



## ANALYSIS OF THE UNCONSCIOUS WITH JACOPO VALLI, CONSULTANT SOMATIC-ANALYTIC PSYCHOTHERAPIST



MA Honours, Master in Clinical Psychology (Padua, Italy, National University). Graduate Diplomas in Psychosomatic Psychotherapy and in Jung's Analytical Psychology.  
Member of National Association of Psychologists and Psychotherapists (Italy and UK)

He has devoted the second half of his life to understanding the human psyche after recovering from a serious psychosomatic disease which he developed at the age of 33, and which he overcame thanks to seven years of personal psychotherapy, spiritual transformation and self-healing. Since that time, he has been studying the unconscious and the conscious minds, but also through analytical techniques of Dream Interpretation, Sand play and Art Therapy, and Active Imagination hypnotherapy. His 15 years plus practice as a psychotherapist in Italy, Europe and Thailand, can help you overcome traumatic experiences, emotional discomforts, grief and mental disorientation. In his session(s), he can also guide you through in-depth comprehension of your journey of self-realization, which C.G. Jung called "Process of Individuation", and so achieve the greatest meaning and fulfil your highest values.

**Dream interpretation**– Since the time of Asclepius, the first healer in history, who developed dream interpretation in the Temple of Delphi as the most powerful technique of healing, dreams have been considered the portal to our unconscious, the things we are not aware about ourselves and that we need to integrate to overcome difficulties and achieve deeper understanding. Within our dreams are messages and intuitions inscribed to guide us in our evolution, and through their interpretation the individual releases the profound energies which lie in the depths of the mind and that can be made available in everyday life.

**Myths**- From early civilizations, especially from Ancient Greece, myths are stories that have been used to describe all possible instinctual patterns of behaviours (archetypes), to help the individual understand the hidden dynamics of "why" and "how" the individual behaves. Together with fairy tales, myths describe the wealth of human innate mechanics and dynamics, as described by Jung's concept of Collective Unconscious. Through them the individual can further understand what lies beneath the surface of the human behaviours and enlarge the consciousness to embrace a fuller meaning.

**Symbolism**- Symbols represent the foundation of human psyche as seen by the ancients. In the journey towards self-realization, the hero encounters experiences and stages of transformation: the path of it is described in archetypal images and phases as described in different cultural waves of the past times. The work on such images is an extremely powerful initiation on a personal level of a deeper insight of the forces operating symbolically on the psyche.

In the course of the session(s), the symbolic analysis will usually be interwoven with dream interpretation and myth confrontation, whenever possible, and can also include the involvement of analytical techniques.

For more information, please contact H&W Reception to book a free chat with Jacopo



## PSYCHOANALYTIC PERSPECTIVE AND SYMBOLIC VISION ON A PSYCHOLOGICAL ISSUE/ PROBLEM OR SYMPTOM 5 DAY PROGRAM WITH JACOPO VALLI



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### **Starting any day and developing for 5 day in a row :**

This program's objective is to focus on a given psychological problem, motive of unease for the patient, from a wide symbolic and psychoanalytic perspective, according to the thought of C. G. Jung and his theoretical concept of "Process of Individuation".

It aims to see the person's life challenge from the perspective of the Unconscious, through dreams interpretation and amplification, but also includes a spiritual reading and evaluation, through tools of ancient esoteric school, such as myths, archetypes of behavior and symbols.

### **Psychoanalytic perspective and symbolic vision on a psychological issue/problem or symptom 5 day Program:**

- Day 1 : Psychotherapy session focused on the topic of the program to be put into the frame of the person's life and stage of development. Potential diagnosis and prognosis, introduction of the symbolic work to be shared during the days of the program. Task to be accomplished by the next day session.
- Day 2 : In-depth analysis of the topic and work on the Unconscious to produce dreams or images.
- Day 3 : Further therapeutic work and further readings of the Unconscious, introduction of the work on archetypes. Second session of the day on art therapy, as a tool of nonverbal approach to the topic, at the presence of the therapist.
- Day 4 : Development of the psychological topic from both the psychoanalytic perspective of the Unconscious and from that of symbols arisen in the previous sessions.
- Day 5 : Shared therapeutic work on the closure session and set up of new perspectives of the topic to be put in the perspective of Jung's "Process of Individuation".

Anyone who finishes this program will feel lighter, clearer, and more attuned to their body's innate intelligence with improved physical strength, healthier mind and an abiding sense of mental clarity.

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