

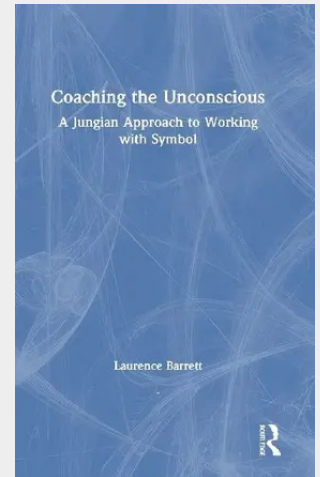
Barrett

Coaching the Unconscious

A Jungian Approach to Working with Symbol

In *Coaching the Unconscious: A Jungian Approach to Working with Symbol*, Laurence Barrett explores how coaches can begin to work with symbol as part of their practice, blending the key principles of Jungian psychology with case studies and practical applications. The Jungian concept of the symbolic attitude provides a valuable framework for coaches seeking to navigate the complexities of the human mind. It prompts us to notice the rich tapestry of symbols and metaphors arising from the unconscious and reveals what may be happening 'beneath the surface' of the mind. Coaches who have developed a symbolic attitude can better help their clients explore their inner worlds and create a deeper understanding of themselves and their potential. They can support more profound and impactful coaching experiences that go beyond superficial goals to support growth and transformation in more profound ways. This valuable new resource will be of particular interest for experienced coaches seeking to deepen and extend their practice, as well as coaches who have begun to explore Jungian psychology and are looking for practical ways in which its concepts can be applied. It would also be appropriate for students of coaching and Jungian psychology.

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