



*“The symptoms of a neurosis are not simply the effects of long-past causes. They are also attempts at a new synthesis of life – attempts with a core value and meaning.”*

*- from C.G. Jung, Vision Seminars*

FOUNDERS DAY SYMPOSIUM

## Healing the Soul in the Age of the Brain\*

Saturday, March 28<sup>th</sup>, 2009 8:45 am to 5:00 pm

This interdisciplinary symposium addresses the mind-body split and the dangers of a single-focused medical-pharmacological model. It addresses the urgent need for a science that acknowledges emotional suffering and mental illness not as just a chemical imbalance in the brain but as a wake-up call for the soul. Participants will learn from experts in the fields of neuroscience, psychoanalysis, spirituality, medicine, social work, and nursing.

**LOCATION:** Beane Hall, Loyola University Lewis Towers, 111 E. Pearson, Chicago IL

**SYMPOSIUM FEE:** \$125 - 7 CE | \$50 - Student Rate

*\*Co-sponsored by the Loyola University School of Continuing and Professional Studies and the Jung Institute of Chicago.*



8:00 – 8:45	Registration	Beane Hall
8:45 – 9:00	Welcoming Remarks George Hogenson	
9:00 – 10:30	Featured Speaker Elio Frattaroli, M.D. Followed by Q&A	
10:45 – 11:45	Panel I: <i>Implications for Theory and Practice</i> Moderator: Catharine Jones Virginia Barry Gus Cwik	
11:45 – 12:45	Small Group Discussion I	
12:45 – 2:00	Lunch	
2:00 – 3:00	Panel II: <i>Implications for Education and Policy</i> Moderator: George Hogenson James Anderson Lisa Burkhardt	
3:15 – 4:15	Small Group Discussion II	
4:15 – 5:00	Closing Remarks with Dr. Frattaroli	
5:15	Cocktails and Benefit Dinner	Kasbeer Hall

## Benefit Dinner | 5:15 pm to 8:00 pm | \$75

The Benefit Dinner will build and support the Mike Hudac Education Fund. This fund will help foster the growth of analytical psychology by providing interest free loans for candidates in analytic training. This event will sustain the Jung Institute of Chicago's ongoing efforts to heal the soul in the age of the brain and train psychotherapists to become Jungian psychoanalysts. Elio Frattaroli will briefly address the need to support analytic education followed by a video honoring Mike Hudac. Please join us after the symposium for this important event.

### LOCATION

**Kasbeer Hall, Loyola University Water Tower Campus  
25 E. Pearson, Chicago IL**

## Featured Speaker: Elio Frattaroli



I wrote *Healing the Soul in the Age of the Brain* because I believe that our society is in a state of moral crisis. Our lives are so consumed by the dehumanizing forces of materialism that we have lost touch with the deeper needs and values of the soul. Culturally, we value physical appearances, material possessions, creature comforts, and addictive pleasures, as if we really believed that the one who dies with the most toys wins. . . .

Modern psychiatry typifies the shortsightedness of this scientific world view. . . . Focusing exclusively on brain and behavior, it denies the spiritual element in human nature and treats the inner life of human beings — the essence of our humanity, the source of our joy, our anxiety, our despair, of our very culture itself, including our scientific theories — not only as if it didn't matter, but as if it didn't even exist.

**Elio Frattaroli, M.D.**, is a psychiatrist and psychoanalyst. He is on the faculty of the Psychoanalytic Center of Philadelphia, where he teaches both psychoanalytic candidates and psychotherapy students. He has a full-time private practice of psychoanalysis and psychotherapy with adults, adolescents, and couples. Among other honors, he has been selected as one of Philadelphia Magazine's "Top Docs" in psychiatry. Dr. Frattaroli studied Shakespeare at Harvard and trained with Bruno Bettelheim at the University of Chicago before turning to medicine. He has written and lectured widely on topics including Shakespeare, Bettelheim, Buddhism, Freud and Jung, neuroscience and psychoanalysis, the mind-body problem and free will, and American culture before and after 9/11.

## Panel Moderators:



**George B. Hogenson, Ph.D., LCSW**, Jungian analyst, holds a Ph.D. in philosophy from Yale University, an M.A. in clinical social work from the University of Chicago, and the diploma in analytical psychology from the Chicago Institute. A member of the editorial board of *The Journal of Analytical Psychology*, he is the author of *Jung's Struggle with Freud* and numerous articles and book chapters on Jung and analytical psychology. His research focuses on the emergence of psychological phenomena from complex dynamic systems.



**Catharine J. Jones, LCSW, M. Div.**, is on the faculty and is past president of the C. G. Jung Institute of Chicago. She has presented nationally and internationally on topics of training, issues of transference and counter-transference, and the cultural complex of racism. She is involved in a long time exploration of affect regulation with a focus on body and trauma. She is in private practice of in Evanston and Chicago.

## Panel Members:

### James W. Anderson, Ph.D.



My vision is in accord with Frattaroli's. I believe that all people are unique and have a complicated inner world of which they are only partially aware. They become who they are as a result of the particular circumstances of their journey through life. Therapists can receive an education that, by concentrating on symptoms or diagnoses or biological factors, gives them a one-dimensional view of patients. I advocate approaches that help students to cultivate their depth of understanding: studying novels, an emphasis on lengthy case studies, examining outstanding psychobiographies of historical, political, and artistic figures, and having an opportunity to investigate a non-patient's life history. Learning about one's own personal depths, through one's own therapy, is also indispensable. The heart of clinical education ideally would be enabling students to appreciate the rich inner life of their patients, rather than to view them as merely physical bodies that are ill and not working correctly.

**James W. Anderson, Ph.D.**, is a faculty member at The Chicago Institute for Psychoanalysis, Editor of the *Annual of Psychoanalysis*. As Clinical Professor in the Department of Psychiatry and Behavioral Sciences at Northwestern University, he teaches courses such in personality psychology and the psychology of film, and specializes in research in the study of the individual life. Dr. Anderson has published psychobiographical papers on William and Henry James, Woodrow Wilson, Frank Lloyd Wright, and Edith Wharton.

### Virginia Barry, M.D.



It is challenging to wrestle with Dr. Frattaroli's dichotomies – mind and body, soul and emotion, action and contemplation. His eloquent argument that depression is a "healing symptom" rather than a "destructive disease" makes me think about recent research in neurobiology that suggests that since depression is such a common disorder it must have survival value. If it didn't have survival value it would have been eliminated from the genome in the past millennia. Yet at points he seems to disdain the biological, suggesting that our disturbing emotions are biological and "puppet"-like. We learn to think using our bodies and that embodied thought remains with us

throughout life. Finally, I would strike a cautionary note, and remember the profound emotional expressions that occur when the brain is artificially stimulated. The individual's psychology is totally captured such that his world view is instantly reconfigured even though nothing has changed other than brain stimulation. We are both plastic (in the sense of brain plasticity) and resilient creatures, finding creative ways to survive and to make meaning in our lives.

**Virginia Barry, M.D.**, is a psychiatrist and psychoanalyst in private practice in Chicago. Since 1981 she has pursued her interests in understanding primitive mental states and the shifting organizations of the mind. As a faculty member at The Institute for Psychoanalysis in Chicago she has taught courses and published on dreams, on special problems in psychoanalysis, and on the integration of neuroscience and psychoanalysis. In her spare time she writes fiction.

### Lisa Burkhardt, Ph.D., R.N.



I find it interesting that Dr. Frattaroli discusses healing the soul within the context of psychiatric illness. Medications use a physiological approach to control the disease while psychotherapy facilitates self-exploration. I agree with his perspective, but another consideration is caring for those who are psychologically "within normal limits." The literature consistently demonstrates that those who have a greater spiritual well-being are physically, psychologically, and socially healthier. Many nurses provide spiritual care, but also many do not know how to assess for spiritual needs or provide spiritual interventions. My research indicates that the nurse is affected by the spiritual encounter, and if the nurse does not attend to her/his own spiritual well-being through reflective practices, s/he will become spiritually distressed, which can lead to spiritual care avoidance and burnout. There is great potential in integrating spiritual care as a method of health promotion and disease prevention. Both the patient and the provider must attend to their spirit.

**Lisa Burkhardt, PhD, RN**, Assistant Professor, Marcella Niehoff School of Nursing, Loyola University Chicago. Dr. Burkhardt's area of study is spirituality and informatics. Current research is in developing an intervention with nursing students to promote spiritual care in nursing practice. In the area of informatics, Dr. Burkhardt authored spiritual, religious, and ethics standardized nursing terminology, which is part of the database infrastructure for health care documentation.

### August J. Cwik, Psy.D



The evolving information gained from neuroscience is invaluable in its ability to validate the mind/body connection. It gives those needing "scientific" verification, such as psychotherapeutic nay-sayers and legislators, proof of the impact and effectiveness of long-term analytic treatments. But all of this must be kept in balance with Jung's fundamental insight that, "The psychic [here read soul as described by Frattaroli] is a phenomenal world in itself, which can be reduced neither to the brain nor to metaphysics" (*Mysterium Coniunctionis*, Para. 468). Jung makes the point that, Causalism and rational thought necessary for reliable knowledge of the world "has the disadvantage of breaking up, or obscuring, the universal interrelationship of events so that a recognition of the greater relationship, i.e., the unity of the world, becomes more difficult (Ibid, para. 662).

August J. Cwik, Psy.D. is a clinical psychologist, hypnotherapist and Jungian analyst in private practice in the Chicago area. He is a member of the Chicago Society of Jungian Analysts and the Interregional Society of Jungian Analysts. He is an Assistant Editor of the *Journal of Analytical Psychology* and has published articles on the structure of analysis, alchemy, supervision, dreams, active imagination and numerous reviews.