

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

Career Development Institute Student Conference  
Wednesday 28th April 2018

[p.t.mccash@warwick.ac.uk](mailto:p.t.mccash@warwick.ac.uk)

# Overview

- Depth psychology
- Activity
- Discussion

# Depth psychology

- Dynamic nature of the psyche
- Conscious and unconscious dimensions
- Psychoanalysis (Freud)
- Individual psychology (Adler)
- Analytical psychology (Jung)
- Relationship with career theory: birth, death and rebirth

# Analytical psychology

- Typology
- Persona
- Projection
- Individuation
- Transformative learning
- Personal myth
- Archetypes

# Archetypes

- Cultural stories
- Patterns and similarities
- Can relate to events, figures and/or objects
- Light and dark aspects

# Activity

- Pack of archetype cards developed by Caroline Myss
- Contains 74 archetypes plus 6 blanks
- Questions to consider
- Share only what you feel comfortable about

# Discussion

- Evaluation
- Applications
- Self help
- One-to-one
- Groups

# Further points

- Dialogues
- Drawing or painting
- Journaling
- Collages
- Dreamwork
- Therapy: groups or individual



# Final points

- Young people and adults
- Not just 74 archetypes – go off piste
- What you do *and* how you do it
- Criticism of current career theory: underplotted and draws from an impoverished repertoire of stories
- Answers to the need for enhanced career literacy and more critical understanding of career

# Further reading

- Blustein, D. (2011). A relational theory of working. *Journal of Vocational Behavior*, 79, 1-17.
- Blustein, D. (2013). The psychology of working: a new perspective for a new era. In D. Blustein (Ed.), *The Oxford handbook of the psychology of working*. Oxford: Oxford University Press.
- Corlett, J. G., & Pearson, C. (2003). Mapping the organizational psyche: a Jungian theory of organizational dynamics and change. Gainesville, FL: Center for Applications of Psychological Type.
- Hambly, L. (2014). Transpersonal career coaching. Retrieved from <http://creativecareercoaching.org/transpersonal-career-coaching/>
- Hillman, J. (1996). *The soul's code: in search of character and calling*. New York, NY: Grand Central.

- McCash, P. (2016) Employability and depth psychology, in M. Tomlinson & L. Holmes (eds), Graduate employability in context: theory, research and debate, Basingstoke: Palgrave Macmillan.
- Marcus, P. (2017). The psychoanalysis of career choice, job performance, and satisfaction: how to flourish in the workplace. Abingdon: Routledge.
- Myss, C. (2003) Archetype cards, Carlsbad, CA: Hay House.
- Savickas, M. L. (2013). Career construction theory and practice. In R. W. Lent & D. Brown (Eds.), Career development and counseling: putting theory and research to work (2nd ed.). Hoboken, NJ: John Wiley.
- Stein, M., & Hollwitz, J. (Eds.). (1992). Psyche at work: workplace applications of Jungian analytical psychology. Wilmette, IL: Chiron.

Thank you very much for your attention

Please feel free to get in touch:

[p.t.mccash@warwick.ac.uk](mailto:p.t.mccash@warwick.ac.uk)