

Agenda

Jungian Shadow Work in Psychotherapy: Theory and Practice

Friday, December 10th

9:30am – 4:30pm EST

9:30 – 9:45 AM Welcome, Introductions, Course Overview, and Learning Objectives

9:45 – 10:45 AM Module 1: Foundations of Jungian Shadow Work

- Defining the shadow and the process of individuation
- Core Jungian concepts: archetypes, complexes, projection, and the unconscious
- Understanding shadow formation across development
- The role of symbolic imagery in psychological growth

10:45 – 11:00 AM Break (15 minutes)

11:00 AM – 12:30 PM Module 2: Recognizing Shadow Material in Clinical Practice

- Identifying projection, shame, and disowned emotions
- Recognizing shadow dynamics in relationships and presenting concerns
- Internal conflict, vulnerability, anger, perfectionism, and authenticity
- Case conceptualization using a Jungian framework
- Clinical examples and experiential discussion

12:30 – 1:00 PM Lunch (30 minutes)

1:00 – 2:30 PM Module 3: Facilitating Shadow Integration

- Trauma-informed pacing and emotional safety
- Parts work, mindfulness, narrative therapy, and expressive approaches
- Symbolic, reflective, and experiential interventions
- Supporting clients in integrating rejected or disowned aspects of the self
- Fostering self-compassion and psychological wholeness

2:30 – 2:45 PM Break (15 minutes)

2:45 – 4:15 PM Module 4: Therapist Self-Awareness, Ethics, and Clinical Integration

- The therapist's own shadow and countertransference
- Maintaining therapeutic boundaries while working with unconscious material
- Ethical considerations and informed consent
- Cultural humility and adapting shadow work across diverse client populations
- Integrating Jungian concepts into contemporary psychotherapy practice

4:15 – 4:30 PM Questions, Discussion, Reflective Exercise, Course Evaluation, and Closing Remarks

Instructional Time: 6 CE Hours