

HISTORY OF JUNGIAN ANALYTICAL PSYCHOLOGY IN THE MARITIMES **a personal account by Beaty Popescu**

In 1998 I traveled to Switzerland, from Corner Brook Newfoundland, where I taught at the Memorial University, to participate in the summer intensive course at the C.G. Jung Institute in Kusnacht. At that time I met Paula Mackinnon, a lovely individual from Cape Breton, who had completed her analytical training at the Institute and was practicing in Zurich. As a consequence of my experience at the C.G.Jung Institute, my longstanding interest in Jung's work, the many years of Jungian analysis I had benefited from, and my unending interest in the human psyche, I followed my calling to train as a Jungian analyst in Switzerland.

While training in Kusnacht (1999-2004), my friendship with Paula Mackinnon grew. And toward the end of my studies Paula returned to Canada to establish a Jungian analytical practice in Halifax, Nova Scotia. In the following years I was invited to lecture on my thesis research 'Creativity and Psyche' both in Newfoundland at Memorial University and in Halifax at the Jung Society.

I returned to Canada from Switzerland in 2004 and settled into a private practice in Ottawa. In the next 5 years (2004-2009) Paula and I stayed in touch. She often urged me to move to Halifax so more of a Jungian presence and community could build. The isolation factor was of course in the mix as I was to find out in the years to follow.

In around 2007/8 Paula moved her analytical practice to the United States. She was not only hoping that another analyst would take her place in Halifax, but also wanting to find an analyst that would work with the Marthas, a congregation of catholic nuns in Antigonish, Nova Scotia. Work she herself had been involved in.

In about 2007/8 Christina Becker, a Jungian Analyst from Toronto, was invited to work with the Marthas in Antigonish, while in 2009 circumstances in my life changed, making it possible for me to relocate to Halifax to establish a Jungian practice there.

In the years between 2004 and 2009 I had had the opportunity to visit Halifax and Newfoundland to offer lectures and workshops. The Jung Society of Halifax hosted me a number of times and I was fortunate to meet the lovely individuals who enthusiastically kept this organization alive. Sadly, by the time I moved to Halifax (2009) one of the key organizers of the Society had died, and within the next year or so the group no longer had sufficient energy to continue its good work, and closed down.

Out of the ashes of the Halifax Jung Society a small group of committed individuals came to work with me, and we are still meeting fairly regularly to study Jung and do dream work.

From 2009-2014 I taught a Jungian Fundamentals course for artists and designers at the Nova Scotia College of Art and Design University (NSCAD Univ.). This was very inspirational for myself as well as the students, who greatly appreciated this view of creativity. Unfortunately, in 2015, NSCAD University decided to cut its Psychology, Philosophy and Sociology courses from the calendar.

Fortunately for me, as at the present time, I am the only practicing Jungian Analyst east of

Quebec, Christina Becker flies into Halifax once a month and we have the great luck of spending a day together, where we have rich exchanges on matters Jungian, on client work and on our own on-going inner work.

I wish to end this brief historical account of what I know of the presence of Jungian work in the Maritime Provinces with this extraordinary encounter – a synchronistic event which would not have manifested had I not chosen to move to Halifax and establish a Jungian practice there. *Within the first year of working in Halifax I received a phone call by an individual who had seen my website and was inquiring if I was related to Vilma Popescu, the Freudian Psychoanalyst. Without hesitation I said yes and that she had been my grandmother. The individual then said that they would like to book an initial hour. It was in that ensuing session that I found out that this individual had not only been a client of my grandmother many years back in Montreal, but that they had also been one of the founders of the Jung Society in Halifax, once they had relocated to the Maritimes.*