

Ukraine

As always, a very warm welcome to our Ukrainian colleagues wherever you are in the world today. More than 6 million Ukrainians are currently refugees spread around the world, and more than 8 million are internally displaced.

Last week we had a catch-up with members of UDG, one of whom was describing the shift from a sprint mentality to realising that the war against Ukraine will be a marathon - and now more recently, having to accept that they have no idea how long the marathon will be. When running a marathon, I am told, you hit a wall. It's terrible, but you know roughly how far you still have to go. Now our colleagues hit a wall and they have no idea how far they must still run.

Some of you who are seeking refuge in other countries are now, I know, wondering whether you should now try and put down roots in the country currently sheltering you. In England we now have a small number of Ukrainian analysts who have managed to register with one of our regulatory bodies. Others of you are now able to practice in other countries. It can be very difficult setting up a practice in another country. We congratulate those of you who have managed to register and we send our best wishes to everyone trying to navigate these very difficult issues.

When we had our first event not long after the attempted full-scale invasion by Russia 19 months ago, little did we imagine that the attempted invasion of Ukraine by Russia would still be ongoing today or that we would meet as we are today.

We are very pleased to welcome here today Ann Ulanov and Misser Berg, both of whom came played key parts in the first event. What can we tell you both of our journey since then?

In some parts of Ukraine the bombardment by missiles continues on a daily basis, the city of A is currently being bombed to smithereens, for example. In the region of Zaphprizia, for example, where UAAP President Svitlana Shevchenko lives. We have heard a number of accounts of how colleagues manage sessions whilst being bombed.

Since you were last with us, Ann and Misser, Ukraine has endured torture and execution of its civilians and prisoners of war, rapes, abduction of children, destruction of entire cities, of homes and cultural sites, intentional bombings of civilian targets, mass attacks on its energy infrastructure in the heart of freezing winter, ecocide with the bombing of the dam and the destruction of millions of tons of grain intended to feed those in famine. Thousands have lost limbs and almost everyone has now lost loved ones.

About 18% of Ukraine is under Russian occupation. Russia currently occupies approximately 100,000 square km of Ukrainian territory. In our last webinar when the Ukrainian speaker came from the Donetsk region, we learnt more about the reality and terror of that brutal occupation.

The total number of troops now killed or injured in the Ukraine war is estimated to be almost half a million.

We can tell you, Ann, that your first paper was so rich in content that we were asked to organise some international reading groups to study it. We ended up with nine groups, with simultaneous interpretation into Ukrainian, facilitated by an international teams of analysts and academics with

deep knowledge of the Red and Black Books. The groups started to meet the day after Russia rained over 80 cruise missiles on Ukraine. Some participants in the groups were in the dark, others were in states of shock. Somehow, even though we met on zoom, there was a deep intimacy in the groups that made it difficult for all of us - Ukrainians and non-Ukrainian, to part when the reading groups ended.

In the months since then we have had an extraordinary series of webinars in which eminent analysts have partnered with Ukrainian analysts and therapists to explore some of the big themes arising from the war. The depth and richness of the material brought to us from Ukraine, in spite of their terrible stress, suffering, grief and exhaustion has opened new realms of understanding and experience - and has left us humbled.

For myself and many in the #WUJ team, it's also about the relationships that have been formed. The respect and affection we have for those colleagues we have got to know and our gratitude to them for all that they share with us. We have learnt so much.

After the first event we quickly changed the name by which this project, as it now seems to be, is known from For Ukrainian Jungians to With Ukrainian Jungians. There is an enormous gulf between the experience of those caught up in war and the rest of us. For a while I wondered if we would ever be able to bridge it. But we are - and in that reaching across the divide we are all enriched.

Ann and Misser, you have both been absolutely steadfast in your support of Ukraine. Today, as the war drags on into another winter, as the US and other countries use Ukraine as a pawn in their domestic politics, as the war between Israel and Palestine draws attention away from Ukraine, it is good to renew our support for our colleagues in Ukraine, as they continue to hold out against tyranny, to defend their country and their right to live in freedom. It is widely acknowledged that it is not only Ukraine they are protecting.

Today we also extend a particular welcome to our colleagues from Israel, to those with close affiliations to Palestine and to all those who are affected by the war in the Middle East, whether by friends and family or by the frightening rise in anti-semitism and Islamophobia.

We are horrified by the massacre carried out by Hamas and at the ongoing hostage situation. We are horrified at the slaughter in Gaza and the West Bank and the human rights violations taking place in those areas.

I know there is at least one colleague here today, who lost a friend in the massacre. She was an older woman. Because her phone was stolen, it was believed that she was a hostage in Gaza. Forensic archaeologists analysing some burnt remains discovered that it was this colleague's friend. She had been killed in the original attack. She worked to support Palestinians and I am told that condolences were received from Gaza.

Some of our colleagues have been working with those caught up in the massacre, including those who witnessed immediate family members being murdered.

Colleagues here today have family members who have been sent to fight in Gaza. As with our Ukrainian colleagues, some are in an area where there are missile attacks. It is terrifying.

It is difficult for most of us, I suspect, truly to appreciate how deeply triggering the massacre and the unfolding events are for the Jewish people. As we have seen in Ukraine, processing the horrific and distressing details that are now coming to light about what was done to some of those killed is very difficult. In the meantime the whole country is suspended in tension as it desperately awaits news of hostages.

The complexity of what our colleagues have to deal with is difficult to comprehend as from within their place of survival and trauma they too witness the slaughter taking place in Gaza and hear about what is happening in the West Bank. They are aware, of course, of changing world opinion towards Israel and the uncertainty this brings regarding the future. There will be many for whom being accused of war crimes and possible genocide must be excruciating. Many of us are painfully aware of the problem of acts being done in our name with which we strongly disagree. We know that many do not agree with what the Israeli government is doing and we hear also that it may be dangerous to voice criticism.

And so our Israeli and Jewish colleagues suffer greatly and are confronted even as they are in the midst of trauma, with issues of such complexity, that it defies resolution. As a community gathered here today, we can but be with you and try to support you as you suffer and struggle with it all.

We are hoping that Ann, in her paper, will provide us with some signposts as to how to do the work that lies ahead.

Palestine

And now to Palestine.

After the Reading Group's had finished, we held a debrief meeting at which an analyst with Palestinian affiliations who had co-facilitated one of the groups spoke of her pain at the Jungian community stirring itself to support our Ukrainian colleagues, but doing nothing for Palestinians who had been living under occupation and in terrible conditions of oppression for 15 years. Her grief, pain, anguish, sense of injustice and betrayal, powerlessness was there for us all to see.

Since the massacre, the world has been forced to face the reality of the way the Palestinians have been treated over the years. It is not just the blockade of Gaza, the injustices and human rights violations and the illegal settlements in the West Bank. It goes further back to the Nakba in 1948 when hundreds of thousands of Palestinians were forced from their homeland. Between 1947 and 1949 at least 750,000 Palestinians were made refugees. 78% of historic Palestine was, Palestinians claim, ethnically cleansed, 530 villages and cities destroyed and around 15,000 Palestinians murdered in a series of mass atrocities including more than 70 massacres. The roots of all this go back decades before this.

A colleague sent me an article from the New York Times which recalled how Palestinians first tried to make their case and raise their protest by peaceful means, but unlike with apartheid in South Africa, the majority of the world did not want to hear.

There is a huge disparity between the wealth, education, resources and support of the two sides. Within the Jungian world we have 3 Israeli societies and no Palestinian ones. Although many analysts and others do speak up for the Palestinian situation, there is only one analyst, as far as I

am aware, with family roots. It is an enormous burden to bear. When people do not listen, how can you make yourself heard.

And now since the massacre we are all forced to face the reality that some lives matter more than others, that we protect the strong against the weak, that we have double standards as to what is acceptable and by whom. We are confronted with an ugly underlying racism of which we were largely unaware and we are now living with the consequences of our inaction. It will be an immense challenge to carve a lasting peace in which Israeli and Palestinian can live in equal freedom and dignity.

So I welcome our absent colleague into this space also. We will keep the empty chair at the table.

Minute silence

And now, as always, we will hold our minute's silence in which we remember and honour those who have died. We think of those who have died in Ukraine, those who have made the ultimate sacrifice for their country and those innocent civilians who have been killed. We remember also those who were killed in the massacre in Israel on October 7th or at other times. We remember those who have died in Gaza and in the West Bank. We also hold in mind those who have been abducted from Ukraine, those who have been taken hostage, those who are maimed and those who are denied the basic necessities of life, those whose homes have been destroyed and the very large number of people who have been displaced and are now refugees. We think of those who have been sexually violated, those who have been tortured, those who are denied their human rights.

#WUJ is a constant learning curve. I have been reflecting on the role of everyone else gathered here today, who I would now like to welcome. That is, those of us not caught up directly in either war. We are not forced into an opposite, although the pull to one or another may be very strong.

We know that an important part of our role is just to be here. Our colleagues need to be with colleagues who are not in the war. Your being here provides an important container. By helping to regulate the nervous systems of our colleagues, we hope to give them space to breathe and to process some of the tsunami of material with which they are confronted, -whether it be archetypal, historical, cultural or traumatic.

It seems to me that our role, particularly at the moment, is also to hold the opposites as best we can. If we can do that, we provide a function that people who are pushed into one side of an opposite can not readily do themselves, especially when in the midst of trauma. As holding the opposites is so essential to resolution, this is a vital role. The more we grapple with the complex issues in play, the better.

There is one final group of colleagues to be welcomed specifically today and that is our Taiwanese colleagues, who have been quietly present alongside Ukraine. This will be the last webinar before their elections. Taiwan is a democracy. China has made it clear that if it continues to vote for democracy this will be considered an aggressive act. As far as China is concerned, Taiwan is part of China. Aggressive acts against Taiwan have significantly increased this past year. There is a risk that if Taiwan votes for democracy it will be invaded by China. This is obviously an extremely stressful and difficult situation for our colleagues in Taiwan. It is also difficult for our colleagues in China, with whom they have close ties.

As we grapple with holding the opposites I will mention also our Russian colleagues. It is not possible to invite them to events held in support of our Ukrainian colleagues, some of whom have children and spouses fighting at the front and who continue to suffer atrocities inflicted by Russian troops. The situation is very complex and can really only be understood, I would suggest, by really listening to this caught up in the reality of war. We must protect those suffering the most and that means keeping this a safe place to which the enemy are not invited.

Within #WUJ we try and hold our Russian colleagues in mind. We hear the hurt and pain felt by our Ukrainian colleagues and acknowledge it. An analyst working with Russian analysts told me this week that the number one issue she encountered was fear of the KGB. Many of our Russian colleagues live in fear. They are pariahs in the world and cannot fully engage in their professional activities on the international scene. They have their own journeys, collectively and individually, just as we have ours. So although they cannot be present, we keep an empty chair for them until the time when we can bear to be together and undertake the painful work of what has kept us all apart.

And so, Ann and Misser, we thank you for being back with us. Our institutions provide containment. They offer support and structure, authority, leadership, experience - both present and past.

Ann, you represent the opposite today. The Red Book was so radical in its message it could not be brought into the world until many years after Jung's death. Jung had to learn to submit to the incomprehensible and unknowable, to navigate chaos, to birth a new God-image that included Satan equally. With your paper, I am sure we will be prompted to a new consciousness.

Misser Berg will be introduced by Judy Cowell, an analyst in Cambridge in the UK who is a member of the WUJ Steering Committee. Ann Ulanov will be introduced by Elisabetta Pasini, an analyst from Italy, who is also a member of etc WUJ Steering Committee.