Abstract

Individuation, as defined by Jung, is a process that we go through which allows us to examine who we are as we delve into our shadows. These shadows both shape and constrain us as teachers, as partners, as parents and as human beings. As we seek to uncover all the hidden meanings, we throw off the constraints imposed upon us by the world. We are then able to mine our inner depths in order that we may discover our authentic selves. Having gone through this process, we as educators and artists, have some profound messages to bring to our students, and the world around us. Through the use of both poetic inquiry and autobiographical inquiry I illustrate how Jung’s theory of the process of individuation works. I examine my own process of individuation as I delve into my own shadows and examine my turbulent relationship with my mother, before and after her death.

Keywords: Individuation; poetic inquiry; autobiographical inquiry; authentic self; emotional abuse; youth at-risk