

Post-Jungian Approach to Working with the Audience: A Comprehensive Guide

The Post-Jungian approach to working with the audience is a transformative approach that draws upon the insights of Jungian psychology to engage audiences more deeply and authentically in theatre and performance. By understanding the archetypal patterns and unconscious processes that shape human behavior, practitioners can create immersive and resonant experiences that foster deeper connections between performers and audiences.



Screen, Culture, Psyche: A Post Jungian Approach to Working with the Audience by John Izod

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Theoretical Underpinnings

Jungian psychology is a depth psychology developed by Carl Jung, a Swiss psychiatrist and psychoanalyst. Jung believed that the human psyche is comprised of three main parts: the conscious, the personal

unconscious, and the collective unconscious. The collective unconscious is a reservoir of universal archetypal images and symbols that are shared by all humans. These archetypes can be accessed through dreams, myths, fairytales, and other forms of symbolic expression.

Post-Jungian theorists have applied Jung's insights to the field of theatre and performance. They believe that the theatre is a powerful medium for accessing the collective unconscious and facilitating transformative experiences for audiences. By incorporating archetypal imagery and symbols into their work, practitioners can create performances that resonate with the deep structures of the human psyche.

Practical Applications

The Post-Jungian approach to working with the audience can be applied in a variety of practical ways. Some common techniques include:

- **Archetypal imagery:** Using archetypal images and symbols to create characters, settings, and situations that resonate with the collective unconscious.
- **Dreamwork:** Incorporating dream material into performances to access the unconscious and create more authentic and compelling experiences.
- **Active imagination:** Engaging in active imagination exercises to explore the unconscious and generate new creative ideas.
- **Audience engagement:** Creating interactive performances that involve the audience in the creative process and foster a sense of community.

Benefits for Practitioners

The Post-Jungian approach to working with the audience can benefit practitioners in a number of ways. Some of the benefits include:

- **Deeper understanding of the audience:** By understanding the archetypal patterns and unconscious processes that shape human behavior, practitioners can develop a deeper understanding of their audiences and their needs.
- **More creative and authentic work:** By accessing the collective unconscious, practitioners can generate more creative and authentic work that resonates with audiences on a deep level.
- **Enhanced audience engagement:** By incorporating interactive elements and engaging the audience in the creative process, practitioners can create more immersive and resonant experiences that build lasting connections.

Benefits for Audiences

The Post-Jungian approach to working with the audience can also benefit audiences in a number of ways. Some of the benefits include:

- **More transformative experiences:** By accessing the collective unconscious, performances can facilitate transformative experiences that lead to personal growth and understanding.
- **Deeper understanding of oneself:** By being exposed to archetypal images and symbols, audiences can gain a deeper understanding of themselves and their own unconscious processes.

- **Enhanced empathy:** By engaging with characters and situations that are archetypally resonant, audiences can develop a greater capacity for empathy and understanding.

The Post-Jungian approach to working with the audience is a powerful and transformative tool that can benefit both practitioners and audiences. By understanding the archetypal patterns and unconscious processes that shape human behavior, practitioners can create immersive and resonant experiences that foster deeper connections and facilitate personal growth. This approach is a valuable addition to the toolkit of any theatre-maker or practitioner who seeks to create meaningful and transformative work.



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