

John Edwin PINK

Mental Health Inquiry
Productivity Commission
Australian Government

DEAR MENTAL HEALTH INQUIRY,

I had a Nervous Breakdown just a little over 35 years ago now and I was REALLY LUCKY in that the person who became my long-term Therapist was a straight-out-of-uni **Jungian** psychologist. She got me to journal my Dreams and I also initially read intensively about them - their Interpretations and the different Types.

Jungian Therapy does not confine itself to just Dreams though – it utilises other means of accessing the SUB-conscious Mind – Art Therapy was adapted into Jungian Therapy by Dora KALFF (*a contemporary of Carl JUNG*) although she did not initially discover/develop this technique apparently.

When someone is experiencing a Severe and Chronic MENTAL HEALTH PROBLEM (S&CMHP) the “problem”/OPPORTUNITY sources from the SUB-conscious Mind and the SUB-conscious Mind is what needs to be addressed. Taking “pills” sometimes does not even reduce the Symptoms!

In the end I found the psychologists at Wollongong Hospital's Psychotherapy Centre* that troublesome that I distanced myself from but the Jungian Analyst mentoring quite a few of them wanted me up at his centre, The Community of Living Water*, and went my own way – the Final Phase of my Treatment was conducted by the Reverend of a Spiritualist Church in the Illawarra Region.

* both closed now

I simply recorded and attempted to analyse my Dreams – in most cases successfully! I also began to read about other related subjects as well as Dreams – Metaphysics and later **Theosophy**. Eventually I puzzled this information out to a degree and I understood that I was doing something very special – **INITIATION**.

If I had my time again I would have distanced myself earlier from the Psychotherapy Centre and my long-term Jungian psychologist although I do openly state that their early intercession was crucial in the strength of my Recovery. She, and the other Therapists at the Psychotherapy Centre, kept on telling me, ***"You're doing 'it' too fast!"*** My response was **pedal the metal**. My parents would not have attempted to be such Control Freaks and this is my opinion of most Mental Health Therapists.

I think that Mental Health Therapists should be more like PLUMBERS – they install the tap at the end of the trench and make sure that it doesn't leak and that the tap works properly. Once this is attained they are paid and contact ceases unless there is a warranty problem. I have heard a few other people complain that these Mental Health Therapists want to be treated like a hero(s) and my comment is, "Great White Healers"!

John PINK - B. Met. (technology – part time)

P.S. I'll deal with this Initiatory Process in a later submission.