

# Exploring the Application of Jung's Psychological Types in Psychodrama: A Case Study on Attempting to Mitigate Intergenerational Trauma Between Mothers and Daughters

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**Abstract.** Nowadays, many people learn their personality types through the popular MBTI personality test which is based on Jung's theory about types. Many lonely, sensitive, and trust-seeking young people are inspired by Beebe Mode to explore the identities of different personality types for spiritual development in contributing to their mental conditions and potential abilities. Noticing that this process of self-awareness and self-identification of recognizing, exploring, and healing is similar to the acting methods used by actors, this research realized that combining Jung's psychological types with acting approaches is a good opportunity to respond to the psychological problems of young people. Psychodrama is a psychotherapeutic approach that focuses on dealing with an individual's present-day issues, designed to bring the person's consciousness back into their mental world, which provides a basic form to examine theories in this passage. In a scenario of the performance, the attendee plays different roles to vent inner suppressing emotions and experience the thoughts and feelings of different characters, which leads to new insights and realizations to establish new appropriate behaviors. Through literature analysis, questionnaires, and interviews, the information gathered in this paper shows that women in China are affected by intergenerational trauma in greater numbers in the current social context. Analyzing the causes of its formation, this paper will use the example of a psychodrama workshop focusing on intergenerational trauma, to prove a connection between the Beebe Mode and performance methods and their usefulness in psychodrama in responding to participants' questions about intergenerational trauma.

**Keywords:** Psychodrama; Jung's Psychological Types; Intergenerational Trauma.

## 1. Introduction

Stanislavski said, "The stage is passionless, and need passionate actors to fight it." This statement holds for people in the arena of life as well. Life is often relentless, therefore, people need to adjust their emotions and face it with positivity, healthy minds, and the appropriate attitude to find happiness in life. Ryan Gollings, a famous actor, has shared his view with audiences, "Acting is a way of exploring oneself and conveying emotions and experiences to the audience." Throughout history, performing arts have served as a reflective mirror of society, encapsulating its past, present, and future. Acting, as an art form, enables actors to introspect, embody roles, and convey ideological nuances and emotions embedded within scripts to audiences. Moreover, within the framework of human performance theory, the concept of theater extends beyond traditional stage performances to encompass everyday human activities that no one can escape from or ignore. Therefore, based on the psychoanalytic method, this paper aims to demonstrate a method with an example of a specific approach to psychodrama, exploring how the Beebe Mode can be integrated with applied theatre, responding to Intergenerational Trauma in Adolescents.

Freud's psychoanalysis attempted to draw the psychological substance hidden in the underlying subconscious mind to the surface consciousness, thus, the patient enters self-awareness, and start to destroy different disturbances as well as symptoms [1].

## **2. Theory**

### **2.1. Psychoanalytic Therapy**

In terms of ideological context, Freud was influenced by the tradition of modern German philosophical thought, with rationality as the primary form, but also includes the concept of irrationalism [2]. To address the pathology of the society at that time as a result of the entry into the monopoly period, Psychoanalysis emerges. Later on, he received a variety of heart virtues from the French school and the Nancy school after visiting and studying, and ideas about the intentionality, dynamism, and activity of psychology have further developed and refined the theory.

Nowadays Psychoanalysis plays an important role in the clinical application of psychology. Its role mainly consists of in-depth exploration such as individual subconsciousness, psychological conflict resolution, understanding of personality structure, and behavioral Models. The following are some specific applications of psychoanalysis that are relevant to the discussion in this article.

Free association: Individuals are encouraged to express thoughts, feelings, and memories freely, revealing contents and conflicts within the subconscious mind.

Analysis of resistance: Exploring individual resistance to treatment to understand underlying reasons and facilitate therapeutic progress.

Emotional expression: Encouraging individuals to express and explore their emotional experiences, promoting emotional resolution and inner balance.

Self-psychology perspective: Focuses on individual self-functioning, self-esteem, self-identity, and adaptation to the external environment.

Analytical interpretation: Therapists explain and interpret individual behaviors based on emotional and psychological processes, aiding individuals in understanding their internal motivations and conflicts.

These components collectively illustrate the multifaceted role of psychoanalysis in clinical psychology and its relevance to addressing psychological issues and promoting mental well-being.

### **2.2. Jung's Psychological Types**

Within the framework of the psychological types of Jung, recognitions are related to four levels: the object, personal consciousness, personal unconsciousness, and collective unconsciousness. The object represents the external world in its objective existence, while consciousness denotes human perception in the wakeful state. The personal unconscious encompasses private cognitive experiences, whereas the collective unconscious embodies instinctive, primal imagery rooted in human genes. Base on these recognition levels, Jung developed his theory about different attitudes of psychological types.

#### **2.2.1. Types of Attitudes**

Jung's Psychological Types categorizes human attitudes into two main types: General Attitude Types and Special Function Types. General attitude types encompass introverted and extroverted preferences. Recognizing different cognitive attitudes toward objects can help people distinguish introverted and extraverted human tendencies. Introverted individuals tend to perceive objects abstractly, seeking to align objects with subjective consciousness. On the other hand, extroverts place trust in objects, aiming to unify subjective attitudes with external realities. Jung's observation that general attitude types are randomly distributed implies that differences in human introverted and extroverted attitudes are linked to biological instincts rather than hereditary patterns. Introversion types emphasize self-preservation and survival instincts, while extroversions are associated with high fecundity and energetic exchanges with external entities.

### **2.2.2. Special Function Types**

Special function types are categorized into four basic dimensions: Thinking, Feeling, Sensing, and Intuition, symbolized as T, F, S, and N. These cognitive modalities, when combined with general attitudes of introversion and extroversion, yield eight dimensions: Introverted Thinking (Ti), Extroverted Thinking (Te), Introverted Feeling (Fi), Extroverted Feeling (Fe), Introverted Sensing (Si), Extroverted Sensing (Se), Introverted Intuition (Ni), and Extroverted Intuition (Ne). Jung classified thought and emotion as rational functions, involving directed judgments and conforming to universal laws, while sensation and perception are deemed irrational functions, focusing on eventualities and unconscious transmission of perception.

### **2.2.3. MBTI and Beebe Mode**

The Myers Briggs Type Indicator (MBTI) is based on Jung's eight-dimensional theory and employs four pairs of indicators (EI for outward and inward tilt, SN for feelings and intuition, TF for thinking and feeling, JP for judgment and perception) to delineate sixteen personality types: INTJ, INTP, ENTJ, ENTP (NT); INFJ, INFP, ENFJ, ENFP (NF); ISFJ, ISTJ, ESFJ, ESTJ (SJ); ISFP, ISTP, ESFP, ESTP (SP). Beebe Mode corresponds each personality type to a model of Jung's psychological types, representing varied preferences and weights in the utilization of psychological functions. However, these models do not fully generalize an individual's perception; rather, they serve as ideal references to aid individuals with similar cognitive patterns in understanding themselves and optimizing their cognitive structures.

## **2.3. The Connection between Jung's Psychological Types and Psychoanalytic**

Psychoanalysis delves into the individual's subconscious and psychodynamics, providing insights into Jung's psychological types and aiding in understanding individual behaviors and characteristics. Several connections exist between the two, as they both seek to illuminate the psychological structure of individuals and establish a theoretical foundation for psychotherapy and personal growth. On the one hand, psychoanalysis continues to focus upon primary thought processes predominantly in the verbal domain, particularly as they emerge in dreams or through verbal free association. The therapeutic process entails working with mental imagery and helping patients to make the unconscious (representations) conscious, and the therapeutic practice revolves centrally around the systematic use of transference [3].

Firstly, both psychoanalysis and Jung's psychological types place significance on the subconscious mind to gain a deeper understanding of the individual psyche. Psychoanalysis uncovers subconscious content through methods like dream analysis and free association. Conversely, Jung's psychological types indirectly reflect subconscious characteristics by delineating personality traits.

Secondly, psychoanalysis and Jung's psychological types aim to comprehend psychodynamics and personality development. Psychoanalysis underscores the impact of childhood experiences on psychological development, including the formation of impulses and defense mechanisms. On the other hand, Jung's psychological types offer a multidimensional framework for understanding personality development, encompassing emotional stability, social behavioral tendencies, and openness to new experiences, all of which indirectly reflect aspects of psychodynamics.

Lastly, psychoanalysis and Jung's psychological types intersect in terms of psychotherapy and personal growth. Psychoanalysis aids individuals in recognizing and addressing psychological issues by delving into the subconscious. Similarly, Jung's psychological types assist individuals in recognizing their unique characteristics, fostering self-adjustment and growth. Through comprehensive self-understanding, individuals can effectively navigate life's challenges and realize their full potential.

These connections highlight the complementary nature of psychoanalysis and Jung's psychological types theory in facilitating deeper self-awareness and personal development.

## 2.4. The Use of Psychoanalysis in Directing And Acting Works

The term "tableau" signifies expression, while "acting" denotes interpretation. Acting is a comprehensive term encompassing transitioning between the exterior and interior realms. Actors operate as creators, instruments, and embodiments of their roles. Stanislavski's theoretical system, a methodological framework for actor training and performance, prioritizes genuine emotions and emotional expression within role-playing, delving into the spiritual essence of the creative process. The Michael Chekhov method is renowned for its exploratory nature, encouraging actors to craft authentic and impactful performances through imaginative perception. This approach aids actors in navigating complex or challenging roles while swiftly and naturally embodying characters. Brecht advocates for a dialectical relationship between actor, character, and audience, where actors face the audience to disrupt passive spectatorship. This creates a "double image" wherein actors inhabit both themselves and their characters. Schechner's anthropometrics significantly broadens the concept of theater and performance beyond traditional boundaries, aiming to provoke awareness of life's imperfections rather than creating illusions of reality.

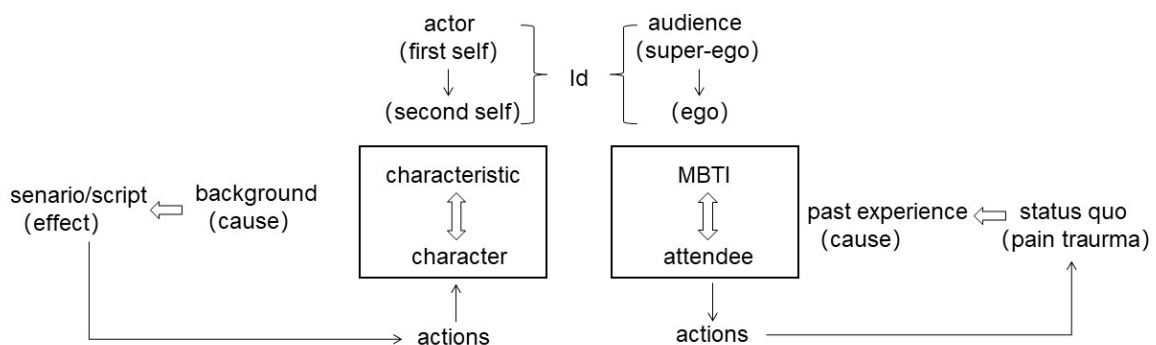
## 2.5. The Link Between Psychoanalysis and Directing And Acting Practice

In acting terminology, the actor's identity as creator is called the "first self," while the character's identity is the "second self." Actors immerse themselves in their characters, embodying their personalities, desires, and emotions, while maintaining their mental presence as creators. These two identities, the "first self" and "second self," coexist within actors and are inseparable. Similarly, Freud's theory introduces terms related to identity: the Self, Ego, and Superego. These concepts correspond to three levels of cognition, with the Self-representing primal human drives, the Ego navigating objective reality and forming self-consciousness, and the Superego constructing moral values and disciplining the Ego and Self.

Connecting performance methods to psychoanalysis, performance is rooted in the premise of the psychoanalytic "I" as a continuously evolving mental state that shapes character perception, behavior, and presentation. This process mirrors the formation of the Ego and Superego under specific worldviews and spatiotemporal conditions.

## 2.6. From Acting and Directing to MBTI

In theater, actors interpret prescribed situations in scripts to understand and portray characters. Similarly, the MBTI serves as a tool to understand and parse researched individuals, using known personality traits, behavioral habits, and emotional patterns to derive insights. This process treats the researched individual as a "role," with the MBTI providing a framework for tracing past experiences influencing their development. By analyzing negative emotions' origins, individuals can assume the role of their former selves in a transformative journey. This separation of observed present and past selves mirrors the Ego and Superego dynamics, with the observed becoming the viewer of their former self. As shown in the Figure 1.



**Figure 1.** The connections of working procedures between psychoanalytic concepts, performance methods, and MBTI

These connections illustrate the intricate relationship between psychoanalytic concepts, performance methods, and personal growth within table directing and psychological exploration.

### **3. Interactive Psychological Drama in Jung's Psychological Types**

#### **3.1. Selection of Topics**

As the country's socio-economic development progresses, leading to an overall increase in living standards, young people are engaging in independent thinking and exploring their spiritual needs and inner worlds. This exploration often leads adolescents to question traditional authority and societal norms, particularly patriarchal and authoritarian structures, uncovering contradictory and traumatic aspects of their self-perception. The influence of the family of origin on adolescents' psychological development is profound, shaping their thinking patterns and life choices. Research indicates that a significant portion of psychological trauma among young adults stems from family-of-origin issues, with a notable focus on mother-daughter intergenerational problems. This study addresses the widespread issue of intergenerational trauma between mothers and daughters, emphasizing its impact on the psychological development of adolescent females [4].

#### **3.2. Population: Young People Aged 16-26**

This study targets young people aged 16-26, aiming to address fertility concerns, well-being, and intergenerational trauma exacerbated by the challenges of an aging society [5]. Utilizing applied theater as a tool, this research seeks to intervene in the complexities of intergenerational trauma, highlighting the potential of applied theater as a solution [6].

The causes of trauma formation are analyzed as follows:

**Unhealthy Mother-Daughter Relationships:** The study identifies apathetic, controlled, claimant, and devoted mother-daughter relationships as potential sources of intergenerational trauma.

**Generational Differences in Thinking:** The evolving status and consciousness of women in modern Chinese society lead to substantial gaps in thinking and cognition between mothers and daughters, contributing to the transmission of intergenerational trauma.

#### **3.3. Purpose and Significance**

The primary objective of this study is to empower adolescents to maintain self-awareness and promote healthy, autonomous development. By fostering a neutral view of emotions and destigmatizing emotional sensitivity, the research aims to enhance adolescents' emotional awareness and promote reconciliation with unresolved aspects of their selves. Additionally, raising awareness of intergenerational trauma can prevent the perpetuation of negative effects and contribute to breaking the cycle of victimization among children and mothers [7].

### **4. Psychodrama**

Psychodrama is a profound therapeutic method pioneered by Jacob Moreno. In essence, psychodrama can be defined as a method that enables individuals to practice living their lives without fear of punishment for mistakes. It serves as a potent and effective tool for accessing and processing deeply stored emotions and experiences. Through the transformation of the present moment into a dynamic performance in a psychodrama workshop, emphasis is placed on action, time, and space, all of which play crucial roles in exploring personal psychological conflicts and fostering character development. This method allows individuals to revisit, analyze, validate, and reconstruct emotional experiences, leading to healing, peace, and personal growth as they reconcile with past experiences that were once overwhelming [8].

## 4.1. Key Technologies

### 4.1.1. Scapegoat

The concept of the double represents another persona within the participant's psyche. This inner persona may harbor emotions that the protagonist has yet to recognize or articulate. The use of the stand-in technique in psychodrama allows for a gradual exploration of depth, facilitating participants' self-discovery and self-acceptance through these inner representations. Creating stand-ins for participants unveils internal shifts in their roles, leading to heightened self-awareness and prompting deeper introspection [9].

### 4.1.2. Mirroring

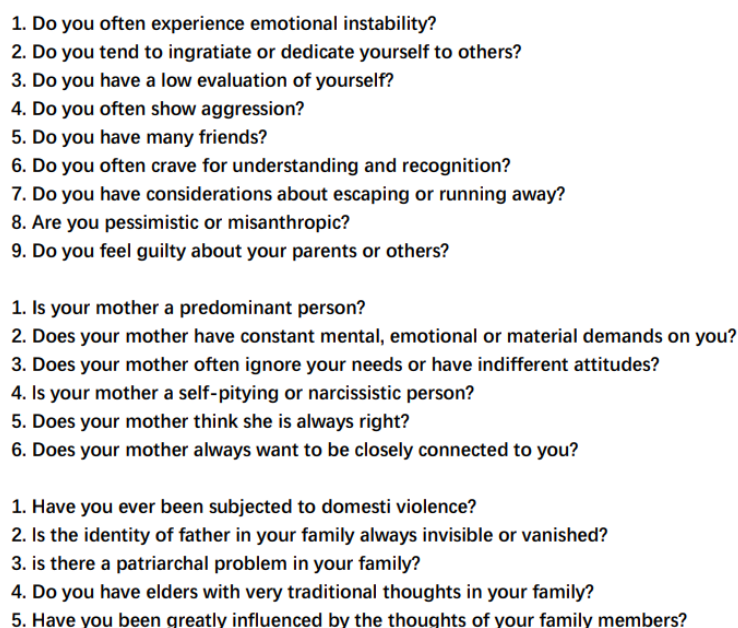
In interpersonal interactions, mirroring involves mimicking the tone of voice and body language of another person, aiming to comprehend their communication and reflect on what has been perceived. Reich explored the importance of nonverbal communication as a modality of free association to access the unconscious; he emphasized the importance of what was later termed by Gendlin as “felt sense,” a kind of intuitive embodied imitation mechanism of knowing through a nonverbal process of awareness, close to what has more recently been described in neuropsychological science as a “mirror neuron mechanism” of simulation [10]. Within psychodrama, mirroring manifests in various forms, enabling secondary characters to synchronize with the protagonist's narrative, thereby elevating the depth of their engagement—leading to role swapping.

### 4.1.3. Role-Playing

Role reversal serves as a differentiation technique, empowering participants to step into another person's perspective and understand their interpretation of the situation. This technique fosters the recognition that one's viewpoint is but a part of the larger narrative, not the absolute truth. Through role swapping, participants establish connections with each other's roles, enabling them to delve into complex emotions and experiences that may be challenging to articulate verbally.

## 4.2. Anthropomorphic Portrait

First, the participants answered questions about themselves and their close relationships. Concrete problems can be seen in Figure 2. In this participation process, think about the similarities between themselves and their mothers, and whether there are overlapping characteristics in their current social roles.

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1. Do you often experience emotional instability?
  2. Do you tend to ingratiate or dedicate yourself to others?
  3. Do you have a low evaluation of yourself?
  4. Do you often show aggression?
  5. Do you have many friends?
  6. Do you often crave for understanding and recognition?
  7. Do you have considerations about escaping or running away?
  8. Are you pessimistic or misanthropic?
  9. Do you feel guilty about your parents or others?
- 
1. Is your mother a predominant person?
  2. Does your mother have constant mental, emotional or material demands on you?
  3. Does your mother often ignore your needs or have indifferent attitudes?
  4. Is your mother a self-pitying or narcissistic person?
  5. Does your mother think she is always right?
  6. Does your mother always want to be closely connected to you?
- 
1. Have you ever been subjected to domestic violence?
  2. Is the identity of father in your family always invisible or vanished?
  3. Is there a patriarchal problem in your family?
  4. Do you have elders with very traditional thoughts in your family?
  5. Have you been greatly influenced by the thoughts of your family members?

**Figure 2.** A sample of question cards for participants to answer.

The participant was invited to fill out matching information in the portrait and make a mask of himself or his mother, using colors and patterns to express thoughts, characters, or emotions.

Ask a participant who has made a mask for himself to play the protagonist of the story. Develop the storyline from the following story:

Card content demonstration:

It's the night before the little girl's first day of elementary school, and her mom opens the door to her room to bug her about some school things.

The mother thinks that the girl will be more successful in the two subjects of language and English, and she also thinks that the girl will not be able to do well in math, which is generally considered to be one of the most difficult subjects. Math is still the foundation of science, but the mother feels that girls are more disadvantaged than boys in science, so she tells them so:

“You shouldn't have much trouble in language and English classes, but not necessarily in math; if you're a boy, you'll have an easier time learning a science subject like math instead.”

Joker tasks: the joker is a facilitator in the theater activity and needs to perform tasks such as assigning tasks, idea tracking, and so on.

After the participants have written out the card plot and received new cards that need to be interpreted, the joker needs to guide the participants and actors through the card plot together. When the card plot reaches a critical point, the joker pauses the play, asks the participants and the audience for their thoughts and feelings, and guides the play in the direction agreed upon by the participants.

Psychodrama, blending stage performance with psychotherapy, provides a safe platform for participants to reenact past traumas through role-playing. This process allows for the release of pent-up emotions and facilitates new insights by viewing events from varied perspectives. It's important to note that psychodrama is a gradual therapeutic process requiring skilled guidance from mentors who leverage their professional expertise to help participants navigate their inner worlds and cultivate healthy personalities. Beebe Mode Theory serves as a theoretical foundation, enabling mentors to recognize individual character traits and offer personalized support tailored to each participant's needs.

## **5. Conclusion**

Intergenerational trauma is a pressing social issue that warrants significant attention. Individuals, deeply influenced by societal conditions and cultural backgrounds, often develop distinct modes of thinking and value systems. Despite genetic connections, the diverse growth processes of mothers and daughters lead to misunderstandings and estrangements, hindering true understanding between them. Moreover, an individual's personality is shaped by genetic factors, physical health, psychological well-being, and past experiences, with no guarantee that one's behavior won't negatively impact family members, including parents and children. If left unaddressed, this intergenerational divide can perpetuate a cycle of harm and discord within families.

Combining Beebe Mode personality theory with a table-directed approach offers an innovative strategy to tackle intergenerational trauma among adolescents. This paper proposes psychodrama as a therapeutic tool to address this issue. Through psychodrama, participants engage in action-oriented interventions, revisiting past experiences, acknowledging their emotions, exploring new behavioral patterns, and reflecting on potential avenues for growth. This not only fosters self-awareness but also promotes understanding and reconciliation across generations.

Although the program proposed in this paper is at a theoretical stage, it offers novel insights into leveraging theater arts to address psychological issues. With continued practice and refinement, drama therapy methods are expected to yield significant value in the realm of mental health intervention.

## Authors Contribution

All the authors contributed equally and their names were listed in alphabetical order.

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