

# Analytical psychology

**Analytical psychology** is the school of [psychology](#) that came from the ideas of Swiss [psychiatrist Carl Jung](#). Analytical psychology has two main parts:

- The first part is clinical and related to the care of any particular person (child or adult), who suffers from mental health issues such as [addictions](#), [anxiety](#), [depression](#), [panic attacks](#) and [fears](#), using talking and sometimes [drawing](#), [painting](#), music or sand-play.
- The second part is about research into all kinds of repeating patterns in the human mind and in human [behaviour](#). They include the contents of [dreams](#), personality types like [introversion and extraversion](#), being shy or a show off, feeling abilities and [sensations](#). The research is guided by clinical theories, observations and experiments like active [imagination](#), free-association of ideas and word association tests. It also includes looking into the meaning of [fairy tales](#), [myths](#) and legends as well as paranormal events and coincidences.

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