

#WithUkrainianJungians

Walking alongside our Ukrainian colleagues and all those facing erasure



Webinar 8 Tuesday 19th September 2023, 18:00 - 20:00 BST

Donald Kalsched, Ph.D.

*Inner and Outer Democracy and the threat of Authoritarianism:
Reflections on Psychological Factors at Play in our Polarised World.*

with **Dmitro Zaleskyi, Oxana Zaleska & Olena Brante**

Chair: **Lisa Marchiano**

ALL ARE WELCOME

Book [HERE](#)

Sponsored by the **BJAA/bpf** (British Jungian Analytic Association/British Psychotherapy Foundation)

In association with **GAP** (Guild of Analytical Psychologists), **WorldlyWise**, **ARAS** (Archive for Research in Archetypal Symbolism) & **Sanctus Media**

The monthly gathering at the #WUJ Webinars

Dear Colleagues and friends,

This next webinar is a very important one for us therapists and analysts working in a world that is changing - dangerously so, and in a way that will most likely seriously impact us all unless greater consciousness can be achieved.


Donald Kalsched notes that Jung believed democracy to be the healthiest political structure, because it is the only one to expect and encourage an open conflict among the opposites. Similarly, at an inner level, democracy actualises a healthy psyche by encouraging all parts of the Self to suffer in the service of integration and therefore wholeness.

This webinar is concerned with the increasing rise of authoritarianism in the psyche, very evident outwardly now in the “democratic” countries of the world, as well as increasingly so in those countries already considered to be authoritarian.

Donald Kalsched is known throughout the world for his work on trauma. In this webinar he explains the link between trauma and inner and outer authoritarianism. When we understand what is happening, we can work with it.

By the time this webinar takes place our Ukrainian colleagues will have been living and working with constant threat to their lives and the lives of those they love, to their freedom and to their culture for 18 months. What they endure is unimaginable.

And yet, of course, throughout history and all over the world countries have inflicted the most horrific suffering on one another, which has then had profound negative consequences for the generations to come. Stefan Zweig in his book *The World of Yesterday: Memories of a European* describes the insidious rise of the Nazi party in the ordinary every day life of Austria, a Catholic Church-attending cultured beautiful country, a decent people. (The country of my mother.) It was something dark in the collective, not just in Austria, that enabled Hitler to come to power. Over 50 million people died in the Second World War. The war in Ukraine reminds us how close we all live to an eruption from the unconscious into brutal war where evil runs amok.



Today we see a worrying rise in far right extremism and in authoritarian politics. Trump's assault on democracy in the US would have seemed the stuff of an implausible film a few years ago - and yet he is a front runner to be re-elected President. In 2019 in Britain we elected a Prime Minister who was known to have a complete disregard for the truth - so opposite to the values of integrity with which Britain used to be associated. Our current Government is restricting the right to protest - and somehow this is all happening without a massive uprising. Also in the UK this week a Government Minister ordered that Mickey Mouse murals painted on the walls of a reception centre for unaccompanied children seeking asylum be painted over to make the centre less welcoming. Alessandra di Montezemolo talked at a previous #WUJ webinar about the situation in Italy. In Israel there are huge protests against its Government's plans to change the legal system to weaken the checks and balances that it offers. The insidious attacks on democracy around the world are increasing alarmingly. And, after years of progress on issues such as racism, misogyny, LGBTQ we are experiencing an extreme backlash, with death threats being made against analysts who speak out on these issues.

Why have these previously extreme positions entered our mainstream politics? Why are seemingly decent educated people supporting them? This isn't, it seems to me, about others, but about us. We are the ordinary people in whom this psychological collapse is happening - and we are also the people working in the field and who are therefore in a position, if not having a responsibility, to work with the underlying trauma.

These changes in the collective psyche are potentially very dangerous. They are the stuff of oppression, loss of liberty, violence, injustice which can creep up on us unawares - as it did in Europe in the 1930s. One of the objectives of #WUJ from the outset has been to explore what Analytical Psychology has to offer to the current situation - quite a lot, as it happens!

Please do join us.

Warmly.

Catherine Cox

8 ■ Tuesday 19th September 2023, 18:00 - 20:00 BST

Donald Kalsched, Ph.D.

Inner and Outer Democracy and the threat of Authoritarianism.



Donald writes:

Ever since Russia invaded Ukraine, I have been mesmerized by every detail of the battle and the heroic struggles of the Ukrainian people against the brutal invasion of your country by Vladimir Putin. For me, this has been more than a “news story.” I have taken it personally and I can’t stop thinking about it! I think this is because I have felt devastated by the assaults on American democracy in my own country since 2016, and helpless to do anything about it--except vote. In Ukraine there’s a clear enemy (at least for now) and it is possible to fight for the soul of yourselves and your country in a clear way. The battle lines are drawn!

Last year on March 9th I wrote a letter of support to Ukrainian colleagues, and I repeat a portion of what I said there. It contains the core of what I hope to communicate today.

...”As you know, I have written about “Trauma and the Soul.” You are in the middle of heart-breaking Trauma, and you are fighting for the Soul of your country; You are fighting for the Soul of the World!

...”Your battle is part of a revolution in consciousness. Dictators will always rise up against this new consciousness because they are afraid of it, but the fight for democracy for equality, for diversity, and for the sacred reality that all people on this planet contain the spark of a God-given right to life and liberty is far bigger than any one battle, and it must be waged over and over again in every generation.

...Despite your current trauma, you are fighting for the Soul. I salute you!”

Donald continues...

*In the trauma-work I do with individual patients, I have come to realize that I am fighting for a democracy of the psyche against the tyranny of authoritarian defences--just like front-line Ukrainian soldiers are fighting for democracy against the tyranny of Russian autocracy--in Kherson, in Zaporizhzhia, in Bakhmut. Of course I cannot compare my struggle with those Ukrainian heroes who risk their lives every day while I sit in my comfortable office talking to people. But the point I want to make in this presentation, is that democracy is not just an outer form of government worth defending. It is also an inner one. It is a principle of organization among the parts of a person or the parts of a nation. This principle is based on freedom instead of fear, on openness instead of constriction, on equality instead of domination, and on inclusiveness instead of exclusion, i.e., on representation of all parts of the whole in a central body, *e pluribus unam* - from the many, one.*

Jung was eloquent about how crucial democracy is to a healthy psyche inwardly and to a healthy community outwardly. His conviction comes from his understanding that consciousness is only generated through an aggressive struggle between the opposites. Democracy provides the best container we have for that struggle. Therefore democracy, both inner and outer, is an engine of consciousness generation. It is the way we become whole and the way we generate a moral center in ourselves and in the world. It is worth fighting for on every battle-front--both within and without.

Donald Kalsched, Ph.D., is a Clinical Psychologist and Jungian Psychoanalyst with a private practice in Brunswick, Maine. He is a senior faculty member and training analyst with the Inter-Regional Society of Jungian Analysts and serves on the Board of the Maine Jung Center. He lectures and teaches nationally and internationally on the subject of early childhood trauma and its treatment, and has led master classes for clinical supervisors in many clinical settings. His celebrated book *The Inner World of Trauma: Archetypal Defences of the Personal Spirit* (Routledge 1996) explores the interface between contemporary psychoanalytic theory and Jungian thought as it relates to practical clinical work with the survivors of early childhood trauma. His second book, *Trauma and the Soul: A Psycho-spiritual Approach to Human Development and its Interruption* (Routledge, 2013) explores some of the mystical dimensions of clinical work with trauma-survivors. He is currently working on a third major book which will explore the practical aspects of working more directly with feelings and defences-against-feelings in the clinical situation.



Oxana Zaleska has been working with children and adults for over 25 years, and for the last 9 years I have been working with the consequences of war and have adapted the Jungian method of Serial Drawing for use in emergency situations for children affected by war. She has co-authored the psychosocial programme "Safe Space", which has been implemented in Ukraine in the education system since 2015 and is aimed at supporting and preventing PTSD in children.

Oxana is a Jungian analyst, child psychotherapist, member of the IAAP with a PhD in Psychology, member of the Ukrainian Group for the Development of Analytical Psychology (UGD IAAP), founder & member of the Professional Association of Child Analytical Psychologists (PACHAP) and a Senior expert psychotherapist & supervisor in the Mental Health Centre at the National University of Kyiv-Mohyla Academy.



Olena Brante was born and grown up in Ukraine and last six years lived in Ireland. I had been trained as jungian analyst in Ukrainian Development Group. Mainly my area of interest belongs to the topics about trauma (all its variates), narcissism phenomena and immigration processes.

Olena writes: *I very much appreciate art techniques and feel a lot of curiosity about cold swimming and its impact on psyche.*

Remembering Nathan Schwartz Salant's believes that every Self provides its own experiment during the life I see life of soul as very difficult but miracle.



Dmytro Zaleskyi MD is a psychiatrist, Jungian analyst and has been an Individual Member of the International Association of Analytical Psychology since 2010. He graduated from the Kyiv Medical Institute with a degree in medicine from the Department of Psychiatry in 1988 and worked at the Kyiv City Psycho-neurological Hospital №1, and then at the All-Union Research Center for Radiation Medicine at the USSR Academy of Medical Sciences. From 1986-1991 he worked as a liquidator of the consequences of the Chernobyl disaster as a medical assistant, neurologist and psychotherapist.

Dmytro was First President of the Official Development Group of the IAAP in Ukraine and served in the Armed Forces of Ukraine for mobilisation as Chief of his battalion's medical service in 2015-2016.

Lisa Marchiano



Lisa writes:

When faced with unfathomable suffering and a manifestation of archetypal evil, the imagination falters. How is it possible to contend with such things? The sense of helplessness threatens to overwhelm us and the fabric of meaning is ruptured. In the face of the unthinkable, simple acts of kindness and solidarity seem not enough, but they may be all we can offer. I am grateful to have the opportunity to participate in this webinar as my small contribution, my effort to knit up the ravelled sleeve of tattered meaning and humanity in the very little way that I can.

Lisa Marchiano is a Jungian analyst in Philadelphia. She is the co-host of the popular depth psychology podcast *This Jungian Life* and the author of *Motherhood: Facing and Finding Yourself*, which has been translated into four languages. Her second book will be published in early 2024 and is called *The Vital Spark: Reclaim Your Outlaw Energies and Find Your Feminine Fire*.

Simultaneous Interpretation & Recordings

Simultaneous translation will most likely be available in:

- **German**
- **Spanish**
- **Italian**
- **French**
- **Portuguese**
- **Ukrainian**
- **Chinese**



With thanks to our 31-strong team of volunteer professional interpreters, who are offering this as their contribution to Ukraine.

Recordings of previous webinars in various languages are available for you to view

[HERE](#)

A gift to our colleagues in Ukraine

We are not a well-paid profession. The more unwell our analysands and clients are, the less they can afford to pay. On top of this, many of us are living in countries that are experiencing a cost-of-living crisis.

In the case of our colleagues in Ukraine, many of them are now working for nothing or able to earn very little.

When we had our first #WUJ event with Ann Ulanov, we wanted to raise some money to try to alleviate the stress of financial worry for our colleagues in Ukraine. We cannot stop the bombing, but this seemed something we could perhaps help with. Since then you have donated over £40,000, all of which has gone to Ukraine (other than the GoFundMe commission and bank commissions). Colleagues have been very generous.

For this month only, we would like to invite everyone to make a gift of one week's pay. It's a big ask, we know. But we also know how great is the need.

Last time we sent £220 to every colleague on our list, which is about half the average monthly wage. It would make a real difference if we could send a further gift.

So we invite you to share with our colleagues from what you have. It isn't just the practical assistance - the symbolic meaning will provide balm for the soul. (As Jungians we might ponder the effect in the economy of our own psyche.)

To make a gift to our Ukrainian colleagues please click: [HERE](#)

Book your ticket: [HERE](#)

and thank you for your generosity.



Image by Carola Mathers

Abstract 1, oil and ink on paper.

Carola is a UK based artist working with watercolour, oils and mixed media who has recently retired from clinical practicing as a Jungian Analyst.

More about Carola's art [HERE](#)