung's Black Books as a framework for shaping one's attitude towards life, war and analysis.
March: 12.3.24	George Hogenson & Ganna Mitsuk New developments in the theory of archetypes.
April: 16.4.24	Ursula Wirtz Trauma and the Arts.
May: 21.5.24	Christopher Hauke 'Frames and Borders' - an international Jungian community film project reflecting who we are to each other, and what this means.

#WUJ objectives

#WUJ is an international collaboration between non-Ukrainians and Ukrainians that aims to engage the international Jungian community at grassroots level in meaningful support of colleagues experiencing sustained terror in Ukraine.

The 3 objectives of **#WUJ** are:

- to help alleviate trauma by standing alongside our Ukrainian colleagues
- to help reduce stress by providing financial support to colleagues who are suffering considerable financial hardship due to the war
- to use the resources of Analytical Psychology to sustain us all in these tumultuous times.

#WUJ acknowledges that our colleagues in Ukraine are not the only colleagues to experience trauma. We hope that what we are learning about how to respond will help inform a response in the future when colleagues are faced with extreme crises elsewhere in the world. All work in support of **#WUJ** is voluntary (other than when we are able to employ Ukrainians).

Attendance is free for Ukrainians and those providing significant support on the front line.

Contact: WUJ@citypsychotherapy.org

Please note: **#WUJ** has no staff or budget, so please be very patient if you contact us!

With thanks to everyone working on the project:

Organising Committee

Catherine Cox
Catherine Hinds
Joe Cambray
Judy Cowell
Karin Fleischer
Maxim Ilyashenko
Susan Schwartz
Murray Stein
Ursula Wirtz
Claire Mouchot
Sally Arthur

Speakers & Chairs

Sally Arthur
Olga Bernatska
Olena Brante
Stephen Bushell
Joe Cambray
Lionel Corbett
Catherine Cox
Yuri Danko
Marian Dunlea
Christopher Hauke
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Cinzia Trimboli

#WUJ-ARAS Image Project

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Allison Langerak Tuzo
Stella von Boch
Oksana Korobova
Marilyn Mathew

Film Project

Chris Hauke
Tom Singer
Urvashi Chand
Olha Petruk

IT Support & Slideshows

Joseph Cox
Lizzie Ward
Tom Yates

Design

Marilyn Mathew



Image by Carola Mathers

Abstract 1, oil and ink on paper.

Carola is a UK based artist working with watercolour, oils and mixed media who has recently retired from clinical practicing as a Jungian Analyst.

https://www.alternativeartsales.com/photo_12105445.html