



C.G. Jung Institute Film Series: Jungian Portraits of Psyche in Film -- Ramis' *Groundhog Day*:

Stuck in the Present, Psychological Type, & Adaptation

Registration Opens at 12:45pm – Workshop 1-4PM

The Chicago School of Professional Psychology

325 N. Wells Street

Room 407/412

Chicago, IL 60654

3 CEs/CEUs

Presented in Partnership with the C.G. Jung Institute of Chicago

The Chicago School of Professional Psychology is located in downtown Chicago and is accessible via public transportation. For information about parking, click [here](#).

Workshop Description:

Groundhog Day – the 1993 film starring Bill Murray, Andie MacDowell, and Chris Elliott – is billed as a comedy. While it is good for laughs, the film beautifully illustrates four indispensable basic concepts in Jungian psychology that inform clinical practice: the idea that what we do is purposeful; that we have to learn how to live in the world and with ourselves; that we have to pay attention; and that we either keep working on something till we get it right or give up.

In the central character – Phil, the weatherman, played by Bill Murray – we can see the four concepts listed below in action as he blunders through cycle after cycle in what looks like a senseless repetition compulsion until he finally “hits bottom” and begins to wise up:

- *Life tends toward self-actualization*: Each of us attempts to actualize our in-born potential.
- *Adaptation to “outer” and to “inner” conditions*: In order to actualize that innate potential, we have to learn how to live in the world into which we are born and to the “world” within us. This means that we have to be able to direct our attention “outward” or “inward.”
- *Perception and judgment*: Both are necessary for us to be able to see what's happening and make appropriate choices and decisions on the basis of what we experience.
- *Problems in living*: The idea that they are not necessarily pathology but challenge us to find new or better adaptations to further our self-actualization.

These four bullet points refer to the Jungian notion of *telos* or *final cause*, that is, the notion – as stated in the first bullet, that *life tends toward self-actualization*. The presentation will focus on Jung's fundamental notions of “inner” and “outer” adaptation that are dependent on the individual's ability accurately to *perceive* and make appropriate (adapted) *judgments*.

Series Description: Jungian Portraits of Psyche in Film

Contemporary films regularly portray aspects of psyche. Jungian psychology provides a lens through which we can better understand the dynamics the film depicts. In a film we can see various attitudes and behaviors "before our very eyes." The psychological exploration of film deepens our appreciation for the reality of unconscious patterning and motivation in human life. This year's series - co-sponsored by The Chicago School of Professional Psychology and the C.G. Jung Institute of Chicago - offers four film presentations with Jungian analyses and subsequent discussions led by faculty of The Chicago School and the Jung Institute.

Learning Objectives:

After attending this introductory-level workshop, participants will be able to:

- (1) Explain the clinical significance for mental health of working with "inner" and "outer" adaptation.
- (2) Identify attitudes and behaviors that evidence faulty adaptation.
- (3) Discuss the clinical significance of accurate (and faulty) perception and judgment for "inner" and "outer" adaptation.
- (4) Describe the importance of "inner" and "outer" adaptation as factors in clients' "problems in living" and how "inner" and "outer" adaptation further or hinder self-actualization.
- (5) Apply information from the seminar in clinical situations.

Professional Bio of Boris Matthews, Ph.D., LCSW

Boris Matthews, Ph.D., LCSW is a senior faculty member and supervisor at the C.G. Jung Institute of Chicago. He has served in various capacities over the years, and most recently, as Director of the Analyst Training Program (2009-2013). He practices Jungian psychoanalysis in Pewaukee, at The Ommani Center for Integrative Medicine & Madison, WI.

Workshop Schedule:

12:45pm: Registration Opens

1:00pm: Workshop Begins

4:00pm: Workshop Ends

Registration and Fees:

\$40: General Admission

\$20: TCSPP Faculty & Staff Admission

\$20: TCSPP Alumni Admission

\$20: C.G. Jung Institute Staff & Members Admission

\$5: Student Admission

If you need to pay via check, please contact the CE Coordinator, Moira Jackson, at officeofce@thechicagoschool.edu to request an invoice.