

# Holistic Counselling Practice



## THE DEVELOPMENT OF THE PSYCHE AND ITS IMPACT ON HEALTH - Interweaving Archetype Psychology and Neuroscience.

By Linda M Newbold; Publisher: VDM Verlag – Dr Muller; Date: Nov 2010

### Summary:

The purpose of this small book (a direct transcript of my Master's dissertation) is to examine how the mind and body might be linked and how, in turn, psychotherapists may help people resolve issues by exploring the body-mind-spirit connection.

The mind and body are inseparable, as many people realise these days, and one influences the other, although it is not always obvious how this is happening. However, if there is dis-ease or pain in one's emotional world it impacts on the body and causes physical discomfort or symptoms. Equally, the reverse holds true; if there is physical disease or symptoms, sometimes it is possible to discover a link within the person's mind and thought processes.

Remembering then, that each or any distressing emotion, thought or physical symptom can be a clue to disturbances of any other part of the mind-body system then it is clearly the case that this is a valuable starting point for effective treatment or healing. Counsellors or psychotherapists who are able to work with an awareness of the body and who use creative processes to hone in on the body, via the use of imagery and imagination, energy healing and other mental techniques, can often help to find, and heal, both physical illness and emotional pain.

### Technical Summary:

This book offers a theoretical basis for understanding the above process by exploring cutting edge scientific thinking and combining it with the work of the Psychiatrist and Spiritual Philosopher - Dr Carl Jung and the ideas expressed by other modern Jungian thinkers. For this I've had to distinguish between the brain and its apparent non-physical counterpart - the mind. Jung's hypothesis of the non-physical psyche including the collective unconscious and the

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archetypes is my framework in which to present a more material understanding as expressed by neuroscience, quantum physics and systems theory. I postulate that it is a form of subtle energy which is the linking factor uniting the apparent mind-brain-body split. I trace the development of the subtle energy as it begins to take the form of images manifesting through the archetypes and the complex, from the first eighteen months of life. It is this subtle energy field, now encapsulated in a person and their thoughts, emotions and sensations, which may be tapped into when we experience unwanted symptoms and healing needs to occur.

This small book also emphasises Jung's view that problems and crises, symptoms and other disturbing experiences (or they could be surprising and unexpected experiences) are not just accidental happenings but are meaningful. Their meaning is likely to be hidden from consciousness until examined and explored in various ways. These meanings often emerge from unresolved past issues or alternatively arise from the sum total of our experiences as participants in the human condition and the resultant innate tendency to move towards inner growth. Thus tangible physical symptoms can be a starting point from which to grow creatively on a subtle level.

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