

ARCH 641
University of Waterloo School of Architecture
Andrew Levitt

THE INNER STUDIO

A Designers Guide to the Resources of the Psyche

"...no wonder people get neurotic. Life is too rational, there is no symbolic existence in which I am something else, in which I am fulfilling my role, as one of the actors in the divine drama of life".

C.G. Jung CW vol 18 p274 para 628

Schedule

This is a block course and requires full attendance.

Place: Room 2026

Time: 9.30AM - 12.30PM - 1.30PM - 5PM

Monday March 10

Monday March 17

Monday March 24

Monday March 31

Monday April 7

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, creativity and meaning we need as designers is readily available, but we have not been given the inner 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 empathy, creative instincts and architectural imagination into the world. In particular, cognitive strategies that focus on creativity and meaning will be explored. A primary goal of this course is to present 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.

Please Note:

We will be doing experiential exercises during the course 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. A series of reading will be sent out before each class.

Course Outline

DAY ONE

Jung and the Inner World

Contemplative Neuroscience

DAY TWO

Instincts and the Creative Life

Dreams and the Symbolic Life

DAY FOUR

Shadow and the Role of Difficulty

Archetypes

DAY FOUR

Body and Kinesthetic Knowing

Embodiment, Craft and Matter

DAY FIVE

Myth and the Transcendent Function

Presentations

BIBLIOGRAPHY

JUNG AND THE INNER WORLD

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

H. Ellenberger, 1970, The Discovery of the Unconscious

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

J. Haley, 1973, Uncommon Therapy

J. Hillman 1975, Re-visioning Psychology

R. Johnson, 1986, Inner Work

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

C.G. Jung, 1963, Dreams, Memories and Reflections

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

R. Shattuck, 1968, The Banquet Years

Contemplative Neuroscience

S. Begley, 2007, Change your Mind, Change your Brain

R. Davidson -<http://www.youtube.com/watch?v=7tRdDqXgsJ0>

P. Ekman & Dalai Lama, 2008, Emotional Awareness

D. Goleman, 2003, Destructive Emotions

D. Seigel, 2010, MindSight

L. Fehmi, 2007, Open Focus Brain

B. Fredrickson, 2009, Positivity

W. Johnson, 1982, Riding the Ox Home

K. Neff, 2011, Self Compassion
K. Monroe, 2004, The Hand of Compassion
C. Pert, 1999, Molecules of Emotion
Frans de Waal, 2009, The Age of Empathy

INSTINCTS AND THE CREATIVE LIFE

Joseph Campbell, 1968, Creative Mythology
S. Goleman, 1979, Creative Visualization
E. Gendlin, 1978, Focusing
M. Halpin, 1982, Imagine That!
J. Lehrer, 2010, How We Decide
E. Neuman 1959, Art and the Creative Unconscious
M. Rossman, 2000, Guided Self Imagery for Healing
M. Samuels, N. Samuels, 1975, Seeing with the Mind's Eye
R. Sheldrake, 1994, Seven Experiments That Could Change the World
N. Shubin, 2008, Your Inner Fish

DREAMS 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
J.A. Sanford, 1968, Dreams
A. Stevens, 1995, Private Myths

ARCHETYPES

J. Bolen, 1984, The Gods in Every Woman
J. Bolen, 1989, The Gods in Every Man
C. E. Pinkola, 1992, Women Who Run With Wolves
C.E. Pinkola, 2011, Untie The Strong Woman
Marie Louise von Franz, 2002, Anima and Animus in Fairy Tales
J. Hollis, 1994, Under Saturn's Shadow
M. Woodman, 1982, Addiction to Perfection

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
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

BODY AND THE 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
J. Harris, 2001, Jung and Yoga
L. Hay, 1982, Heal Your Body
A. Judith, 1996, Eastern Body Western Mind
A. Wall, 1990, Sacred Mirror
M. Woodman, 1972, Addiction to Perfection

EMBODIMENT

M. Crawford, 2010, Shop Class as Soul Craft
P. Discoe, 2008, Zen Architecture
T. Heatherwick, 2012, Making
L. Koren, 2008, Wabi-Sabi
G. Nakashima, 1988, Soul of A Tree
R. Sennet, 2009, The Craftsman
G. Snyder, 1990, The Practice of the Wild
F. Wilson, 1999, The Hand
T. Wirkkala, 2000, Hand, Eye, Thought

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, 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

General Reading

K. Armstrong, 2011, Twelve Steps to a Compassionate Life
J. Kabat-Zin, 1990, Full Catastrophe Living
A. Kahane, 2007, Solving Tough Problems
A. Levitt, 2006, The Inner Studio
M. Ricard, 2011, The Art of Meditation

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 class presentation, 500 word draft outline and preliminary bibliography of either the essay or inter disciplinary project will be due during the final class of the course. The final assignment, either a 3000 word essay or an agreed upon interdisciplinary project with a 1500 word essay is due 4PM Tuesday April 22. 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 (20%), assignment presentation outline (20%) and the final assignment (60%).

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>

Center for Investigating Healthy Minds
The Brain that Changes Itself