

Heartbreak, Mourning, Loss: *The Originality of a Jungian/Archetypal Approach*

A Seminar with Dr. Ginette Paris
JUNE 1–2, 2013 IN ASCONA, SWITZERLAND

Tuition: CHF 550 (Swiss Francs)

Tuition Includes: All seminar sessions, bus transportation between Eranos and hotels in Ascona, lunch and coffee breaks on Saturday and Sunday.

Loss of love and loss of identity take many forms: romantic breakup; widowhood; disappointment with child or parent; loss of friendship, professional persona, home, fortune, or country. Anyone or anything we love OR identify with can break us and transform us into a miserable psychic beggar. None of the usual admonitions to "let go," or popular theories based on stages of mourning have succeeded in providing healing, because they fail to take into account that our heart should and will be broken at some point or other in our life. If not, our love may remain the innocent love of a child. This seminar will explore, through exercises and discussion how to:

- Avoid victimization from the traumatic aspects of heartbreak, mourning and loss.
- Gain understanding of what is happening in the brain of the heartbroken person, in order to overcome obsessive, painful, and defeating strategies.
- Discover how the trauma of heartbreak connects one to the deepest and darkest aspects of the psyche, and develops increased capacity to navigate in the dark.

For more information or to register contact gisela.binda@eranosfoundation.org

This seminar is part of a cycle called 'Eranos School.' Rather than being theoretical and academic presentations, the Eranos School seminars involve direct and spontaneous participation by the attendees. Questions and discussions with the lecturer are encouraged.



Ginette Paris is a psychologist, therapist and author of many books, including *Wisdom of the Psyche: Depth Psychology after Neuroscience*. She is core faculty at Pacifica Graduate Institute in Santa Barbara, California and a research consultant in the Institute's Somatic Studies Program. Her latest book is *Heartbreak: Recovery from Lost Love and Mourning*. For more information visit ginetteparis.com

Attend a Free Lecture
Friday May 31, 6:30 pm
Monte Verità in Ascona

Jung is passé.
Jung is of the future.
The relevance of depth psychology in an age of neuroscience

Dr. Paris will use the example of mourning and heartbreak to compare insights from neuroscience with those from analytical psychology and assess the future of post Jungian approaches. For reservations contact [Gisela Binda](mailto:gisela.binda@eranosfoundation.org) at the Eranos Foundation.

Sponsored by the Eranos Foundation and Pacifica Graduate Institute

