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What is Jungian psychotherapy?

- Jungian psychotherapy applies to modern life the body of scientific and psychological work of the Swiss psychiatrist and medical doctor, C.G. Jung. Unlike most psychotherapy, Jungian work understands that a level of complexity and healing exists below the surface of consciousness. Through dialogue both the patient and therapist come to see the roles of consciousness and the unconscious in maintaining health and effecting inner and outer healing, creativity, and wholeness.
- In a Jungian analysis, the doctor and patient's work relates directly to the patient's unconscious material, chiefly in the form of dreams and the products of active imagination images. Quite often the patient is encouraged to draw, sculpt, or write out of their experience with the unconscious. Working with the unconscious not only helps to relieve symptoms but activates one's creative potential for healing and enables change to take place in both the inner and outer life.
- Jungian therapy helps people find the right balance between their outer life of family, relationships, work and social obligations and the inner life of the unconscious. It can restore a free flow of communication between the two which promotes growth in creativity and spirituality. Jungian work helps one clarify their values and can lead to greater personal meaning.
- Inadvertently Western society promotes the living of life in a split (dissociated) psychological state with an almost exclusive concentration on consciousness. This contributes to the development of compartmentalization. Dr. Winer understands this split to be the principal factor contributing toward epidemic levels of anxiety, depression, and somatic (bodily) symptoms. Jungian therapy stands apart from any other psychotherapy in its potential to help an individual bring their inner and outer life into a balance or harmony.
- Dr. Winer helps his patients engage in their own journey forward in life in the hope that this will result in improvement from mental and emotional problems and enable personal growth, development, and fulfillment. He brings his unique life experience and professional training to bear in the therapeutic relationship with his patients.

Robert I. Winer, M.D. is the President of The C.G. Jung Center of Philadelphia. Appointments are either at the Island Avenue office or in a tranquil residential setting near Lankenau Hospital.

CALL 215-365-0277 TO SCHEDULE APPOINTMENTS.

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