

Carl Jung

Later psychoanalytic theories have given more emphasis to interpersonal, sociological, and cultural influences, while maintaining their link with the psychoanalytic tradition. Jung preferred to think of libido as psychic energy in general (not just psychic energy rooted in sexuality). Jung identified the ego as the conscious mind, and he divided the unconscious into two parts; the personal unconscious, similar to Freud's notion of the unconscious, and the collective unconscious. The collective unconscious is a powerful system that is shared among all humans and considered to be a residue of the experiences of our early ancestors. It includes images that are a record of common experiences, such as having a mother and a father. These images are the building blocks for the collective unconscious, referred in Jung's theory as archetypes. An archetype is a thought or image that has an emotional element.

Major Jungian archetypes include : the persona, the anima and animus, the shadow, and the self. The persona is a mask that is adopted by a person in response to the demands of social convention. This archetype originates from social interactions in which the assumption of a social role has served a useful purpose to humankind throughout history. The anima (feminine) and the animus (masculine) help us to understand gender, the feminine behaviors in males, and the masculine behaviors in females. The shadow archetype consists of the animal instincts that humans inherited in their evolution from lower forms of life. The shadow archetype is responsible for the appearance in consciousness and behavior of unpleasant and socially reprehensible thoughts, feelings, and actions. The self is the person's striving for unity, and is the point of intersection between the collective

unconscious and the conscious. Jung symbolized the self as a mandala, a Sanskrit word meaning magic circle. Jung saw the mandala as the mythic expression of the self as the reconciler of opposites and as the promoter of harmony.

Jung also had a typology of personality. Jung distinguished two major orientations of personality : extroversion and introversion. Extroversion is an orientation toward the external, objective world. Introversion is an orientation toward the inner, subjective world. These two opposing orientations are both present in the personality, but ordinarily one of them is dominant. Jung also described four psychological functions : thinking, feeling, sensing, and intuiting. Jung believed that these systems, attitudes, and functions all interact in dynamic ways to form personality.