

My role is to walk with you. During our walk together, I will point out things you may not have noticed, encourage different "paths" to travel and be there for you as you explore difficult questions or work through unresolved traumas or experiences
 ~ Micheal Kane.

Understanding The Psychotherapeutic Experience

Welcome to my practice "Loving The Self - Self Relational Psychotherapy." The work within the Journey of Self Discovery is not a "job," it is my passion. I view "the self" and "self esteem" as the primary focus of my clinical work. Having a "therapeutic conversation" can assist the individual in finding new solutions, gaining support and charting a new course within the journey known as life. In doing so, we can rely on our power in working with our difficulties and re-experiencing hope and joy.

" With Dr. Kane's assistance, I have gained greater understanding of the self, who I am, the path before me and the personal journey ahead of me. The journey has always been in front of me; I just never realized it before. Because of Dr. Kane, I am aware of the journey and approach it with optimism and confidence."
 ~ Peter age 31
 Doctoral Student

" Dr. Kane is a good-humored, attentive, solution focused therapist. He has given significant insight and support. His experience in community and service to so many people is evidence of the dedication of this very caring individual"
 ~ John age 47
 Schoolteacher

" I can now understand and recognize red flags when these come up. My self esteem has increased dramatically; I have learned that I do not have to accept the nonsense of any male who does not value or appreciate me for the good person that I am."
 ~ Karen, 45
 Community Organizer



Self-Relational Psychotherapy

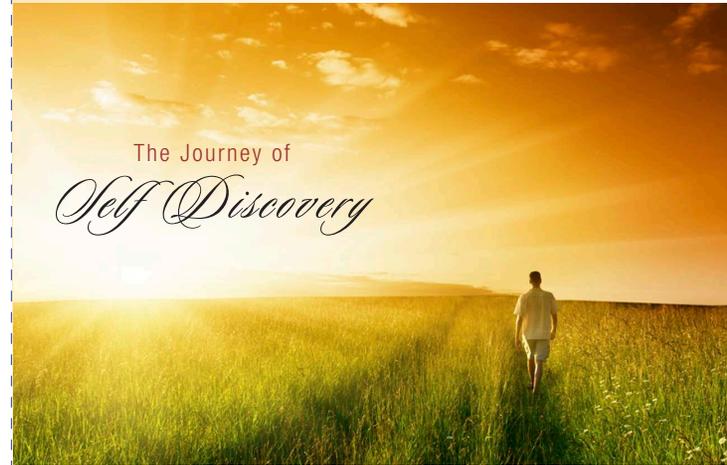
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We focus on the journey...
 not the destination
 It is what we see and experience along the way.
 ~ Dr. Micheal Kane



The Journey of
Self Discovery



Self-Relational Psychotherapy

www.lovingtheself.com



What is psychotherapy?

Psychotherapy is a process between a therapist and the individual seeking assistance develop a teamwork approach in examining and resolving issues of concern. It is a process in which the therapist engages the individual in “therapeutic conversations” where they work together in a collaborative relationship:

- a. *The individual works with the therapist to identify, learn to manage and ultimately overcome emotional and psychological problems.*
- b. *Discussions between the individual and therapist reveal the basis of problems and enable the individual to better understand him or herself and gain relief from specific issues.*
- c. *Psychotherapy is an active process requiring concentration, energy, and commitment by both parties, i.e. individual and therapist.*

Psychotherapy is a process of discovery in which the goal is to eliminate or control troubling and painful symptoms so the individual can return to normal functioning. It also can be used to help a person overcome a specific problem or to stimulate overall emotional growth and healing.

What can I get out of psychotherapy?

“Understand what causes me to become anxious or depressed”

“Learn to focus on the self without feeling guilty or ashamed”

“Understand why I have made choices I have made regarding intimate relationships and what I can do to change unhealthy patterns”

Why seek psychotherapy?

Psychological, mental and/or emotional illness does not discriminate. It affects men, women and children regardless of age, race, cultural/group or economic position or sexual orientation.

Relentless feelings of sadness, overpowering anxiety or loneliness, loss of employment, divorce, death of a loved one, abuse of alcohol or drugs are all reasons to seek help from a therapist. Research shows that most individuals who receive psychotherapy experience improvement.

How long does psychotherapy take?

The amount of time an individual spends in therapy will depend on the nature of the illness or the problem being treated. Psychotherapy can require a few sessions or can take much longer.

What are the warning signs of Emotional or Psychological Illness?

1. *Marked changes in one's personality*
2. *Inability to cope problems and daily activities*
3. *Strange or grandiose ideas*
4. *Excessive anxiety or worry*
5. *Prolonged depression or apathy*
6. *Marked changes in eating or sleeping patterns*
7. *Thinking or talking about suicide or harming oneself*
8. *Extreme mood changes, highs or lows*
9. *Abuse of drugs or alcohol*
10. *Excessive anger, hostility or violent behavior*

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*