

Experience The Journey

Searching for meaning is like drawing

Etchings for life

Asking for directions can bring

Breath for tomorrow

Risk taking has its challenges

Earning another opportunity to

Endure which brings wisdom

Zest is what life is about

Experience the Journey

~ Dr. Micheal Kane



Dr. Kane is a dedicated listener with the expertise to provide candid feedback that stimulates therapeutic growth for comprehensive healing. Our counseling sessions with Dr. Kane inspired growth and healing. We found Dr. Kane to be a dedicated listener with the expertise to provide candid feedback that stimulated therapeutic growth and comprehensive healing for both individual and family therapies.

*~ Jo Ann 40, policy analyst
& Craig 42, police officer*



Self-Relational Psychotherapy

www.lovingtheself.com

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Searching for a intimate and meaningful relationship is comparable to shopping for a new pair of shoes, you must want to keep putting them on until you found the right fit.

~ Dr. Micheal Kane

In Search of True Intimacy:

*Partners &
Companions*



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Partners & Companions

Choosing to share in the relationship with another?

- *Who will make the decisions?*
- *How do we maintain communications?*
- *How can we maintain intimacy?*
- *What do we want in our relationship?*
- *Who will be the leader?*
- *Why do most relationships fail within the first 2-3 years?*

These are questions we either ignore or do not consider until there is a “crisis” or “conflict” within the relationship. Many relationships either self-destruct or develop difficulties merely due to the failure to clearly communicate concerns that are impactful to both individuals.

Relationships are at risk when we fail to “toil the soil” or provide substance. Relationships are active “works in progress.” They can fail when taken for granted. Intimacy, the soft rich deep earthliness of a healthy relationship, will become hard if not nourished and left unattended.

The makings of a healthy intimate relationship involves the willingness of both individuals:

- ~ *Commitment to the interaction*
- ~ *Consistency in times of duress*
- ~ *Communication and openness in words and actions taken*
- ~ *Community and trust in the journey (the relationship)*

The five **C**'s in maintaining a healthy intimate relationship is **consistency** and the **commitment** to **clearly communicate concerns** to each other.

~ Dr. Micheal Kane

Theoretical Approach in Healthy Relationships

In psychotherapy, I view the “psychological self” and “self esteem” as the primary focus in my clinical work. In couples or marital therapy, I view the energy that exist between the two individuals as being the “psychological self” and the joining or coming together as the esteem (valuation). Both the energy and the joining are essential within the focus of the work in psychotherapy.

I view therapy as being the “Journey of Self Discovery.” In this journey we use therapeutic conversations as a tool to open the possibilities of empowering “the psychological self” and reinforcing the “joining” within the relationship.

It is in this journey that I have the privilege to serve as your guide and companion. In many journeys the focus is the getting “there.” Our focus stays on the **journey, not the destination.**

During our walk together, I will point out things you may not have noticed or considered. I will encourage different paths to travel as well as assist you to examine the challenges, i.e. “crossroads” you may encounter along the way.

The Journey of Self Discovery in Healthy Relationships

MAPPING

M = Meaning
A = Advocacy
P = Protection
P = Preservation
ING = The active state of “in the doing”

Four Challenges (crossroads) of the Journey of Self Discovery in Healthy Relationships (POST)

P = Partnership
O = Open Communications
S = Strategies for Success
T = Teamwork Approach

Micheal Kane Psy.D, MSW LICSW CTS

Dr. Kane earned his doctorate in clinical psychology from Argosy University/Seattle Washington School of Professional Psychology in 2005. In addition, he received Masters degrees in social work from the University of Washington in 1983, clinical psychology from Argosy University/Seattle in 2002 and postgraduate studies in Traumatology from the Justice Institute of British Columbia, (Vancouver, BC) Canada. Dr. Kane is a certified trauma specialist through the Association of Traumatic Stress Specialists (ATSS) and holds two clinical Dipolmates, the Dipolmate in Clinical Social Work from the National Association of Social Workers (NASW) and Board Certified Dipolmate from the American Board of Examiners in Clinical Social Work (ABE).

Dr. Kane has served on the clinical faculties of the University of Washington, School of Medicine's Department of Psychiatry & Behavioral Sciences and the University of Washington's School of Social Work. In addition, Dr. Kane has served as the Associate Director of Training & Development, Trauma Resources Coordinator and Mental Health Therapist of Hall Health Primary Care Center of the University of Washington and as an instructor and member of the advisory board of the UW School of Social Work's Certificate Program "Psychological Trauma Effective Treatment and Practice". Dr. Kane has served as a consultant on complex trauma and posttraumatic stress disorder to the Congressional Black Caucus Veterans Braintrust (US House of Representatives).

Dr. Kane has maintained a private practice since 1985 working with individuals, couples and families. His theoretical framework is self-relational psychotherapy (i.e. psychological self) which is integrative and reflecting themes based on psychodynamic, reality, and cognitive-behavioral approaches. Dr. Kane's specialties include domestic violence, anger management, depression, anxiety, trauma, grief and loss, and ethnic minority mental health issues. He has experience in gay/bisexual concerns as well as biracial relationship issues. Dr. Kane's research interests are focused on the integration of trauma and domestic violence and its implications within the psychological self.

Publications:

~ Our Blood Flows Red: Trauma & African-American Men in Military Service, Clinical Implications For Working with African-American Veterans with Complex Trauma. Saarbrucken, Germany: LAP Lambert Academic Publishing. Kane, M. (2010).

~ A Review Study of the Clinical Implications for Working with African-American Veterans. (Doctoral dissertation, Argosy University-Seattle, 2005). Dissertation Abstracts International, 25, 144, Kane, M. (2005)



For additional information regarding Dr. Kane's background, please visit www.lovingtheself.com

*Heart,
Instinct,
Principles*

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