



*The Analytical Psychology Club of New York, Inc.*  
A Gathering Place for Self-Discovery

**BULLETIN:** Volume 77, Number 43, December, 2019

THE ANALYTICAL PSYCHOLOGY CLUB OF NYC

**THE 2019 HOLIDAY PARTY**

**COME ONE - COME ALL**

**CELEBRATE THE HOLIDAYS**

**TUESDAY: DECEMBER 17<sup>TH</sup> 2018: 6:30 TO 9:00 PM**

TO DEFRAY THE COSTS:

MEMBERS: \$10 NON-MEMBERS: \$15

**Contact: (212) 557-1502 or [contact@jungclubnyc.org](mailto:contact@jungclubnyc.org)**

C.G. Jung Center, 28 East 39<sup>th</sup> St. NY, NY 10016

**Contents:**

**APC Tel#: (212) 557-1502**

President's Reflections.....Page2  
 Vice President's Reflections .....Page3  
 Up Coming Events.....Page4  
 APC News.....Page5

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## PRESIDENT'S REFLECTIONS

By Joe Moore, PhD, LCSW, Psychotherapist

December 2019

Some of you know that for the last year, I have been treated for Stage II Bladder Cancer with an immunotherapy called Keytruda. Keytruda is a miracle drug and my bladder cancer is in remission, and my bladder is still my bladder.

As opposed to chemotherapy which kills the cancer cells, Keytruda stimulates the T cells in the body which then attack the cancer cells. However, sometimes the T cells get over stimulated and begin to cause some serious side effects. I developed several side effects – one of which was a complete immobilization of my legs and one of my arms. This was similar to Guillain Barre Syndrome. Thank God there was a treatment for this – Plasmapheresis – the removal, treatment and exchange of blood plasma with Albumin. It worked and six weeks after treatment I am almost back to normal.

But what did this teach me psychologically. In Memories, Dreams and Reflections, Jung states: “The first half of life is devoted to forming a healthy ego, the second half is going inward and letting go of it.” In this respect Jung meant that the “healthy ego” made it more difficult to explore the shadow – our dark sides. The “healthy ego” or “big ego” does not want to admit we have dark sides. It makes it difficult to accept our true selves – to completely individuate. But it is very difficult to let go of this big, healthy ego.

I was at a meeting on 14<sup>th</sup> Street when the inability to move my legs began. My “big ego” said I can make it home and I descended into the subway precariously. I got to the platform and fell on my backside. A Muslim in a full Burka lifted me to a bench, an African-American woman helped me onto the train and helped me off at 72<sup>nd</sup> Street, and two white parents with two children got me an ambulance. I wanted to go to Presbyterian Hospital but could only be taken to Mt. Sinai/St. Luke's. (My hospital window overlooked the deserted old St. Luke's building where when I was three was hospitalized – another time of complete dependence.) I could not move my feet or legs; my left arm was terribly weak. I could not cut my food or eat by myself. I was totally dependent on my wife and hospital staff.

Even though I had been postulating about the “big” ego and “little” ego for a while, I know I had never experienced the difference as authentically as I did during this time of my life. In some ways, it was humiliating and certainly humbling. No wonder it is difficult to let the healthy ego go. No wonder many seniors become angry and scared when they realize they can no longer count only on their “big egos.” We may need to develop other strategies to support and treat the elderly.

## VICE PRESIDENTIAL REFLECTIONS

Dr. Frank Braio, APC Vice President

Our October 12<sup>th</sup> Workshop with the object relations analyst Dr. Susan Kavalier-Adler went splendidly. Her topic was Narcissism. She distinguished the ‘Closet Narcissist’ and the ‘Grandiose Narcissist.’ And then she illustrated that distinction through a very careful and interesting analysis of Woody Allen’s great movie “Blue Jasmine.” She related these complexes back to early failures of children to achieve separation and individuation from their mothers. Dr. Kavalier-Adler then, tentatively, extended the scope of her analysis. She extended it to explain some of the goings on with the president and what takes place at his rallies. Read Susan’s paper yourself to figure out whether she is right or not. Again, her paper is both excellent and accessible to the dedicated reader. And she has agreed to make it available to our members also through the internet--on a READ ONLY basis. Contact our consultant, Agnes Kim for a copy on that condition. You know her email address [agnesjanet@gmail.com](mailto:agnesjanet@gmail.com). You will enjoy Susan’s paper if you have not already read it.

Also Susan wants you to know of the services she provides. If you are interested in those, follow this footnote.\* One last thing on this topic. Gary Brown, one of our guest speakers last year, has pointed out that late in his career Jung was asked whether he had addressed the problem of Narcissism. His reply, Gary pointed out, was, approximately, “The whole of my work is about that topic!”

On Tuesday, October 29, Peter Gradilone led a spirited discussion of Jung quotations on the topic of ‘Awareness and Creative Living.’ I loved two quotations especially:

“Science and technology have indeed conquered the world, but whether the psyche has gained anything is another matter....”

“Ultimate truth, if there be such a thing, demands the concert of many voices.”

The discussion ranged round and round Jung’s quotations. It included discussions of; the meaning of repression & displacement; the spiritual energy of stones as carriers of evolutionary memories; the nature of a ‘thing’! It was a precious sharing of fine talk. Peter will lead his next discussion group on January 21<sup>st</sup> at 6:30 pm.

It’s been just fine to write to you today. Mind yourselves always!



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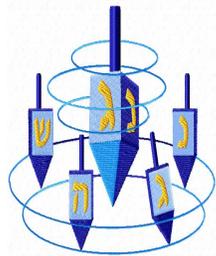
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28 EAST 39<sup>TH</sup> STREET, NEW YORK, NEW YORK

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A FABULOUS BUFFET

ENTERTAINMENT by “FLYING HOME”  
THE MUSIC OF BENNY GOODMAN

PLEASE RSVP BY DECEMBER 7<sup>TH</sup> SO WE CAN PLAN THE  
AMOUNT OF FOOD TO ORDER

TO DEFRAY THE COSTS:  
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RESERVATIONS: [contact@jungclubnyc.org](mailto:contact@jungclubnyc.org) or call 212-557-1502

“As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being.” – C.G. Jung

## **APC NEWS**

### **Obituary**

Francoise Richards: 1925 – 2019

It is with heavy heart that I write that Francoise Richards died on November 16, 2019. She had been an exceptional therapist to many of us. Her ability to help her patients explore their unconsciousness' and analyze their dreams was extremely helpful. For years, Francoise was the Vice President of the APC and a major force in its preservation. We will miss her, her strength and her energy.

### **BOOK DISCUSSION GROUP MEETINGS**

The Book Discussion Group meetings will be on the 4<sup>th</sup> Wednesdays of the month. Please join the club and become a member of Face Book.

For more information, contact book discussion group leader

Robert McCullough: [metafizz@gmail.com](mailto:metafizz@gmail.com) phone: 212-532-8379

### **TUESDAY EVENING DISCUSSION**

The next Tuesday Evening Discussion meeting will be on January 21st at 6:30 pm. We explore interesting quotes of Jung every month. Wine and cheese will be served.



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