

Registration Form

For Friday lecture:

<u>Early Registration</u>	After April 12
Member ___ \$15	Member ___ \$20
Non-M ___ \$20	Non-M ___ \$25

For Saturday workshop:

<u>Early Registration</u>	After April 12
Member ___ \$70	Member ___ \$80
Non-M ___ \$80	Non-M ___ \$95

Friday lecture and Saturday workshop:

<u>Early Registration</u>	After April 12
Member ___ \$80	Member ___ \$90
Non-M ___ \$95	Non-M ___ \$110

I will want SW/Counselor CEUs

I will want OPA/MCE Units

Fee for non-members of JACO; Add \$5 for Lecture, \$10 for Workshop or **Both** (Lecture and Workshop)

Donation to JACO (tax deductible) _____

Total from above, enclosed \$ _____

Please make check payable to **JACO**. Send to:
59 W. Third Ave., Columbus, OH 43201

Name(s) _____

Address w/Zip: _____

eMail _____

Phone: _____

or Credit Card:# _____

VISA ___ Mastercard ___ Discover ___

Exp Date: _____ Zip Code _____

Signature: _____



Karen H. Keefer is an expert in the technique of function-based guided imagery originated by Dr. William Yabroff; together they produced *Four Gifts of the Mind*, a set of CDs with a workbook, for experiencing type imagery. She has published two articles on the topic in the *Journal of Psychological Type*. She conducts trainings for businesses and nonprofit organizations, leads small personal growth groups, and for 12 years delivered MBTI Qualifying Training for the Association for Psychological Type.

Karen holds an M.A. in marriage, family and child counseling from Santa Clara University, an M.S. in science teaching from the University of Illinois, and a B.A. in biology from Stanford University.

The C.G. Jung Association of Central Ohio
614.291.8050
presents

Karen H. Keefer



Images of Inner Wisdom: Enlisting the Power of Active Imagination for Individuation

Friday ~ April 19, 2013
7:00pm - 9:00pm (Registration 6:40)

Saturday ~ April 20, 2013
9:30am - 3:30pm (Registration 9:10)

Location:
First Community Church, South Campus
1320 Cambridge Blvd.
Columbus, OH 43212

Hours: Tuesday-Saturday, 11 am to 2 pm
Please call ahead to be sure a volunteer is
here the day you wish to visit.
On the web at www.JungCentralOhio.org



The C.G. Jung Association of Central Ohio
59 W. Third Avenue
Columbus, Ohio 43201
614.291.8050
JungACO@JungCentralOhio.org

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Imagery & Jung's 4 Functions

In the 1980s, Dr. William Yabroff combined Jung's psychological types and the process of active imagination in a unique way, crafting a guided imagery technique to further individuation through eliciting and interacting with inner images of Jung's four functions, the four gifts of the mind:

- **Sensing** – the gift of perceiving and recalling what exists in the moment
- **Intuition** – the gift of insight and the vision of what might be
- **Feeling** – the gift of understanding what matters to oneself and others
- **Thinking** – the gift of logical reasoning and analysis

Yabroff, later joined by colleague Karen Keefer, found a personal image for a function can give access to the unconscious and a deeper or broader perspective that avoids self-sabotage.

Images of Inner Wisdom: **Enlisting the Power of Active Imagination for Individuation**

Friday Lecture: ***Focus on Feeling***

After a tour of the Feeling function, the process by which we know what matters to ourselves and others, Karen takes us on a guided imagery journey to elicit a spontaneous symbol for Feeling. Each imager is guided to observe and interact with the image, creating a relationship with it. Following the return to ordinary consciousness, we will discuss how to draw on the symbol, as an inner friend and resource, for more conscious and effective expression of Feeling.

**2 CEUs available for psychologists,
counselors and social workers**

Saturday Workshop: ***The Type Imagery Journey***

For those who wish a further experience of type imagery, and for those who may be interested in using this technique with others, Karen offers an in-depth workshop. We will cover the origins, underlying assumptions, and structure of the type imagery process; the role of the guide; the symbolic meaning of different settings; and how to help an imager relate to an image and interpret its meaning. Karen will demonstrate how to guide a person in a one-on-one setting, and participants will have an opportunity to work in pairs to practice guiding one another.

LUNCH ON YOUR OWN

**5 CEUs available for psychologists,
counselors and social workers**



Using Type Imagery

Type imagery can have a very practical and adaptive result and can address such issues as

- Balance in life
- Aspirational longings
- Spirituality and self-expression

Recalling an image can help when we want to shift from our habitual response to self-direction, when dreams don't come, or when we are feeling stuck or bearing the tension of opposites.

The image can serve as a bridge to a function. Recalling the image activates the brain patterns in use during the imagery experience, giving access to the unconscious. We can draw on a symbol for more conscious and effective expression of a function in daily life-in cooperation with Ego desires, not subservient to them.

The resulting personal growth is inner as well as outer, even when the motivation comes from a desire to be more effective in the outer world. Sometimes that effectiveness demands an adaptation to the world, and sometimes it involves acting from one's values or principles. By bringing unconscious contents into awareness, where they can be incorporated into one's life, type imagery supports individuation.

From Yabroff's The Inner Image

"The discovery that inner images can direct human behavior is not new, but the attempt to deliberately harness this power is. Once we can become active users of our own images, we can consciously interact with visual images to enrich and inform our experience."

"One of the surprises of my research in type and imagery was the positive effects people reported when they obtained a personal symbol for their least preferred function: Their natural fear of its disruptive power was resolved and often transformed into a positive attitude of appreciation."

Who Will Benefit

- **Beneficial for those new to psychological type as well as those with advanced knowledge**
- **Valuable for those interested in further use of imagery and psychological type in their personal or professional work**

The Jung Association of Central Ohio (JACO) is an Approved Provider by the State of Ohio Counselor, Social Worker, MFT Board for Counselors (RCX100022) and for Social Workers (RSX089104) and by the Ohio Psychological Assn/MCE (311282866)