

Carl Jung Contributions to Psychotherapy

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Hello,

I agree with you that Carl Jung made huge contributions to the field of psychiatry during his time and he is still remembered and his work is in use today. Kindly allow me to add that although Carl Jung continued Freud's ideas and founded analytical psychology, he is recognized as the forefather of analytical psychology (Jung, 2018). Some of the contributions that Carl Jung made in the field of psychology include the development of concepts of the extraverted and introverted personality, collective unconscious, and archetypes. His concepts and other psychological developments have been used and still used to study different disciplines like religion, literature, science, psychiatry, and other related fields.

Jung, (2018) continues to highlight that after Jung parted ways with Freud, his first achievement was the differentiation of the two personalities which were introverts and extroverts. He defined the two using attitude where introverts had an in-ward looking kind of attitude while extroverts are those with an outward-looking attitude. He later went ahead and differentiated the four functions of the mind which are feeling, sensation, thinking, and intuition. Additionally, Jung has greatly contributed to the modern assessment tools that are used in modern psychotherapy.

The Myers-Briggs Type Indicator (MBTI) is a personality assessment tool that is widely used today and was developed by Isabel Briggs Myers and Catherine Cook Briggs using the concept from Jung's book "psychological types" and this shows that Jung's contribution in psychotherapy was immense and its effect is still felt. On the other hand, Bird, (2020) explains that psychological functions and psychological processing are some of the important information outlined in Jung's work and are clearly explained and understandable in a way that people can

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develop assessment tools from the information. Therefore, Jung contributed immensely to psychotherapy and his work is still used today in psychiatry and psychotherapy.

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References

Bird, N. (2020). Jungian Music Psychotherapy: When Psyche Sings (Joel Kroeker). *Canadian Journal of Music Therapy*, 26(1).

Jung, C. G. (2018). *History of Modern Psychology: Lectures Delivered at ETH Zurich* (Vol. 1). Princeton University Press.