

# Ethics and the Anatomy of the Soul

Tim Hutton

# Ethics in a Nutshell

- How can I avoid causing harm either to the client or to myself?

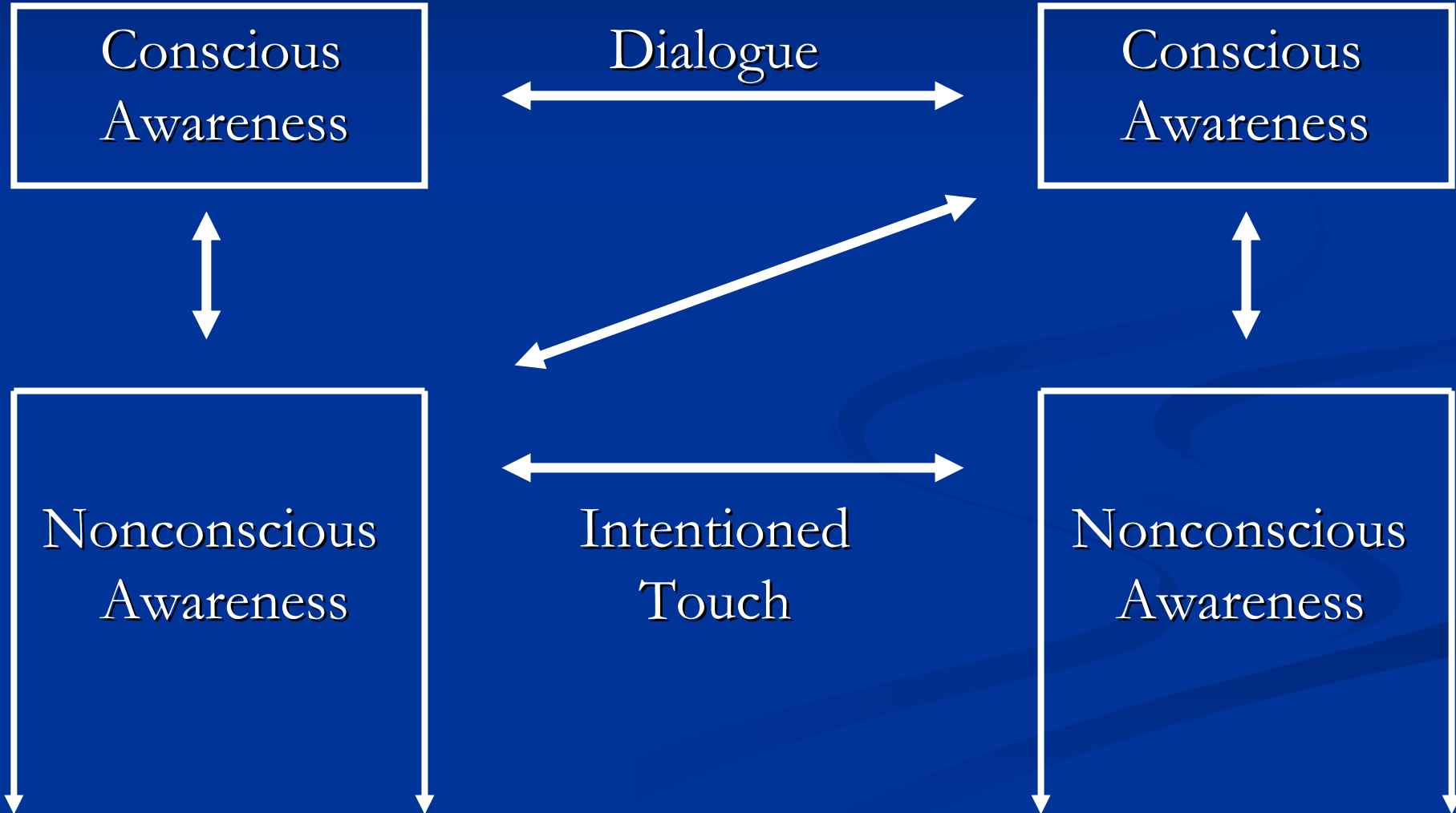
# Ethics in a Nutshell

- How can I avoid causing harm either to the client or to myself?
- If I do cause harm, how can I minimize its effect?

# Therapist/Client Connection

Client

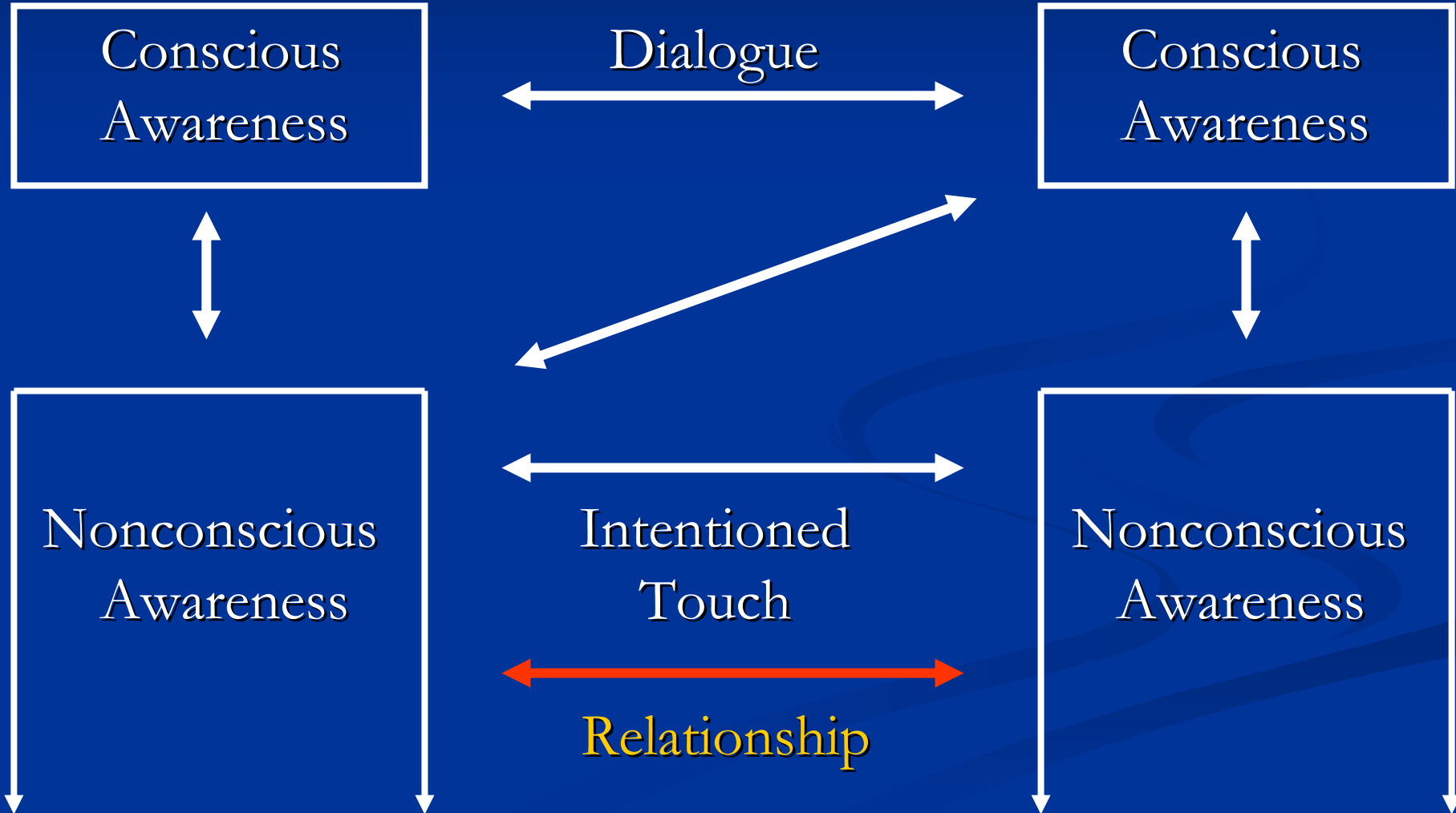
Therapist



# Therapist/Client Connection

Client

Therapist



The psyche has  
structure. It has  
anatomy.

As a therapist, it is  
helpful to know this  
anatomy.

# Jung's Model of the Psyche

Developed through Dreamwork  
and Active Imagination

Consistent elements and themes  
appeared over and over

Process of Individuation

# A Useful Resource

“Jung’s Map of the Soul:  
An Introduction,”

by Murray Stein,

Open Court, 1998.

# Archetypes and Complexes

- **Archetypes** – Fundamental Energies that are the source of Libido (Life Force) for the Psyche.
- **Complexes** – The components of the Psyche itself. Semi-autonomous centers of organization within the Psyche.

# Archetypes and Complexes

Archetypal energy cannot  
be experienced directly.

It is always filtered  
through a complex.

# Superficial Layers of the Psyche

Two Complexes:

The Ego and

The Persona

# The Ego

My Self-Identity – “I”

Responsible for  
interacting with outer  
world reality

# The Persona

## My Mask

What I show to  
other people

# How the Psyche Functions

Ego thinks it is in charge – It's not!

Ego often thinks it's the only part that exists – It's not!

Ego pretends it, and we, are rational –  
We're not!

# How the Psyche Functions

Most beliefs, feelings, emotions, decisions come from deeper inside.

Ego identifies these as its own.

But, Ego is actually covertly controlled by the deeper psyche.

# How the Psyche Functions

Complexes mostly work behind the scenes.

If a complex gets enough energy, it can express itself overtly.

# Deeper Layers of the Psyche

Complexes can be built around:

Trauma or Significant Events

Significant People

Belief Systems

Physical Structures

Archetypes

# Deeper Layers of the Psyche

The Major Components:

Shadow

Anima/Animus

SELF

# The Shadow

That part of “me” I don’t acknowledge

Contains all the “yucky” stuff, as well  
as some beautiful gems

Often associated with feelings of  
shame and guilt

# The Anima and Animus

The Feminine part of a Man or the  
Masculine part of a Woman

Often experienced as Mysterious,  
Seductive, Threatening

Often Crazy-Making

# The SELF

The Objective Center

The Inner Core of the Psyche

“Who I Truly Am”

# The SELF

Often shows up as images  
with symmetry, or power, or  
a union of opposites

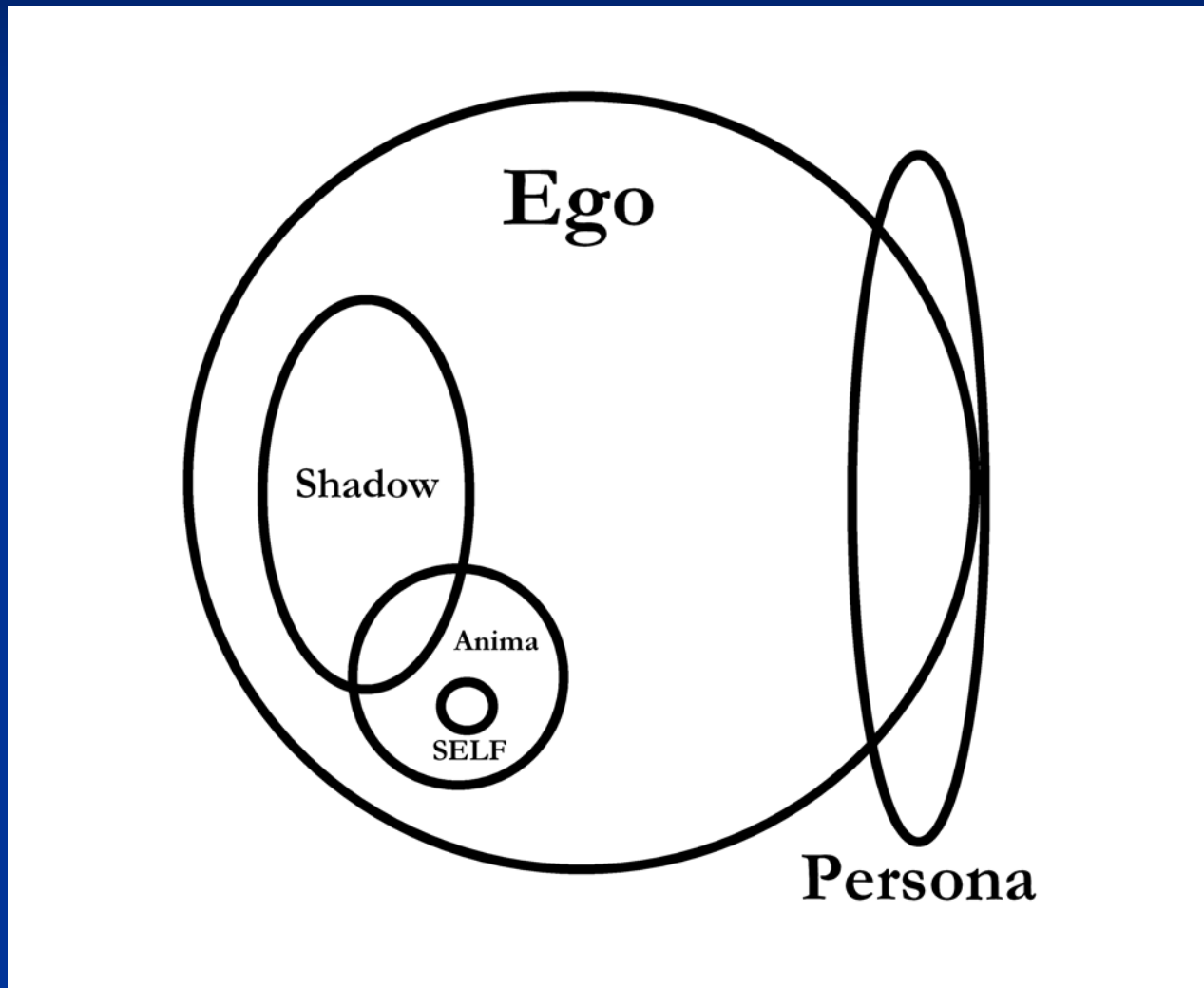
Circles, Squares, Cross, Deity,  
Purity (Diamond),  
Wholeness and Integration

# The SELF

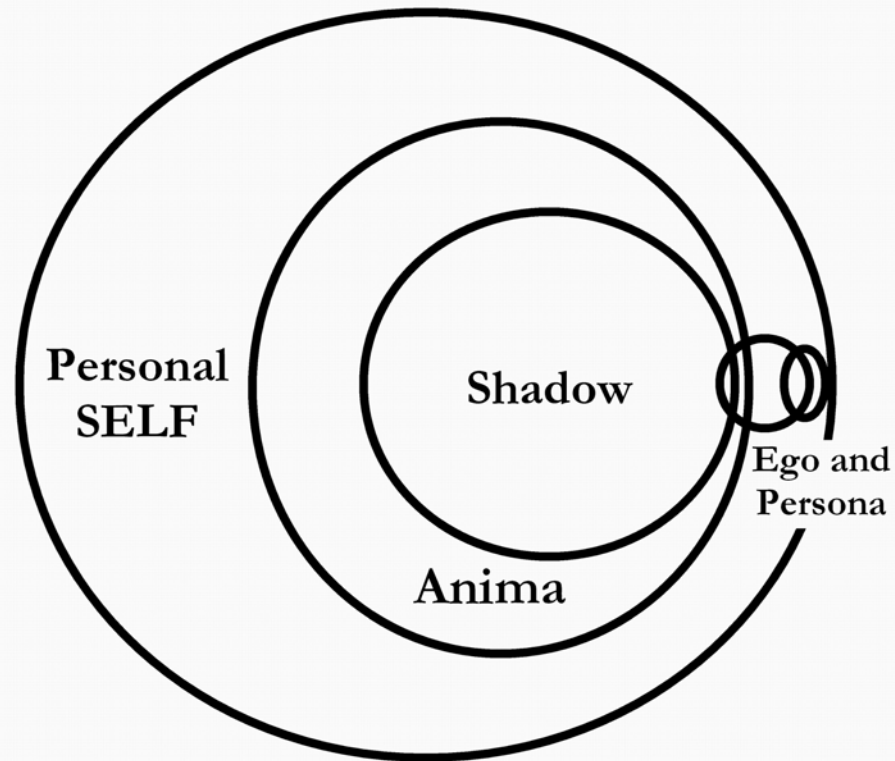
Integrating SELF is the  
goal of therapy

This process feels very  
threatening to the Ego

# How We Experience It



# How It Really Is



**Transpersonal SELF**  
**(Collective Unconscious)**

What does all this have  
to do with Ethics?

What does all this have  
to do with Ethics?

These are the elements  
of the nonconscious  
relationship between  
the client and therapist!

# Projection

Projection is the  
dynamic of that  
nonconscious  
interaction.

# Projection

“The Externalization of Internal  
Psychic Contents”

Anytime I hold a nonconscious  
belief about another person or  
their process

# Projection

The material that is projected comes from the complexes energized by the archetypes.

# Projection is Present

Anytime there is judgment or a difference in perception of self-worth.

Anytime there is a strong attachment to that judgment.

# Projection is Important

When there is both  
intimacy and a power  
differential.

We minimize the role of  
projection by being  
neutral and non-directive,  
but it is always there.

# Two Big Fancy Words

Transference

Countertransference

# One Way to Think of It

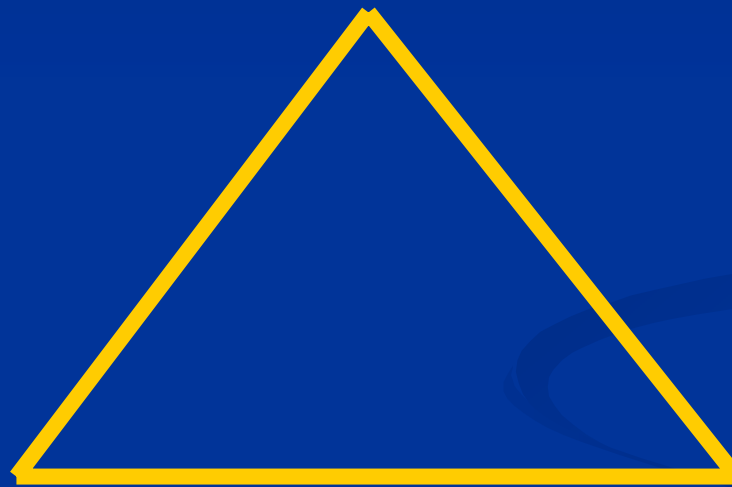
There is always a nonconscious drama, a play if you will, being enacted during therapy.

# A Few of the Many Possible Roles

Mother	Judge/Judged	Doormat
Father	Abuser/Abused	Trickster
Sister	Rescuer/Rescued	God
Brother	Betrayer/Betrayed	Devil
Child	Predator/Prey	Lover
Baby	Teacher/Student	
	Savior/Saved	

# The Archetypal Role

The Archetype in its Fullness



Active Pole

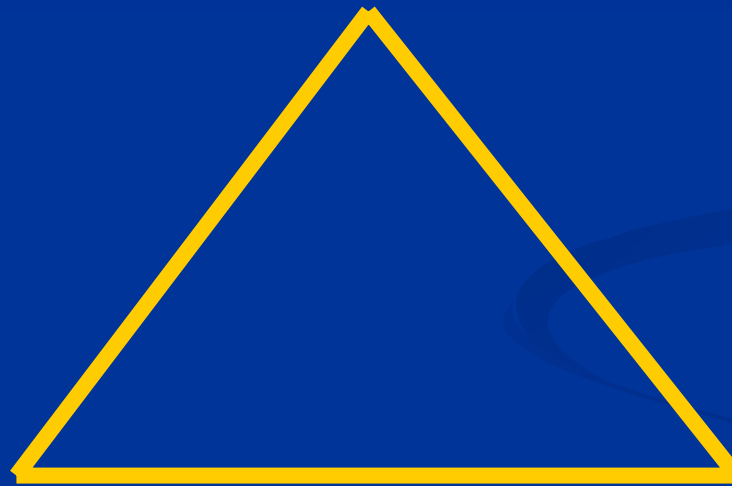


Passive Pole

The Shadow Archetype

# The Archetypal Therapist

The Perfect Therapist  
(Neutral, Blended and Melded)



Tyrant  Weakling

The Shadow Therapist

The Nice Guy  
or Nice Gal

# The Hero

The  
Righteous  
Healer

It's not enough just  
to recognize the roles  
that are being played.

I need to ask myself –  
Why do I want to  
play this role?

If I get caught in  
Mother or Father –

Why do I feel the need  
to comfort the client?

If I get caught in  
the Hero –

Why do I feel the need  
to rescue the client?

If I get caught in  
Righteous Healer –

Why do I feel the need  
to control the client?

An Antidote

The Fool