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Boredom in Analytical Psychology and in Logotherapy

Carl Gustav Jung and Victor Emil Frankl are the pioneers of humanistic psychology. Humanistic psychology has overcome limits of first therapists from Vienna (Sigmund Freud, Alfred Adler), and has focused on problems with meaning of life, which are connecting with existential boredom. Jung has remembered, that he had the greatest difficulty working with facultative neurotics, who cannot live together with archetypal contents. Boredom, which has compared in analytical psychology to labyrinth of alienation, has pointed to existence of Shadow, who occurs in forms of undiversified psychical functions. Victor Emil Frankl has called a noogenic neurosis as illness, which has blocked spiritual openness and has led to despair and emptiness. Boredom, with apathy, is a sign of spiritual illness, who has influence on psyche as a disgust, and also has influence on body as a illness. Comparing conceptions of boredom in analytical psychology and in logotherapy should help to understanding difference between psyche and spiritual, revealing difference between usual boredom and existential boredom.