

JEAN CONNON UNDA

Jungian Analyst in Private Practice

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SUMMARY OF QUALIFICATIONS

- Jungian Analyst in private Practice in Toronto
- Graduated from the Analytical Training Program of the Ontario Association of Jungian Analysts (OAJA)
- Teaches in the OAJA Training Program for Analytical Candidates as well as in the Public Program of the C.G. Jung Foundation of Ontario
- Has a broad background of experience in adult education in a range of institutional and community settings
- Has a special interest in the arts and creativity and their role in processes of personal and social transformation

PROFESSIONAL AFFILIATIONS

The Ontario Association of Jungian Analysts (OAJA)
The International Association For Analytical Psychology (IAAP)
The Canadian Association for Psychodynamic Therapy (CAPT)

EDUCATION

2010 Diploma in Analytical Psychology
Ontario Association of Jungian Analysts
1999 M.Ed., Adult Education (Counselling Psychology)
University of Toronto
1995 B.A. Sociology, Atkinson College, York University
1986 ESL Specialist Certificate, Ontario Ministry of Education
1970 Ontario Elementary Teaching Certificate

LECTURES AND SEMINARS IN ANALYTICAL PSYCHOLOGY

Imprisonment and Individuation

2011 - *C. G. Jung Foundation of Ontario*

2015 - *The C. G. Jung Society of Montreal*

Drawing on symbolic material including visual art, dreams, and literature, this lecture explores the dynamic tensions between freedom and constraint as well as the potential for an experience of “imprisonment” to serve as a crucible for transformation.

Life Yet to Live: Individuation in the film *The Mother*

2011 - *C.G. Jung Foundation of Ontario*

2015 - *The C. G. Jung Society of Montreal*

This film seminar explores the conflicts, both inner and outer, that manifest as a mature woman encounters stirrings of new life and previously split-off aspects of her psyche begin to disturb the habitual order of her world. In the particulars of this woman’s journey toward greater vitality and wholeness can be discerned some of the archetypal patterns and motifs common to the individuation process in the second half of life, including the issue of sacrifice with no guarantees of how the future will unfold.

The Symbolic Life

2011 - *C. G. Jung Foundation of Ontario*

This lecture explores a depth psychological Jungian approach to working with symbolic material spontaneously produced by the unconscious in dreams. This symbolic approach supports the integration of conscious and unconscious parts of the psyche, contributing to greater wholeness of the personality.

Camino: Outer Journey with Inner Meaning

2012 - *C.G. Jung Foundation of Ontario*

This presentation explores the archetype of pilgrimage from a Jungian perspective, noting parallels between the pilgrimage experience – a kinetic ritual carried out in liminal space and time – and the psychological journey of individuation.

Dancing One’s Own Steps: Collective Constraints Versus the Inner Imperative

2012 - *OAJA Analytic Training Program*

This film seminar based on Baz Lurmann’s *Strictly Ballroom* provides an opportunity to reflect on a particular young man’s journey of individuation and to observe dynamic patterns of the self-regulating psyche in action.

Accessing the Unconscious Via Fingerpaint

2012 – *OAJA Analytic Training Program*

Participants in this experiential workshop have an opportunity to experiment with finger paint and discover its many properties; reflect on this experience, both on the process as well as on the feelings constellated; explore Jungian approaches to interpretation, working with paintings produced by the participants; and, discuss considerations for use of finger paint by clients in analysis.

Death as a Rite of Passage

2012 & 2016 – OAJA Analytic Training Program

The archetypes are recognizable in outer patterns of behaviour, especially those that cluster around the basic and universal experiences of life such as birth, coming of age, marriage, and death and separation. From the perspective of cultural anthropology, death is one of several rites of passage in the life cycle. According to Jung, “Shrinking away from death is something unhealthy and abnormal, which robs the second half of life of its purpose.” This 4-part seminar for training candidates includes readings, discussion and presentations on themes relevant to working with clients dealing with issues of mortality.

The Therapeutic Relationship: transference, counter-transference and the implications of neuroscience for the analytic encounter

2014 – OAJA Analytic Training Program

This 4-part seminar for training candidates explores Jungian theory in light of current research with a view to developing a heightened awareness of the complexity of the therapeutic relationship and a growing capacity to reflect on the subtleties of what takes place between the analyst and client in the collaborative process of Jungian Analysis.

Alchemical Symbolism in Psychotherapy

2016 – OAJA Analytic Training Program

According to Jung, the psyche consists essentially of images and the vital activities taking place within an individual appear as a series of images. In these images Jung discerned recurrent patterns and regularities which he called the archetypes of the collective unconscious. As part of his broad comparative study of symbolism, not only did he note striking parallels between alchemical symbolism and certain archetypal motifs in his patients’ dreams, but he also saw that analytical psychology and the individuation process coincided in a curious way with the alchemical opus of transformation. This 4-part seminar series explores these parallels.

Private Seminars and Workshops

- Participatory Film Seminars – an annual series exploring films through a Jungian Lens
- Dream Discussion Group – exploring common motifs and attending to dreams as a source of insight into how we live our lives
- Personal and Social Transformation, an experiential workshop using art media

EXPERIENCE

1999 - present Private practice in Psychotherapy & Analytical Psychology

1997 – 2006 Freelance Consultant in Adult Education

- Principal Researcher OISE-CLC SHHRC project, "Workplace Literacy: Labour Contributions to Principles and Practice"
- Facilitating staff development and organizational change and designing and implementing instructor training courses for various national and provincial labour organizations

1988 – 1997 Training Officer, Ontario Federation of Labour B.E.S.T. (Basic Education for Skills Training Project)

1986 – 1988 Coordinator of T.E.S.L. Training, Ontario Ministry of Citizenship and Culture, Language Training Unit, Newcomer Services Branch

1983 – 1986 Lead Instructor, Adult ESL, Toronto Board of Education

1978 – 1983 Adult Services Program Worker, ESL and Literacy, St. Christopher House

1970 – 1976 Elementary School Teacher

- Hawthorne Bilingual (private) School, Toronto 1975 – 1976
- John Dewey Kindergarten, Bogota, Colombia 1973
- Liceo Juan Ramon Jimenez, Bogota, Colombia 1973 – 1974
- Colegio Americano, Bogota, Colombia 1973
- Toronto Board of Education 1970 - 1972