



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

BULLETIN: Volume 77, Number 46, March, 2020

THE ANALYTICAL PSYCHOLOGY CLUB OF NYC
Presents

MUSIC QUEST II, AN EXPERIENTIAL WORKSHOP ON “MUSIC AND THE PSYCHE”

Dr. Frank Braio

Saturday, March 7th 2020, 12PM to 5PM

Members and Seniors: \$10.00, Non-Members: \$15.00
Students with IDs: \$10.00

Contact: (212) 557-1502 or contact@jungclubnyc.org
C.G. Jung Center, 28 East 39th St. NY, NY 10016

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PRESIDENT'S REFLECTIONS

JOSEPH MOORE: PhD, LCSW, PSYCHOTHERAPIST

As I have mentioned before, my doctoral dissertation was a study of the characteristics of child workers who were effective in working with adolescents. The conclusion was that the more "open-minded" and less "dogmatic" a worker was, the more effective the worker was.

The main research tool I used to reach this conclusion was "The Dogmatic Scale" developed by Milton Rokeach in the 1950's. Rokeach studied how the structure on one's belief – disbelief systems determined whether one was dogmatic or not. In his book: The Open and Closed Mind (1960) Rokeach wrote: "To the extent that the response depends on such irrelevant factors ... that defines the extent to which a person's system is open or closed; namely the extent to which the person can receive, evaluate and act on relevant information ..." (page 60). Rokeach further wrote: "It is, therefore, assumed that all belief – disbelief systems serve two powerful and conflicting sets of motives at the same time; the need for a cognitive framework to know and to understand and the need to ward off threatening aspects of reality. To the extent that the cognitive need to know is predominant and the need to ward off threat absent, open systems should result." (Page 67) Therefore, Rokeach saw dogmatism as a defense against anxiety.

I am reflecting on dogmatism now because I do believe it explains to a large extent the rigidity that many groups now hold their beliefs. Because of the tremendous anxiety people feel, they cannot hold two conflicting views at the same time. Anxious people cannot accept facts that differ from their beliefs. At the present, both sides of the political spectrum see the other as the enemy. There is no dialog because that leads to having conflictual ideas being discussed openly, and this is too anxiety provoking.

And there is little doubt that the world is a scary place right now. Climate change alone brings apprehension. The possible pandemic: Coronavirus brings trepidation. The actions or inactions in Washington produce angst. So many people hold to their belief system and do not allow it to be threatened by alternative facts. And I am afraid I am not just talking about Trump followers. Some of Sanders supporters also seem to only allow facts that support their position. I too can become dogmatic especially about the Republican Party because I am extremely fearful that it may destroy democracy.

What to do? Jung said that I must become more aware of my shadow and not project it. To become more conscious of my shadow, I need to acknowledge my fears and allow myself to explore facts that I do not agree with. I also feel I need to explore the fears of others and not say those concerns are irrational. To look at others as being irrational is being dogmatic. To openly investigate what others fear is being open

The Analytical Psychology Club Presents

MUSIC-Quest II

**An Experiential Workshop on
'Music & the Psyche'**

Saturday, March 7th

From 12:00 to 5:00 PM

We'll begin with the songs/pieces that
YOU LOVE & Bring In

Played via CD, DVD, or piano &/or guitar: LIVE!

*Songs that have brought you to **Consciousness**
from the **Unconscious***

Once played, please tell us what your song has meant for you

**Our Quests shared, we will view Stephen Sondheim's
Musical Quest entitled "**PASSION**"**

Among your hosts for the afternoon will be:

- *Richard Vallis---concert pianist
- *Laurie Schapiro (with Stuart)---folk & classical songs
- *Stephen Moskovitz---native American songs
- *Joseph Moore---transpersonal songs from the depths
- *Dr. Ann Braio (with Frank)---songs from musicals & movies

Fees for joining us on Saturday, March 7th:

10\$ for APC members;

15\$ for non-members.

C. G. Jung Center 28 East 39th Street New York, NY 10016

Contact: [\(212\) 557-1502](tel:2125571502) or contact@jungclubnyc.org

We Hope to See you on Saturday the 7th at noon sharp!

A Toast: Hears to Playing!

APC News

BOOK DISCUSSION GROUP MEETINGS

The Book Discussion Group meetings will be on the 4th 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 phone: 212-532-8379

TUESDAY EVENING DISCUSSION

The next Tuesday Evening Discussion meeting will be on March 24th at 6:30 pm. We explore interesting quotes of Jung every month. Wine and cheese will be served.

APC NEW MEMBER

Ms. Barbara Tracer became an APC member. Welcome!! We look forward to seeing her at our many events.

Poem

The Poet

by Rainer Maria Rilke

You're withdrawing from me, hour.
The beating of your wings leaves me bruised.
Alone: what shall I do with my mouth?
my night? my day?

I have no loved one, no house,
no place to lead a life.
All the things to which I give myself
grow rich and spend me.



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