



C.G. Jung Society of
Western Australia

Lecture: Friday 19 June, 2026

7:00pm- 8:30 pm

Create Your Own RedBook
The Art and Science of Therapeutic Journaling

Dr Chris Hodgson

Chris will talk about Jung's Red Book and Black Books and the importance of Active Imagination and Individuation in the healing of self and society. Chris will discuss how Jung's theories relate to the art and science of therapeutic journaling.

Many practical aspects of therapeutic journaling will be discussed, including how to incorporate Active Imagination and Robert A Johnson's technique of dream elaboration in your journal.

The importance of developing a Spiritual outlook to life will be also discussed. In an age where organized religion appears to be in decline there is, nevertheless, still a spiritual need within our psyche. Therapeutic Journaling incorporating Active Imagination and the elaboration of dreams, may help to fulfil our need for spirituality.

Dr Chris Hodgson is a Psychiatrist who has worked in the Public Health System in WA for over 30 years. Chris is a Psychotherapy Supervisor and lecturer with the Royal Australian and New Zealand College of Psychiatrists. He currently works in private practice in Fremantle specializing in Psychotherapy.

Venue: Cottesloe Civic Centre Lesser Hall
Corner of Napier Street and Broome Street, Cottesloe

Cost: \$10 (members), \$15 Concession \$20 (general)

C.G. Jung Society of WA (Inc) www.jungwa.org

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