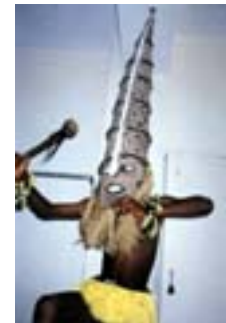
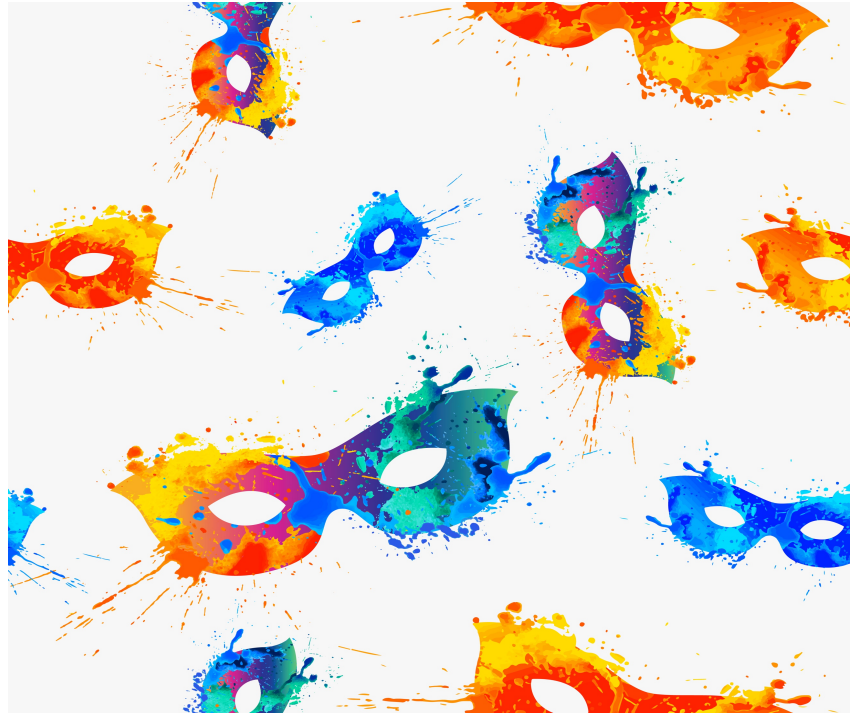


The Many Faces of the World

MASKS

What can they tell us about the people who made them?





Jungian Theory Unmasked: 3 CE

Dr. Sue Futeral

PhD, LCSW-C, C-EAT



About Core Wellness

Core Wellness is a dynamic training group offering evidence-based, practical workshops via live, webinar and home study delivery. Our passionate and knowledgeable trainers bring engaging and inspiring CE trainings that stimulate the heart and mind for client care and effective clinical skills.

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About the Presenter

Dr. Sue Futeral, PhD, LCSW-C, C-EAT, is a two-time graduate of the University of Maryland, School of Social work, earning both her Masters and PhD degrees there. She has won two awards from the University of Maryland, 50 heroes of Social Justice and Outstanding Social Worker, Alumni Association. Sue has served as a school counselor in BCPS as well as working in private practice and is known for her engaging presentations delivered with skill, passion and expertise.

Sue is married and has three adult children and one cat as well. Sue plays violin, piano, trombone, recorder, and many percussion instruments. She enjoys drawing, painting, sculpting, clay and crafts such as knitting.



Course Schedule

Masks

General Schedule: 3 CE

Part 1: Foundations of the use of Masks

Part 2: Understanding Jungian Psychoanalytic Theory

Part 3: Making Your Mask; Q & A

OBJECTIVES

- Learn about masks used in various cultures
- Learn about the use of masks- spiritual, ritual, decorative, protection, celebratory, self-expression
- Gain an understanding of psychoanalytical thought
- Understand Jung's views on the archetypes and personality theory
- Persona=the mask we wear

MASKS tell us-

- A representation of who we are- what or who is the image we are projecting
- But also tell us what is on the inside of the mask





Masks are a universal cultural link being found in most nations all over the world. Masks connect us through the commonality of the power of the human imagination. They form a silent language which is understood all over the world and which defines the essence of human expressions and emotions at various levels- spiritual, religious, and material.

While it is perfectly acceptable to enjoy masks from many cultures as rich colorful works of art, one can gain a deeper understanding by considering how masks are used in a particular culture and the meanings or traditions that wearing the masks brings.





Masks were used before recorded history. On a cave wall in southern France is the 15,000-year-old drawing of a masked dancer wearing animal horns. Ice age hunter probably wore this mask to communicate with the spirit world they believed in to help them find food.



In general, masks have several important social functions: (1) to conceal one's identity (as in masquerade party); (2) to frighten or amuse (as in Halloween); (3) for ritual (as in religious or magic ceremonies) or (4) for performances (as in actors and dancers). Most nations all over the world have a cultural past which includes masks.

There are three basic types of masks: the helmet mask, which covers the wearer's entire head; the face mask, which covers the face; and the headdress mask, which sits on top of the head.





Although today masks are worn mostly for fun, some have serious uses. The surgeon wears a mask to protect her from getting germs, the soldier a gas mask to protect him from poisonous fumes; and a football or hockey player wears one to avoid injury to his face.

Egyptian Funerary Masks



- Covered the faces of the dead
- Assumed powers/traits of certain deities
- Masks were thought to magically transforming an individual from a mortal to a divine state.



A mask can also be make-up that covers and disguises the face like that of a “mime” or and actor in Japanese kabuki theatre.

Here are some of the many masks used in different parts of the world and the reasons for wearing them.

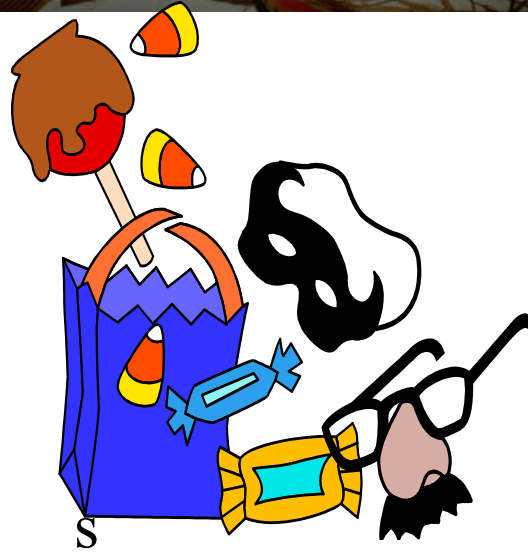
United States of America



Mardi Gras – French for Fat Tuesday, a celebration held annually in New Orleans, Louisiana. Parades, dances, and parties mark the occasion.



Native Americans have a rich history in mask making. They wore masks in many of their ceremonies.



Halloween is celebrated in the USA like in many other countries. Masks are a big part of Halloween.

AFRICA



African masks often represent the spirits of dead ancestors. Masked family members act out special rituals to pass on sacred teachings from one generation to the next.



Tribal gatherings, festivals and other ceremonies are also occasions for which masks are worn.

Italy



These masks and costumes can be traced back to the **commedia del arte** of the 16th century. It is a traveling show of musicians, acrobats, actors, and poets.

Sikkim

'sick-e-m



This mask is from the Himilayan country of Sikkim. It represents the Lord of the Dead, Mahakala (ma-ha-kah-la), who is featured at the New Year's Festivals. As in other cultures that have such a character, Mahakala took the souls of the dead from the world of the living to the world of the dead. By acting out these myths each year, adults pass the story on to young people.

Greece



COMEDY & TRAGEDY

These are the masks of comedy and tragedy. They are used to symbolize the modern theatre but originated in the Greek islands, where theatre was a very important part of life thousands of years ago. All major seasonal festivals were occasions for masked performances. The Greeks used the masks for a simple reason: to enable the audience to see characters on stage more easily.

BALI

When a native of Bali, a tiny island in the South Pacific, is performing a sacred temple dance, it is believed that the gods being portrayed are attending the ceremony.



INDIA



In northeastern India there is a three day spring dance festival held in honor of the gods Shiva and Surya. Shiva represented by this mask, is the creator and the destroyer of the universe; Surya is the goddess of the sun. Stories about the gods are acted out in ballet like dance dramas.

JAPAN



The beautifully hand carved wooden masks of Japan's theatre were first used about 600 years ago in religious plays that were only seen by priests and nobility. Today anyone can attend the plays. Artists carve the delicate masks out of lightweight wood. Old people, gods, goddesses and goblins are among the characters in the theatre.

CANADA

This false face mask is an example of a kind of mask made by the Native Americans of what is now Canada and United States. It was used to chase away the evil spirits that were believed to have entered a person's body and made the person sick. The design of the mask was carved removed without killing the tree. It was thought that the spirit of the tree would enter the mask and make it more powerful. Horsehair hairs and animal teeth were sometimes added to the mask.





Mexican Folk Masks

- Summon deities
- Used in rituals, celebrations (Dia de los Muertos), Pre-Colombian sacrifices



Tibet



Figure Mask from Tibet:
Religious Icon



Head of a
dragon for the
Chinese
New Year
Celebration

Japan

Shikami is a decorative
mask from Japan

Used for acting



Indonesian Mask

Celuluk Mask
Ward off Evil
Doers



Europe

European
masks used
for carnivals
and parties.



Pre- Columbian Art Mask



Mask of Quetzalcoatl is a **funeral mask** from South America

Three Design Characteristics

- Abstraction
- Simplification
- Exaggeration

Abstraction

- Features are recognizable but not realistically portrayed



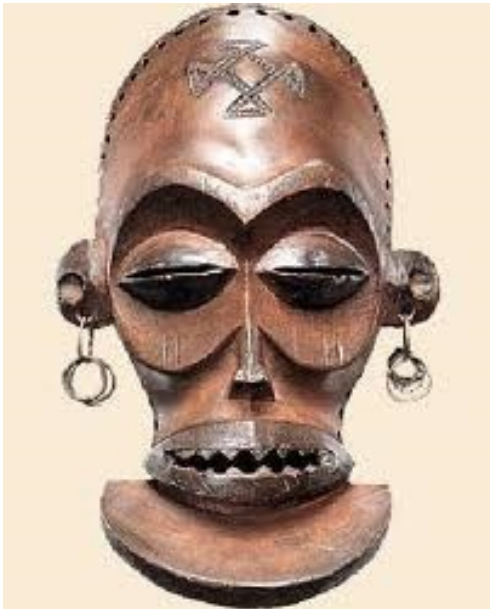
Simplistic

- Features are realistic but **limited in detail**



Exaggeration

- Mask Features are **not** of **normal proportions**.





Superhero masks...

A character
assumes certain
traits and abilities
once masked



Bill Abright, California

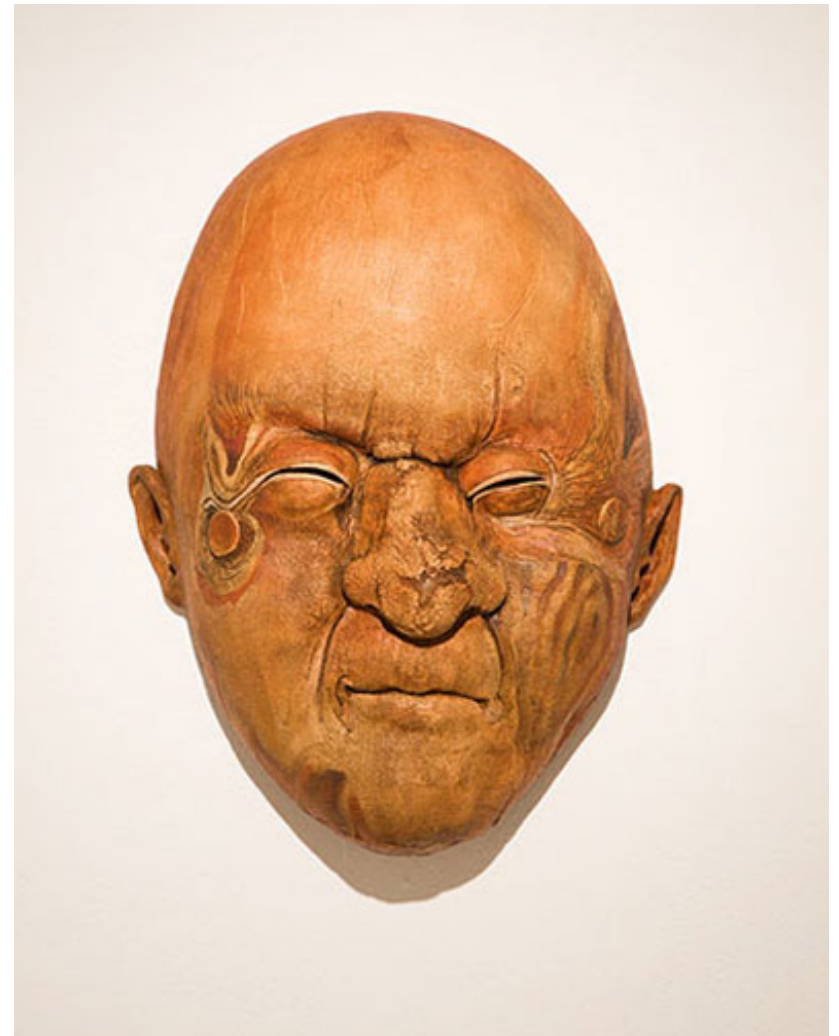
“I've always been attracted to masks. I concentrate on the face because it is the most memorable and expressive part of a person's identity.”



Jungle



Where ideas come From



Crusty

After being bisque fired, Abright uses acrylic paint and graphite pencil to bring out features



Katherine Mathisen

“Mudgoddess” on Etsy

Florida artist
Creating figurative sculpture
posed in simple gestures
to convey human emotion
and relationships.

Her current work is done
by hand using earthenware
clay and a combination of
surface glazes, colored
slips, stains, terra sigillata



Celebrate the Colors of Life



Mask of Celebration



The Beekeeper

The use of masks today still get our attention, even though the focus has gone from the performing arts and religious ceremonies to the handicrafts market.



Peggy Bjerkan, “Maskwoman” California



Reflecting popular English idioms, catch phrases and proverbs

“I especially like to emphasize humor, wit and irony in my pieces and I hope that the masks are able to speak for themselves.”

A Change of Heart



Rose Coloured Glasses



The Dreamer



Midas Touch



Wooden Heart



Ether Bunny

“My masks are painted with underglazes and sometimes another glaze overtop. When all firing is completed, I use colored gessoes, acrylics

1. B. i. n. g. l. e. s. i. t. a. t. e. d. f. o. r. t. h. e. f. a. c. e. O. n. t. h. e. f. a. c. e. t. o. f.



An Animal

Inspired by Mexican Folk Masks

Animals often represent certain traits, behaviors, signs or omens

Do you feel drawn to a particular animal?

Are there any animals that you find to be extremely frightening or intriguing?

Is there a particular animal that you see often when you're out in nature?

****You will still begin with YOUR facial features to make the mask**



A Famous Artist

Inspired by...a famous artist



A Play on Language

Inspired by artists Bill Albright and Peggy Bjerkan



Songs

Sayings

Jokes, Puns

Poems

Ideas



Where Ideas Come From, Albright

A Change of Heart, Bjerkan

However, whether it is made of wood or metal or fabric- the mask still continues to be a source of mystery and fascination – and gives us a way to escape from our busy everyday lives that are seeped in technology and automation.



JUNGIAN ARCHETYPES

- Psychologist Carl Gustav Jung described several archetypes that are based in repeating patterns of thought and action that re-appear time and again across people, countries, and continents.
- He listed four main forms of archetypes:
 1. The Shadow
 2. The Anima
 3. The Animus
 4. The Self

Carl Gustav Jung



- Born in 1875 in Switzerland, to a pastor and a daughter of a theologian.
- Eldest child only lived for three days while the youngest child, a girl, was born 9 years after Jung.
- Family was influenced by both spirituality and mystic beliefs.
- Mother was institutionalized due to a mental illness.
- Childhood experiences of being bullied and fainting spells.
- Experienced personality 1 (extraverted) and personality 2 (introverted).

Carl Jung

- **Persona**

 - A mask people wear to hide what they really are or what they really feel

Jung was the first to describe introverts and extraverts

- The persona or mask represents a compromise between our true self and the expectations of society
 - The shadow is the unconscious negative or dark side of our personality.
 - The self archetype is the unifying part of all of us that finds balance in our lives. Works with the ego.
-



The Jung Man's View

**Collective Unconscious -
Universal Archetypal Processes**

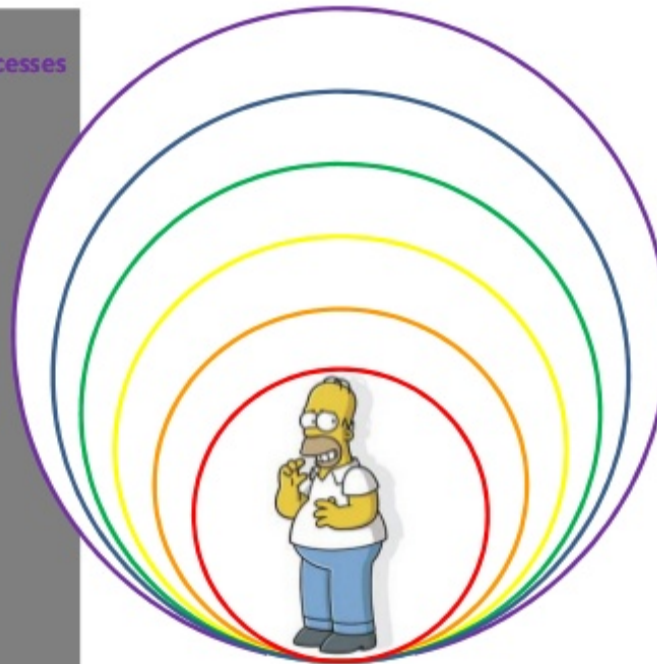
**Anima / Animus –
Opposite Sex Qualities**

**Shadow –
Denied Psychic Material**

Subconscious Memories

**Persona –
Projected Image / Mask**

**Conscious Ego –
Own Self Image**



JUNG'S FIVE (5) MAIN ARCHETYPES:

The Self: the regulating center of the psyche and facilitator of *individuation*

The Shadow: the opposite of the ego image, often containing qualities that the ego does not identify with, but possesses nonetheless

The Anima: the feminine image in a man's psyche

or

The Animus: the masculine image in a woman's psyche

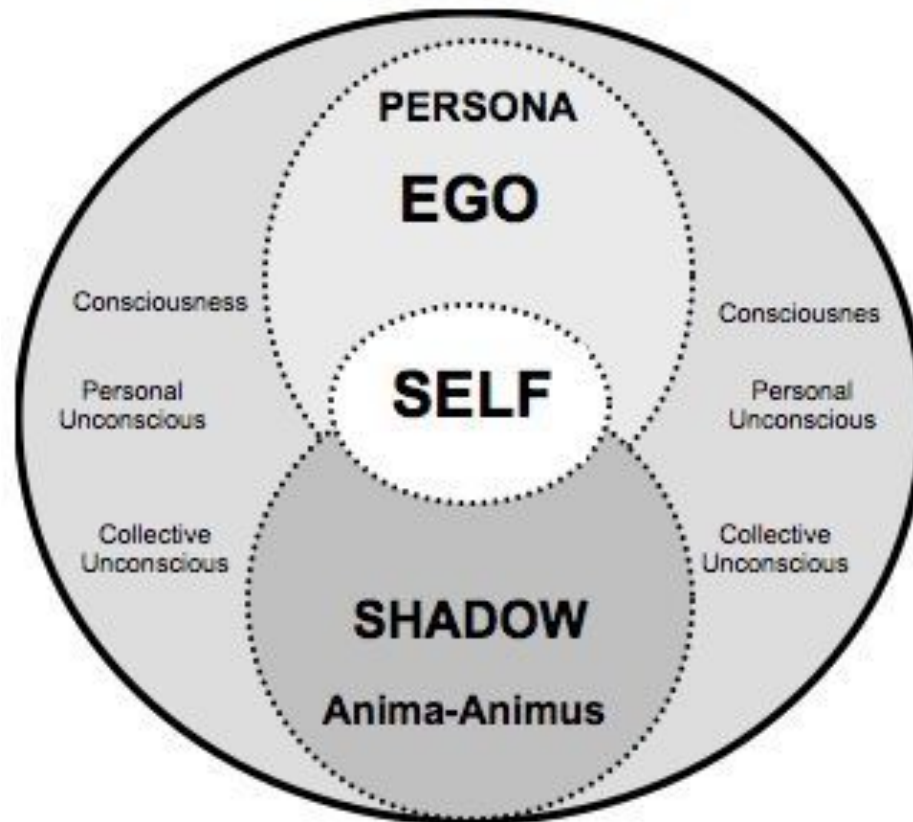
The Persona: how we present to the world, usually protects the Ego from negative images (acts like a mask)



Archetypes: Persona

- **mask**
- **universal manifestation of our attempt to deal appropriately with other people**
- **“To be oblivious of one’s persona is to underestimate the importance of society, but to be unaware of one’s deep individuality is to become society’s puppet.”**

OUTER WORLD



INNER WORLD



Myth & Archetypes

- Jung called the archetypes motifs found within our psyche the shadow and the anima/animus, although there could be many more.
- Archetypal images can be charged with emotion, and that emotion is what gives the image its value, psychologically speaking.
- Some deck decks images have mythic stories because the traditional images correspond so closely to particular myth.



Archetypes, cont.



- **Persona and Shadow** (The battle within)
 - Two opposing archetypes
 - Idealized outward appearance (Persona) versus dark, unacceptable motives and desires (Shadow)
 - Results in socially unacceptable thoughts and actions, similar to Id vs. Superego battles
- **Hero and Demon** (the outside battle)
 - Hero is strong, good force that battles the enemy
 - Demon represents cruelty and evil

The persona:



- The persona is a concept derived from the work of actors, it is hiding behind something.
- The individuals way of coping or adaptation to the world.
- The persona is exclusively concerned with outer image and attitude.
- Example can be street angle, house devil, being cold, etc.

Archetypes: Animus

- **masculine archetype in women**
- **positive: reason and logic**
- **negative: irrational thinking and illogical opinions**
- **appears in dreams, visions, and fantasies in personified forms**

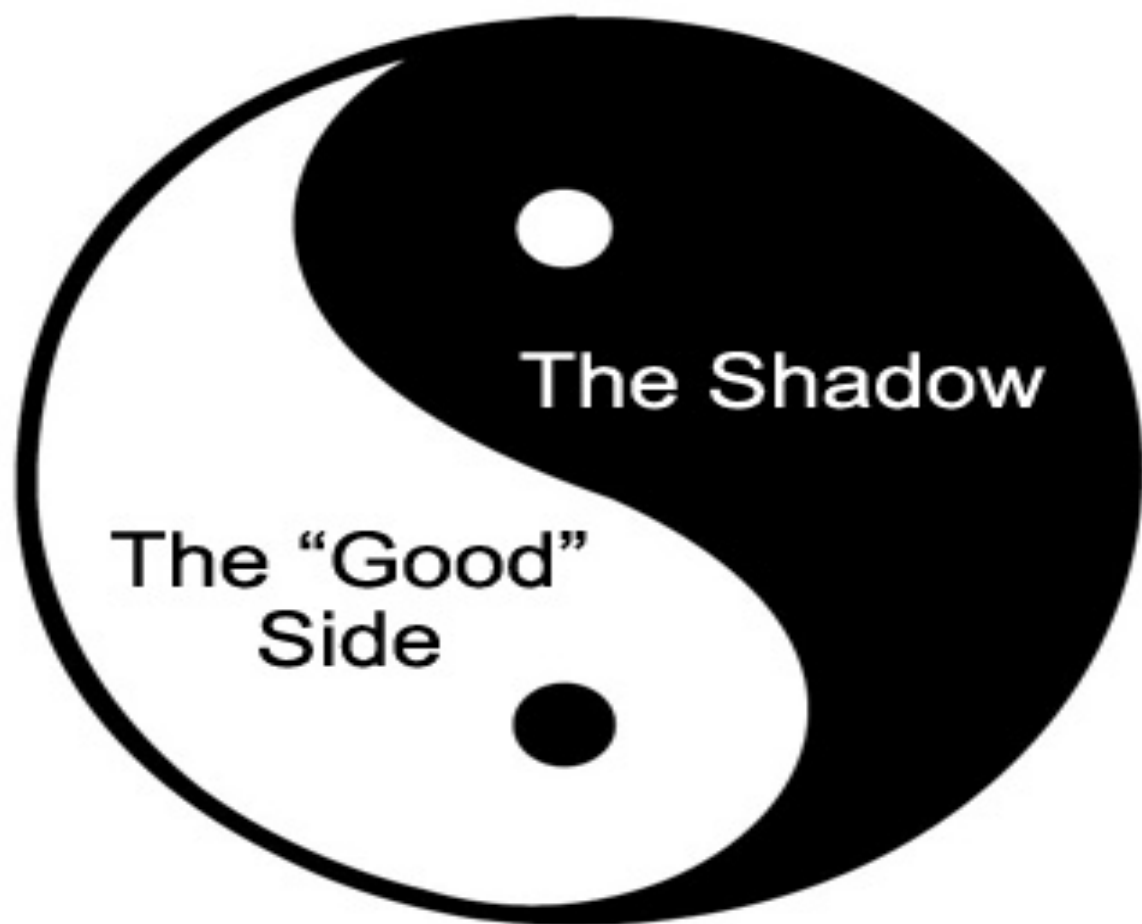
Jung outlined four main archetypes:

- The Self, the regulating center of the psyche and facilitator of individuation
- The Shadow, the opposite of the ego image, often containing qualities that the ego does not identify with but possesses nonetheless
- The Anima, the feminine image in a man's psyche
- The Animus, the masculine image in a woman's psyche

PERSONA

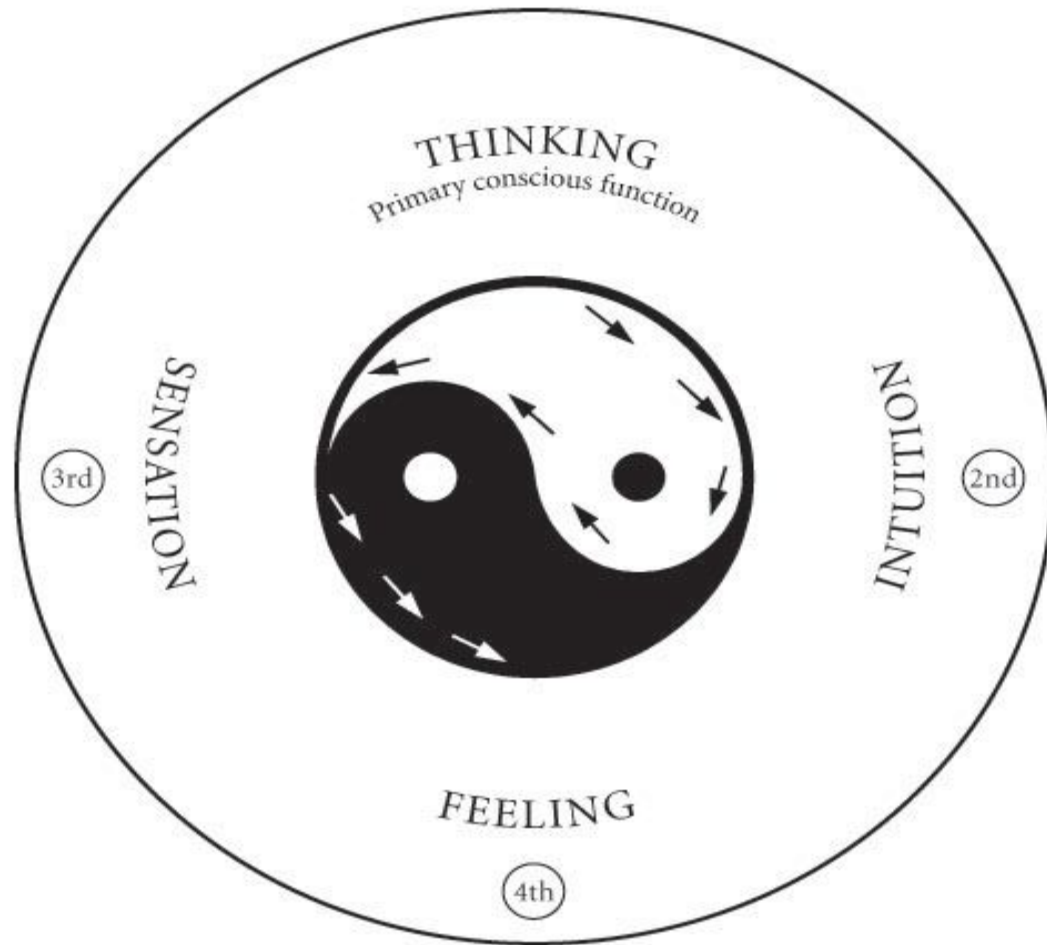
CONSCIOUSNESS

SHADOW



The Shadow

The "Good"
Side



**It's hard to get rid of the demons inside you.
Because
they
were
holding
you
when
nobody
else
did.**





The Shadow

- Archetype of pre-human, animal past.
- The dark side of the ego
 - Amoral, just like animals
 - Concerns limited to survival and reproduction
- Appears brutal and inhuman to people.
- Represents all the parts of our psyche we cannot admit to.

The Persona

The Anima/ Animus

The Shadow

Derived from Latin word, 'Mask'.

The different social masks worn in different situations/groups

Form of protection

- Anima = Feminine
- Animus = Masculine
- The opposite gender qualities and attributes of the psyche
- Represents 'true self'

• Combination =

- The dark side of the psyche
- Consists of repressed, memories, ideas, emotions, weaknesses, desires, instincts

• Represents

- Unconscious
- Contains
- Includes
- Contains

• Contains

Table 1.1 Major Schools of Personality Psychology

<i>School</i>	<i>Founders</i>	<i>Essential Premises</i>
Psychoanalytic	Sigmund Freud	Self-regulating and independent unconscious processes make up the essence of personality. They operate through mental structures that are in continual conflict.
Neo-psychoanalytic	Alfred Adler, Carl Jung, Karen Horney	Conscious individual, social, and interpersonal factors are powerful forces in shaping personality.
Humanistic	Albert Ellis, Carl Rogers, Abraham Maslow	People are basically good and strive toward maximum personal development or self-actualization.
Behavioral	John Watson, B. F. Skinner	Personality is the observable result of reinforcement.
Genetic/Biological	William Sheldon, Edmund O. Wilson, Hans Eysenck	Genes, hormones, and neurochemicals in the brain regulate the greater portion of human personality.
Trait	Raymond Cattell, Hans Eysenck	Differences among people can be reduced to a limited number of distinct behavioral styles or traits.
Cognitive/REBT	Albert Bandura, Ulric Neisser, Albert Ellis	Personality results from the interplay of learned and innate styles of thinking.



Archetypes: Persona

- **mask**
- **universal manifestation of our attempt to deal appropriately with other people**
- **“To be oblivious of one’s persona is to underestimate the importance of society, but to be unaware of one’s deep individuality is to become society’s puppet.”**

Type	Goal	Fear
The Innocent	Happiness	Punishment
The Orphan	Belonging	Exclusion
The Hero	Change World	Weakness
The Caregiver	Help others	Selfishness
The Explorer	Freedom	Entrapment
The Rebel	Revolution	No Power
The Lover	Connection	Isolation
The Creator	Realize vision	Mediocrity
The Jester	Levity and fun	Boredom
The Sage	Knowledge	Deception
The Magician	Alter reality	Unintended results
The Ruler	Prosperity	Overthrown



Parent

"mentor/guide for others
but not for me"



*weaker function
(fades away easily)*

Child

"play & delight,
but also tired/moody/lazy"



*weakest function
(needs constant
development)*

Anima

"inferior,
needs/gives help,
brings energy"



Hero

"my gift, what I can do
even at 3 am"
CEO or tyrant



Archetypal Energies



Demon

"can lead us either
to heaven or hell,
can destroy us & others"

- shadow functions -



Opposing Personality

"the great impossible love,
both attractive & horrible"



Trickster

"gender-shifting, confusing,
paradoxical, magical"



Senex

"paralyzing, imprisoning, freezing,
critical & sarcastic helper"



Other Archetypes

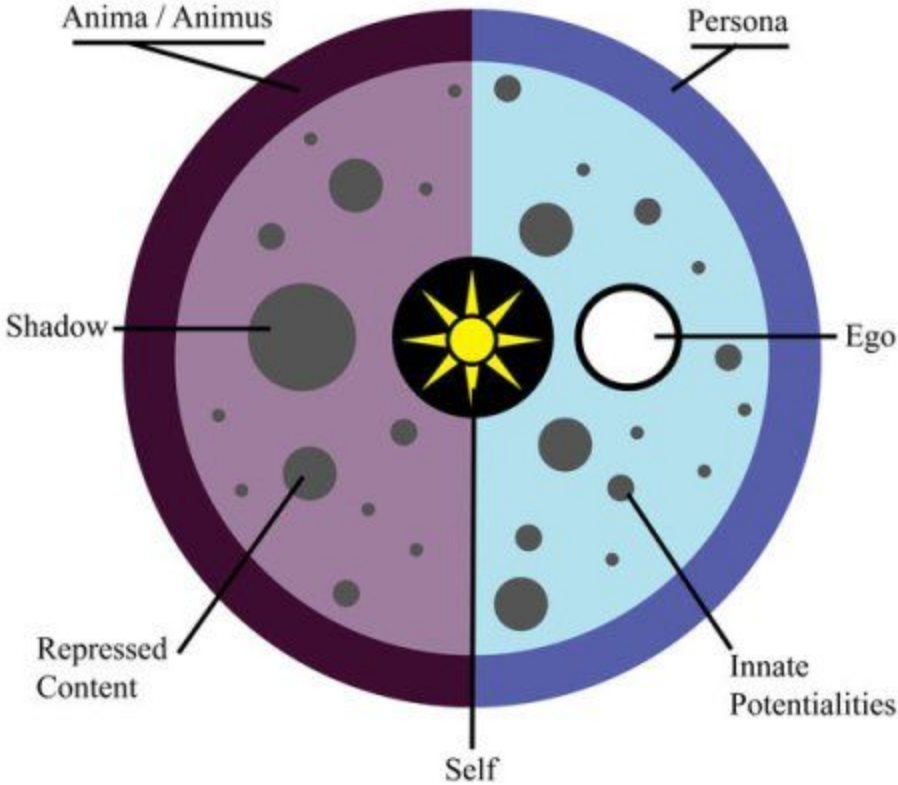


- ❧ Anima/Animus, which points to our contrasexual side.
- ❧ True Self, which can appear in dreams and visions in the guise of a wise old man or woman, or a sun child and possibly in myths, fairytales and the imagination through images such as prophet or savior or in the form of a circle (mandala), square, or cross.
- ❧ There is not a fixed number of the many archetypes. Some examples:

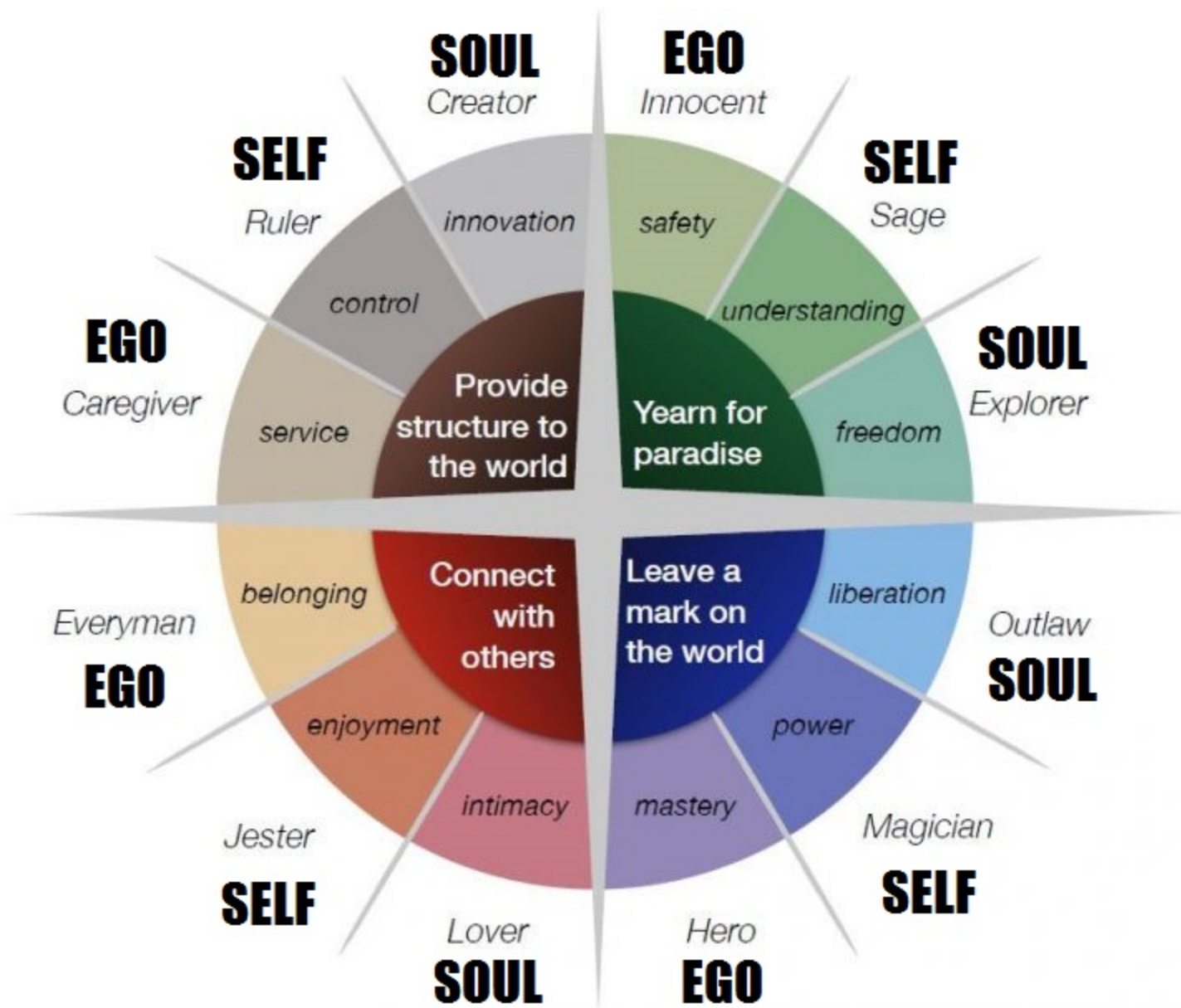
	<u>Symbol</u>
Father	guide, authority figure
Child	children, small creatures
Hero	ego
Trickster	clown, magician



The Psyche









THE
VICTIM



THE
CREATOR



THE
INNOCENT



THE
MARTYR

THE EIGHT MONEY ARCHETYPES



THE
WARRIOR



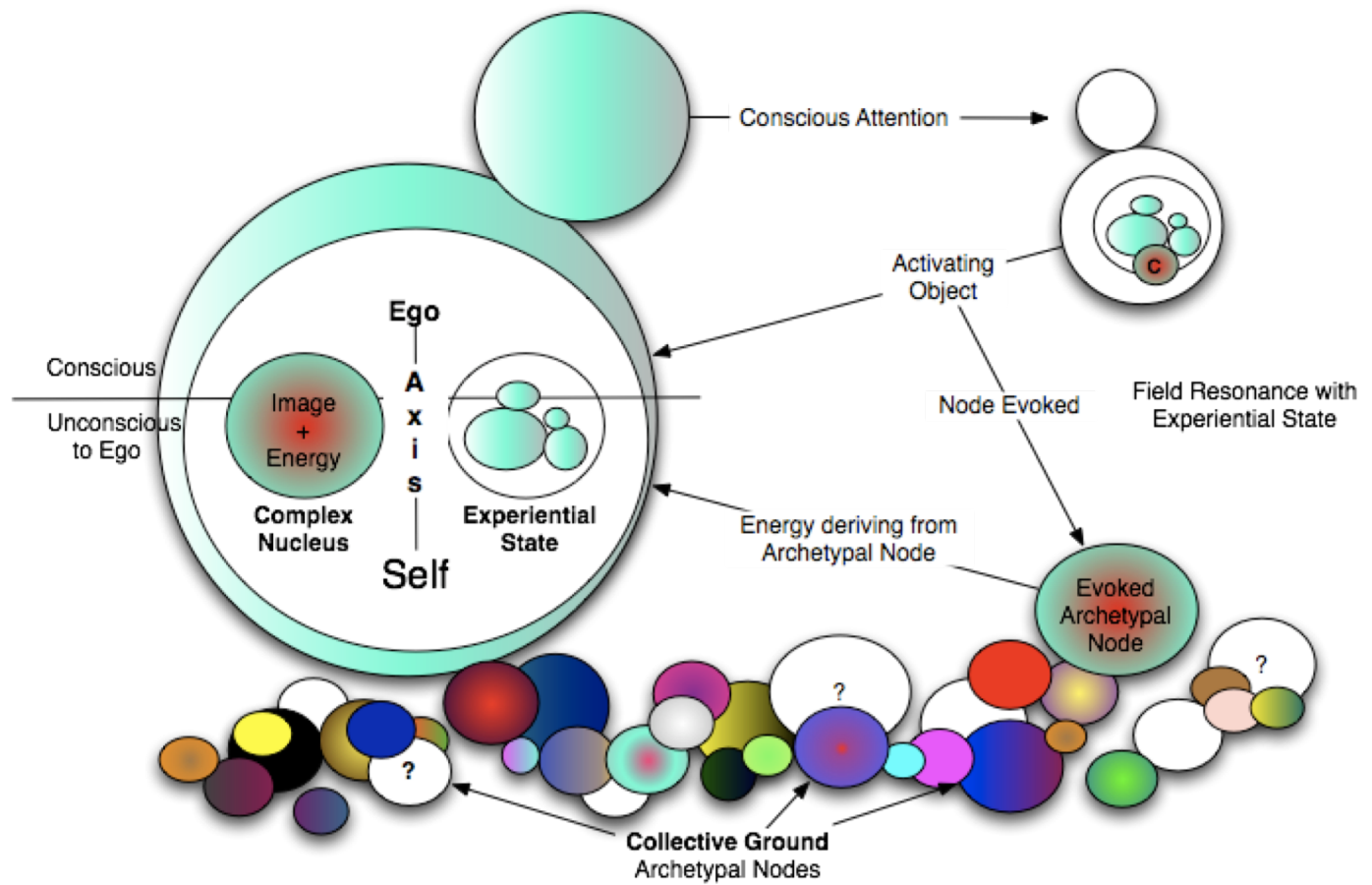
THE
FOOL

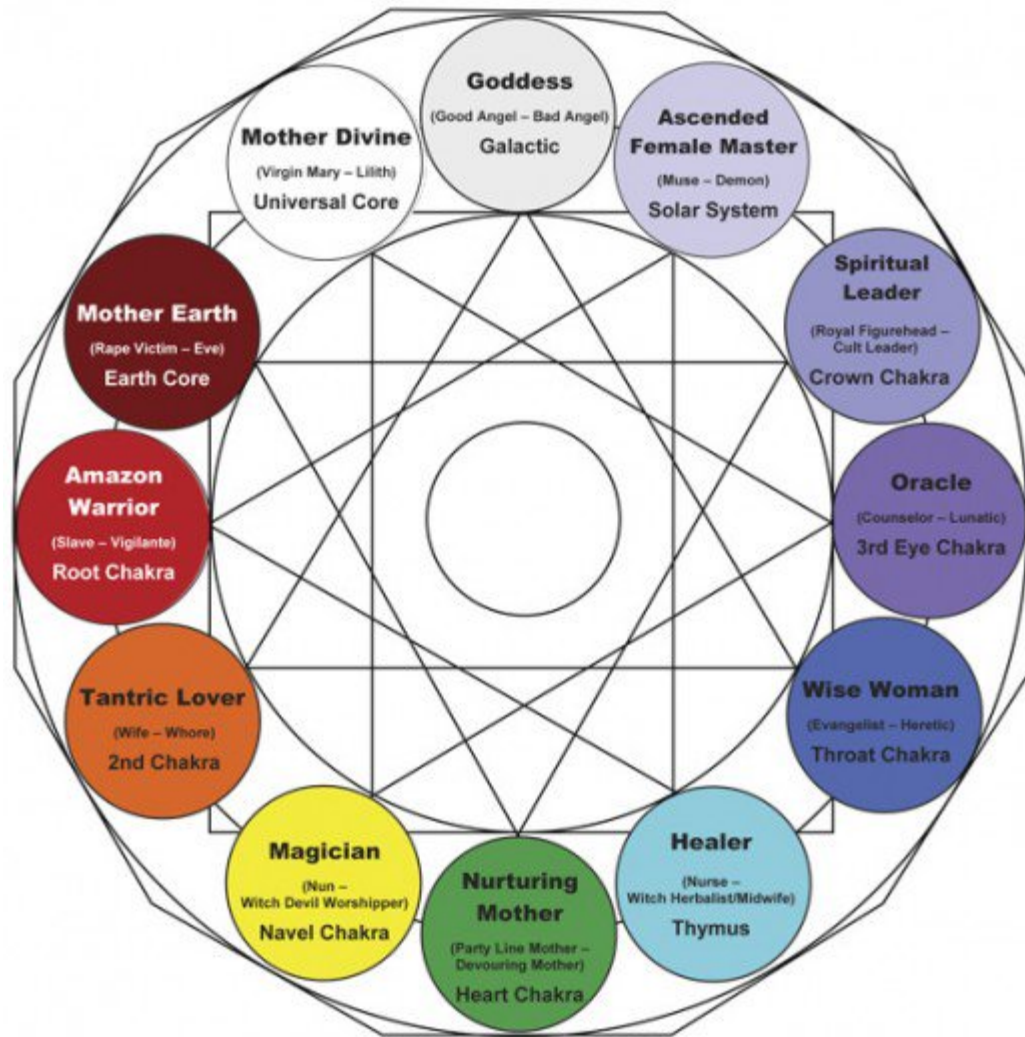


THE
TYRANT



THE
MAGICIAN







Now Create!

- Create a mask that incorporates the following:
 - Symmetry
 - Geometric shapes
 - Exaggeration, simplification, and or abstraction
 - Pattern/ Repetition Color
 - Added texture
 - Thank you. Enjoy!!!

Thank you for joining!

- Any Questions?

- Resources:

Facing the Depths: Exploring Psyche Through The Art of Masks, May 31, 2017. by *Tina Azaria*

Man and His Symbols by Carl Gustav Jung

Masks: Faces of Culture by [John W. Nunley](#) ; [Cara McCarty](#) ; [John Emigh](#) ; and [Lesley K. Ferris](#) . 1999