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THE INNER STUDIO
Arch 641
August 2012

University of Waterloo School of Architecture
Elective Arch641
Andrew Levitt

THE INNER STUDIO

A Designers Guide to the Resources of the Psyche

August 6 – 10, 2012
Room 2026

Course Description

The built world and the inner world are linked, and have the potential to touch us through the act of design. The inspiration and meaning for the creative designs we need are available but we have not been given the tools to access these resources in order to bring them into the built world. The purpose of this elective is to connect architects with new pathways and practical creative tools for bringing their creative instincts and imagination into the world. In particular, cognitive strategies that focus on creativity will be explored.

This *course* presents a psychological view of the built world in order to help architects understand the wisdom of their dreams, shadows and body during the process of design. Its in-depth approach allows the student architect to experience the act of design as inseparable from enriching the self.

Seminar Topics Overview

DAY ONE

Carl Jung and the Creative Instinct.

DAY TWO

Dreams, Psyche and the Symbolic World

DAY THREE

Shadow and the role of Difficulty

DAY FOUR

Body and the Experience of Kinesthetic Knowing

DAY FIVE

Mythology and the Transcendent Function

Schedule

Monday August 6 - Friday August 10, 2012
from 9.30AM to 12.30PM - 1.30PM to 5.00PM.

Please Note:

We will be doing a number experiential exercises during the week and in the past some students have preferred sitting or lying on the floor. Please bring a cushion, yoga mat or blanket if you think you will need one.

Evaluation

There will be no final examination in the course. Students will be required to choose to between either submitting an essay based on individual research or an agreed upon inter-disciplinary research project. A 150 word outline (maximum) and preliminary bibliography of either the essay or inter disciplinary project will be due 1:30PM Monday August 6, 2012. The final assignment, either a 3000 word essay or an agreed upon interdisciplinary project with a 1500 word essay is due 4PM Tuesday October 16, 2012. Hard copy only for written papers. Digital copies of interdisciplinary work required. The essay must be related to, and derived from course material.

Grading will be based on class participation (15%) assignment outline (15%) and the final assignment (70%).

Enrollment Capacity

14 students

Late Policy:

Provision/penalty for late submissions is 5% per day, after 4 days, a mark of zero is recorded. Please fill out Extension Forms in advance if you are suffering from illness or family issues and you know your assignment will be late.

Other penalties:

A Penalties of 25% will be applied to work that is substandard, incoherent, unreadable.

A Note on Plagiarism

Plagiarism is the act of presenting the ideas, words, images or other intellectual property of another as one's own. The use of other people's work must be properly acknowledged and referenced in all written material such as take-home examinations, essays, laboratory reports, work-term reports, design projects, statistical data, computer programs and research results. The properly acknowledged use of sources is an accepted and important part of scholarship. Use of such material without complete and unambiguous acknowledgement, however, is an offence under this policy and will be subject to penalty.

http://www.eng.uwaterloo.ca/~ugoffice/course_responsibilities.html

Grievance Policy:

<<http://www.adm.uwaterloo.ca/infosec/Policies/policy70.pdf>><http://www.adm.uwaterloo.ca/infosec/Policies/policy70.pdf>

Discipline Policy:

<<http://www.adm.uwaterloo.ca/infosec/Policies/policy71.pdf>><http://www.adm.uwaterloo.ca/infosec/Policies/policy71.pdf>

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Arch 684

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BIBLIOGRAPHY

DAY ONE: JUNG AND THE CREATIVE INSTINCT

E.A. Bennet, 1966, What Jung Really Said

M. Csikszentmihalyi, 1990, Flow

L. Fehmi 2007, Open Focus Brain

H. Ellenberger, 1970, The Discovery of the Unconscious

J. Haley, 1973, Uncommon Therapy

J. Hillman 1975, Re-visioning Psychology

C.G. Jung, 1968 Analytic Psychology, In Theory and Practice

Marie Louise von Franz, James Hillman, 1971, Jung's Typology

E. Nueman, 1954, The Origins and History of Consciousness

C. E. Pinkola, 1992, Women Who Run With Wolves

D. Siegel, 2010, Mindsight

R. Shattuck, 1968, The Banquet Years

N. Shubin, 2008, Your Inner Fish

Dr. Richard Davidson

<http://www.youtube.com/watch?v=Gr4Od7kqDT8>

Dr. Dan Siegel

<http://www.youtube.com/watch?v=Gr4Od7kqDT8>

DAY TWO: DREAMS, MIND AND THE SYMBOLIC WORLD

R. Clements, 1997, Analyzing Your Dreams, (self published)

R. Johnson, 1986, Inner work

C.G. Jung, 1974, Dreams

C.G. Jung, 1964, Man and His Symbols

Fraser Boa with Marie Louise von Franz, 1988, The Way of the Dream

R. Bosnak, 1986, Tracks in The Wilderness of Dreaming

J. Campbell, 1974, The Mythic Image

Marie Louise von Franz, 2002, Anima and Animus in Fairy Tales

J.A. Sanford, 1968, Dreams

A. Stevens, 1995, Private Myths

DAY THREE: SHADOW AND THE ROLE OF DIFFICULTY

R. Bly, 1988, A Little Book on the Human Shadow

Robert Johnson, 1991, Owning Your Own Shadow

E. Edinger, 1995, Melville's Moby Dick

E. Edinger, 1973, Ego and Archetype

James Hollis, 1994, Under Saturn's Shadow

John Monbourquette, 1997, How to Befriend Your Shadow

D. Richo, 1991, How To Be an Adult
C. Zweig and Jeremiah Abrams, 1991, Meeting the Shadow

DAY FOUR: BODY AND THE EXPERIENCE OF KINESTHETIC KNOWING

J. Achterberg, 1985, Guided Imagery and Healing
A. Azimov, 1965, The Human Body
A. Azimov, 1965, The Human Brain
J. Diamond, 1979, Your Body Doesn't Lie
B. K. Dychtwald, 1977, Bodymind
M. Emoto, 2004, The Hidden Messages of Water
E. Gendlin, 1978, Focusing
J. Harris, 2001, Jung and Yoga
L. Hay, 1982, Heal Your Body
A. Judith, 1996, Eastern Body Western Mind
C. Pert, 1999, Molecules of Emotion
A. Wall, 1990, Sacred Mirror
M. Woodman, 1972, Addiction to Perfection

DAY FIVE: MYTH AND THE TRANSCENDENT FUNCTION

Joseph Campbell, 1949, The Hero With a Thousand Faces
Edward Edinger, 1995, Melville's Moby Dick
James Hollis, 1995, Tracking the Gods
C. Blacker, 1975, The Catalpa Bow
Joseph Campbell, 1968, Creative Mythology
Joseph Campbell, 1949, The Hero with a Thousand Faces
M. Eliade, 1972, Shamanism,
Michael Harner, 1980, The Way of the Shaman,
T. Mails, 1979, Fools Crow
J. Neihardt, 1932, Black Elk Speaks

VISUALIZATION, GUIDED IMAGERY AND ADDITIONAL READING

L. Fehmi 2007, Open Focus Brain
S. Gowain, 1979, Creative Visualization
E. Gendlin, 1978, Focusing
R. Johnson, 1986, Inner Work
C.G. Jung, 1963, Dreams, Memories and Reflections
J. Haley 1973, Uncommon Therapy
M. Halpin, 1982, Imagine That!
W. Johnson, 1982, Riding the Ox Home
J. Lehrer, How We Decide
A. Levitt, 2007, The Inner Studio,
A. Miller, 1981, The Drama of the Gifted Child
E. Neuman 1959, Art and the Creative Unconscious
M. Rossman, 2000, Guided Self Imagery for Healing

M.Samuels, N. Samuels,1975, Seeing with the Minds Eye
R. Sheldrake, 1994, Seven Experiments That Could Change the World
G. Snyder, 1990, The Practice of the Wild