



Becoming: An Introduction to Jung's Concept of Individuation

By Deldon Anne McNeely

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Becoming: An Introduction to Jung's Concept of Individuation reflects the ideas of Carl Gustav Jung. His idea of a process called individuation has sustained the authors dedication to a lifelong work of psychoanalysis. 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 distorted impressions.

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Editorial Review

About the Author

Deldon Anne McNeely received her Ph.D. in Clinical Psychology from Louisiana State University and is a member of the International Association for Analytical Psychology. A senior analyst of the Inter-Regional Society of Jungian Analysts, she is a training analyst for their New Orleans Jungian Seminar. Publications include *Touching: Body Therapy and Depth Psychology*; *Animus Aeternus: Exploring the Inner Masculine*; and *Mercury Rising: Women, Evil, and the Trickster Gods*.

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