

THE ANALYTICAL PSYCHOTHERAPY TRAINING at WMIP

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29th November 2025

‘Matte Blanco’s Perspective (through a Jungian lens)’

Our first seminar will be an introduction to the ideas of Matte Blanco, giving particular attention to the ways they can be understood to offer a framework which allows Jungian concepts to sit more comfortably with mainstream psychoanalytic presumptions, not least by clarifying and valuing the distinction between the repressed and the unrepressed unconscious.

Our second seminar will attempt a quasi-clinical application of the above to our understanding of both Jung and Winnicott – and the links between them.

If you find the theoretical reading too dense - or just too much of it - turn to Winnicott’s ‘dream’ for refreshment, it’s short and intrinsically fascinating - and you don’t have to do more than just dip into my paper ...

Core reading (First seminar)

Carvalho, R. (2010). ‘Matte Blanco and the multidimensional realm of the unconscious’. *British Journal of Psychotherapy*, 26(3):324-334

Carvalho, R. (2014). ‘A vindication of Jung’s unconscious and its archetypal expression: Jung, Bion, and Matte Blanco’. Ch: 2 in *Transformations: Jung’s legacy and clinical work today*, eds. Cavalli, A., Hawkins, L., & Stevens, M. London: Karnac.

Core reading (Second seminar)

Winnicott, D. W. (1989). ‘D.W.W.’s dream related to reviewing Jung’ in *Psychoanalytic Explorations*, pp. 228-230.

Meredith-Owen, W. (2011a). ‘Winnicott on Jung; destruction, creativity and the unrepressed unconscious’. *Journal of Analytical Psychology*, 56, 1, 56 - 75.

Further reading

Matte Blanco, I. (1975). *The Unconscious as Infinite Sets*. London: Duckworth.
