



# Becoming: An Introduction to Jung's Concept of Individuation

*Deldon Anne McNeely*

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*Becoming: An Introduction to Jung's Concept of Individuation* explores the ideas of Carl Gustav Jung. His idea of a process called individuation has sustained Deldon Anne McNeely's dedication to a lifelong work of psychoanalysis, which unfortunately has been dismissed by the current trends in psychology and psychiatry.

Psychotherapists know the value of Jung's approach through clinical results, that is, watching people enlarge their consciousness and change their attitudes and behavior, transforming their suffering into psychological well-being. However, psychology's fascination with behavioral techniques, made necessary by financial concerns and promoted by insurance companies and pharmaceutical companies, has changed the nature of psychotherapy and has attempted to dismiss the wisdom of Jung and other pioneers of the territory of the unconscious mind.

For a combination of unfortunate circumstances, many of the younger generation, including college and medical students, are deprived of fully understanding their own minds. Those with a scientific bent are sometimes turned away from self-reflection by the suggestion that unconscious processes are metaphysical mumbo-jumbo. Superficial assessments of Jung have led to the incorrect conclusion that one must be a spiritual seeker, or religious, in order to follow Jung's ideas about personality. *Becoming* is an offering to correct these misperceptions.

Many university professors are not allowed to teach Jungian psychology. Secular humanism and positivism have shaped the academic worldview; therefore, investigation into the unknown or unfamiliar dimensions of human experience is not valued. But this attitude contrasts with the positive reputation Jung enjoys among therapists, artists of all types, and philosophers. Those without resistance to the unconscious because of their creativity, open-mindedness, or personal disposition are more likely to receive Jung's explorations without prejudice or ideological resistance. There is a lively conversation going on about Jung's ideas in journals and conferences among diverse groups of thinkers which does not reach mainstream psychology. *Becoming* is for those whose minds are receptive to the unknown, and to help some of us to think more with respect than dread of the possibility that we act unconsciously.

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