

## Active Imagination: The Effective Factor in the Practice of Psychotherapy

**Authors :** Sonia Regina Lyra

**Abstract :** The desire for unequivocal clarity is understandable, but this can make one forget that things of the soul are experiential processes, or transformations, which should never be designated unilaterally if it is not wanted to transform something that moves, a living thing, into something static. Among the so-called 'things of the soul' there are especially spontaneous fantasies, that emerge during the processes, as a result from the use of the active imagination technique, for when fantasy is not forced, violated, or subjugated by an illegitimate, intellectually preconceived idea, then it is a legitimate and authentic product of the unconscious mind. This is how one can gain access to unadulterated information about everything that transcends the conscious mind. However, it is vital to discern between ego and non-ego, because this principle will result in a release of energy and a renewal of life, which will come to have meaning. This study will deal with the active imagination as a knowledge that depends on the individual experience of the therapist because the patient will be taken just to reach where the unconscious of the therapist was assimilated to his own conscience. In this way, the therapist becomes the method itself, being his personality, a fundamental part of an effective factor.

**Keywords :** active imagination, effective factor, synchronicity, symptom

**Conference Title :** ICAPJA 2019 : International Conference on Analytical Psychology and Jungian Archetypes

**Conference Location :** Zurich, Switzerland

**Conference Dates :** September 16-17, 2019