

FAQs ABOUT JUNGIAN STUDIES AND TRAINING

I would like to begin reading about Jung and Jungian ideas. Can you recommend books and educational resources?

Many Jungian analysts recommend reading Jung's autobiography, *Memories, Dreams, Reflections*, to learn more about Jung. *The Collected Works of C.G. Jung* contain much of his written work. Additionally, many post-Jungian theorists have expanded upon Jungian thought. Scroll to the end of this FAQ page for suggestions of some prominent Jungian authors. When reading Jungian authors, review the bibliography for additional references of interest.

I would like to study Jungian Analytical Psychology but am not interested in becoming a Jungian analyst. What can you recommend?

Start by participating in one of IRSJA's seven local seminars. One need not intend to become a Jungian analyst to participate. Learn more about IRSJA seminars and their locations at: www.irsja.org/regional-training-seminars . Also, *The International Association for Jungian Studies* (IAJS) provides an extensive list of Jungian study programs at www.jungstudies.net . There are many additional sources of information on Jungian programs, ranging from immersive travel experiences to study and reading groups. It may take a little research to find the learning experience you are looking for, but it is all available on the web.

Can you describe IRSJA's local seminars? Where are they located?

Our eight local seminars are designed for individuals seeking an understanding of Jungian theory, mental health professionals desiring to enhance their perspectives, and those intending to apply for analytic training with the IRSJA. Seminars meet monthly during the academic year. Links to each local training seminar website are listed below. Seminar faculty analysts can provide more information. Seminar locations:

Heartland (HAJA) Rogers, AR/St. Louis, MO	www.heartlandjungians.org
Memphis, TN/Atlanta, GA	www.memphisjungianseminar.com
New Orleans, LA	www.neworleansjungianseminar.org
Philadelphia, PA (PAJA)	www.cgjungphiladelphia.org
Pittsburgh, PA	www.jungiantrainingpgh.org
Santa Fe, NM	www.santafejung.org
Wimberley, TX	www.jungtexas.org

I am interested in analytic training. What steps can I take specific to where I live?

The first step in exploring training through the IRSJA is to join one of the local seminars listed above. Information about applying and people you can contact are on each seminar's website.

This Jungian Life podcast also features an episode in which three IRSJA-trained analysts discuss what individuals may consider when contemplating training to become an analyst.

About IRSJA & Analyst Training

How is training with the IRSJA different from training at other institutes?

The IRSJA is the largest Jungian training institute in North America. We offer a unique combination of large meetings of the full Society twice a year and a more intimate group experience at the seven local seminars across the United States. Seminars meet monthly during the academic year. The local groups have dedicated analyst faculties that follow candidates' progress closely. The semi-annual meetings of the entire Society provide the resources and experience of our analyst members, a robust educational program, and a large analyst pool for case consultation and mentoring. The IRSJA's substantial membership and candidate training body offer a range of theoretical orientations and collegial relationships.

IRSJA training is a two-stage process. The initial stage focuses on studying Jungian theory and its application to clinical cases. During this "pre-control" stage, training candidates attend one of the IRSJA's monthly local training seminars and two national conferences in the fall and spring. Near the end of the third year, candidates may take the Propaedeuticum: five exams that determine readiness for the second stage of training, the "control" stage. During the control stage, candidates work more independently. They participate in a case colloquium specifically for individuals in the "control" stage of their training. Local seminar attendance is optional for "control" candidates. However, they are expected to attend the twice-yearly IRSJA conferences. Candidates at the "control" stage continue with personal "training" analysis and individual case consultation. After candidates pass their final exams by successfully presenting three written cases to their cases committee and presenting a written thesis to their thesis committee, they graduate. Graduation confers certification as a Diplomate Jungian Analyst.

How many analysts are members of the IRSJA? How many training candidates are there?

The IRSJA includes 220 members and 40+ training candidates. Members reside in the United States, Canada, and Mexico. Our vibrant analyst membership and candidate body afford rich opportunities for professional networking and lifelong friendships. IRSJA posts a directory of analysts at <https://irsja.org/jungian-analysis/find-an-analyst-near-you/>

Where does the IRSJA meet? How often?

IRSJA meetings take place in April and October in various cities in the United States. The meetings usually begin on Wednesday and conclude on Saturday. Training candidates arrive on Tuesday of the conference week to be available for meetings on Wednesday.

I already attend a local training seminar. What, specifically, do I need to do—and when—to apply for training?

The deadline for training applicants to submit required materials to their local seminar is usually sometime in December or early January. A small group of analysts then interviews each applicant from the local seminar. If the interview committee supports the application to IRSJA, the applicant then completes the IRSJA written application and sends it with supporting documents in one packet to the Director of Admissions. The packet must be postmarked on or before March 1 for an applicant to be invited to the IRSJA Spring admissions interviews. Please

see the following link on the IRSJA website link for more information. irsja.org/become-an-analyst/

How long does the IRSJA's training program take to become a Jungian Analyst?

Jungian analytic training is a path of personal and clinical development. A candidate's readiness for progression is the primary consideration, determined through formal exams and interview evaluations conducted by training analysts. Training is a transformative process involving the whole personality. Consequently, there is no clear timeline for the training program, which takes a minimum of five years--often six or more--to complete. The IRSJA training program is part-time, designed to allow candidates to live at home and maintain their employment.

How much does training cost?

Training expenses include the cost of ongoing analysis, 40 hours of case consultation per year, local training seminar tuition, books, and twice-yearly travel to IRSJA conferences held in various locations in the United States. Some expenses may be contained when a candidate shares a hotel room. Annual training expenses can range from \$15,000 - \$20,000 a year.

How can I find out about other Jungian training programs?

Becoming a Diplomate Jungian Analyst requires training at an institute approved by the *International Association for Analytical Psychology* (IAAP). IAAP institutes are listed on the IAAP website: <http://www.iaap.org/>

About IRSJA Admission Requirements

I have had previous psychotherapy. Do I also need to have Jungian analysis to apply for training? Why is it important to have 100 or more hours of Jungian analysis within the last three years if I have had previous therapy or analysis?

Jungian Analytical Psychology is unique in theory and practice. Personal analysis with a Jungian analyst provides the essential experiential foundation for exploring whether training is the right path. IRSJA believes the requirement of 100 hours of personal analysis within the past three years helps ensure the applicant's readiness for training.

To meet the requirements for the 100 hours of personal analysis, must I see an analyst face-to-face? Do telecommunication sessions count?

A minimum of 50 of the 100 hours of analysis must be in person. There is an exception due to COVID: all analytic hours via telecommunications between the dates of March 31, 2020, and May 31, 2022, will be credited as in-person hours. Additional information about Jungian analysis can be found on the IRSJA website: irsja.org/Jungian-analysis/

Do I need to be a licensed mental health practitioner to apply to the IRSJA for training? What if I live in a state that does not require clinical licensure?

The IRSJA requires candidates entering the "control" stage of training to have the legal right to practice psychotherapy in the state or jurisdiction where they intend to practice. Most states

require a clinical license, based on an advanced degree in the mental health field, to practice psychotherapy.

The IRSJA's 40-hour-per-year case consultation requirement for pre-control candidates will be more meaningful and useful if you are already in a mental health practice with an active caseload. During the control stage of training, the applicant will present written case analyses based on client work for at least one year.

I am a medical doctor/marriage and family counselor/pastoral counselor. Does my degree/certification fulfill IRSJA's licensure requirement for psychotherapy practice?

State licensing boards are the first place to check for information about legal authority to practice psychotherapy. Typically, this entails a mental health degree, such as a PhD, PsyD, MSW, LMFT, or LPC. Jungian analytic training focuses specifically on the practice of depth psychology. IRSJA encourages an educational and experiential foundation in general mental health practice. Typically, a graduate degree in mental health provides this foundation.

Why must I practice psychotherapeutic work to participate fully in analytic training?

Jungian analytic training is a form of clinical training in depth psychology. Since a large portion of the program is clinically based, training candidates need to be working with clients to fulfill program requirements. In the second half of training, case studies are based on client work of over a year's duration. Even in the first stages of training, candidates are likely to find it difficult to make progress without doing some clinical work with clients.

I live in an area where the closest Jungian analyst is hours away. How can I meet the requirement for analytic hours? If accepted for training, how can I meet the clinical consultation requirement?

The IRSJA has always had the goal of providing Jungian analytic training for people who do not live near cities with on-site Jungian institutes. Nevertheless, many training candidates will need to travel to fulfill the in-person requirement for Jungian analysis and case consultation. It is often possible to schedule multiple in-person sessions with an analyst or case consultant, thus minimizing travel. Candidates often find it possible to meet, in person, with their analyst or case consultant during the days in which they are "on-site", attending their monthly local seminar and/or twice-yearly meetings of the full Society. *The International Association of Analytical Psychology (IAAP)* is a worldwide certifying organization for Jungian analysts. On their website, applicants can find the "group members" -- Jungian Societies that train analysts -- to see if there are analysts in your area.

How can I get answers to my questions about resources and steps toward training specific to the state or province in which I practice?

Go to the website of any training seminar of interest from the list above for information about a specific seminar and the requirements for joining. There will be a contact person listed to contact for more information. In addition, it may be very helpful to speak with one or more of the seminar's core faculty.

Books

The following link lists highly recommended books for those interested in learning more about Jungian Psychology. It contains Jung's own writings and books by post-Jungian writers.

<https://irsja.org/wp-content/uploads/2023/01/READING-LIST-2022.12.22.pdf>

Podcasts

<https://thisjungianlife.com/>

<https://speakingofjung.com/>