Career helping at depth: working with the whole person in careers work

Career Development Institute Student Conference
Wednesday 10th April 2019

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Overview

• Introduction to depth psychology

• Activity

• Discussion
What is depth psychology?
Depth psychology

- Dynamic nature of the psyche
- Conscious and unconscious dimensions
- Psychoanalysis (Freud)
- Individual psychology (Adler)
- Analytical psychology (Jung)
- Relationship with career: birth, death and rebirth
Career development at depth is about understanding the whole person.

‘Discovering yourself provides you with all you are, were meant to be, and all you are living from and for’

(Jung 1977: 448)
Analytical psychology

- Typology
- Structural psyche e.g. persona
- Introjection and projection
- Learning
- Personal myth
- Archetypes
Discussion

• Evaluation
• Applications
• Self help
• One-to-one
• Groups
Further points

- Dialogues
- Drawing or painting
- Journaling
- Collages
- Dreamwork
Final points

• Career is what you do *and* how you do it
• Depth psychology critiques current career theory: underplotted and draws from an impoverished range of stories
• Answers to the need for enhanced career literacy and more critical understanding of career
• Enriches the repertoire of today’s career development professional
Further reading

Thank you very much for your attention

Please feel free to get in touch:

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